Course Number: HLTH 33  
Course Title: Introduction to Health and Wellness  
Units: 3

MAJOR LEARNING OUTCOMES  
Upon completion of this course students will be able to:

A. Examine the multiple dimensions of health and the development of health goals and priorities.

B. Compare the leading causes of illness and death among populations, and health inequalities among populations within the United States and between nations.

C. Analyze the factors that influence and determine the health and illness of individuals and populations based on public health and other social and behavioral science research.

D. Describe the US healthcare system and access to services.

E. Explain the rights of health care consumers and strategies for the successful navigation of health care systems.

F. Analyze the causes, consequences, possible treatments and strategies for prevention of selected health issues such as major chronic and infectious diseases, mental health, reproductive health and drug and alcohol use and misuse.

G. Identify personal behaviors that increase health risks and may promote wellness.