

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. CMHW

COURSE NUMBER: 1250

NUMBER OF CREDITS: 2

Lecture: 2 Lab: 0 OJT: 0

Course Title:

Health Promotion I

Catalog Description:

Health Promotion I focuses on the role of the Community Health Worker (CHW) in health promotion related to complementary, alternative and integrative health. Cultural navigation, presentation skills and connecting clients to resources and support systems will be practiced.

Prerequisites or Necessary Entry Skills/Knowledge:

CMHW 1000 and CMHW 1100, Corequisites CMHW 1200 and CMHW 130
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FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- Goal 1: Communication: By meeting the following competencies:
- Goal 2: Critical Thinking: By meeting the following competencies:
- Goal 3: Natural Sciences: By meeting the following competencies:
- Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- Goal 7: Human Diversity: By meeting the following competencies:
- Goal 8: Global Perspective: By meeting the following competencies:
- Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered

Healthy Lifestyles

Mental Health/Self Care/Resiliency

Reproductive Health/Child Development/ACEs
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Social Determinants of Health/Social Justice
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Trauma Informed Care

Student Learning Outcomes

Discuss the relationship of mental health and trauma and the importance of self-care related to vicarious trauma.

Understand/discuss the traumatic journey of refugees and impact of trauma in the refugee communities.

Understand how poverty and ACEs impact child development and reproductive health.

Demonstrate understanding the role healthy eating and activity can play in overall health and well-being.

Define the social determinants of health

Demonstrate understanding the role healthy eating and activity can play in overall health and well-being.

Demonstrate a variety of teaching techniques in a client visit and group setting.

Is this course part of a transfer pathway: Yes No

***If yes, please list the competencies below**

Revised Date: 7/1/2023