MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

Faculty is required to have the outline submitted to the Academic Affairs Office. The course outline is the form used for approval of new courses by the Academic Affairs and Standards Council.

DEPT. CMHW                       COURSE NUMBER: 1300

NUMBER OF CREDITS: 3

COURSE TITLE: Health Promotion Competencies

CATALOG DESCRIPTION: Explores healthy lifestyles, heart disease and stroke, maternal, child and teen health issues, diabetes, cancer, oral health and mental health issues and focuses on the knowledge and skills a CHW needs to successfully assist clients in managing and incorporating health into their daily living.

AUDIENCE: This course is for college students or anyone interested in bridging cultural issues that may be present between current healthcare entities and diverse populations.

FULFILLS MN TRANSFER CURRICULUM AREA(S) (Leave blank if not applicable)
Area: by meeting the following competencies:
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PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE: Students should have experience and trust within diverse communities. Student must have course credit for CMHW 1000 and CMHW1100. Co-requisite CMHW1200.

LENGTH OF COURSE: 1 semester

THIS COURSE IS USUALLY OFFERED:
Every other year fall spring summer undetermined x

Four goals are emphasized in course at Minnesota West Community & Technical College:

1. ACADEMIC CONTENT: Students will receive a broad overview of the knowledge and skills a CHW needs to assist clients in realizing a lifestyle that incorporates health awareness and positive choices in daily living.
2. THINKING SKILLS: Students will be challenged to analyze and draw inferences related to healthy lifestyle choices and how clients can incorporate these into their daily living.
3. COMMUNICATION SKILLS: Students written communication skills will be utilized through message board postings; verbal and written communication
will be used digital presentations, and verbal skills will be used in face-to-face and Adobe connect class discussions.

4. **HUMAN DIVERSITY** – Students will explore cultural beliefs, community resources, and identify communication strategies to help diverse clients incorporate healthy choices into daily living.

**TOPICS TO BE COVERED:**
1. Healthy lifestyles
2. Heart disease and stroke
3. Maternal and children’s health issues
4. Diabetes
5. Cancer
6. Oral Health
7. Mental Health

**LIST OF EXPECTED COURSE OUTCOMES:**
After completing this course students will be able to:
1. Identify and list the principles of health and a healthy lifestyle.
2. Promote a healthy lifestyle for self, clients, families, and communities.
4. Locate community resources related to healthy lifestyle and preventative care measures for clients.

**LEARNING/TEACHING TECHNIQUES** used in the course are:
- Collaborative Learning
- Problem Solving
- Student Presentations
- Interactive Lectures
- Creative Projects
- Individual Coaching
- Lecture
- Films/Videos/Slides
- Other: Utilize Digital resources
- Demonstrations
- Lab

**ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:**
- Reading
- Tests
- Individual Projects
- Oral Presentations
- X Worksheets
- X Collaborative Projects
- Textbook Problems
- X Papers
- X Portfolio
- Group Problems
- X Term Paper
- Other (describe below)
- Lab Demonstrations

**EXPECTED STUDENT LEARNING OUTCOMES:**
After completing this course students will be able to:
1. Identify and list the principles of health and a healthy lifestyle.
2. Promote a healthy lifestyle for self, clients, families, and communities.
4. Locate community resources related to healthy lifestyle and preventative care measures for clients.

**Veteran Services:** Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or via your preferred Telecommunications Relay Service.

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