MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE
COURSE OUTLINE

DEPT. CMHW       COURSE NUMBER: 1300

NUMBER OF CREDITS: 3    Lecture: 3 Lab: 0    OJT 0

Course Title:
Health Promotion II

Catalog Description:
Health Promotion II explores the role of the Community Health Worker (CHW) in health promotion and disease prevention management strategies related to the topics of sexuality and reproductive health, pregnancy, infant nutrition and feeding, child development, chronic disease, infectious disease, communicable disease, diabetes, heart disease and stroke, cancer, oral health, asthma, healthy aging. Cultural navigation skills and connecting clients to resources and support systems will be practiced.

Prerequisites or Necessary Entry Skills/Knowledge:
CMHW 1100, Corequisites CMHW1200, 1250

FULFILLS MN TRANSFER CURRICULUM AREA(S)
☐ 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
Sexuality and reproductive health
Pregnancy
Infant nutrition
Child development
Chronic disease
Infectious disease
Communicable disease
Vaccine education
### Student Learning Outcomes

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<th>Outcome</th>
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<tr>
<td>Compare and contrast chronic and infectious disease</td>
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<td>Explain how to protect self and client from infectious disease</td>
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<td>Describe the cycle of birth and maternal health taking into consideration cultural implications</td>
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<td>Discuss needs of mothers and infants and understand benefits of breast feeding</td>
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<td>Describe the stages of child development</td>
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<td>Discuss significance of sexuality, STDs, substance abuse, violence and impact on individuals, families, and communities.</td>
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<td>Define condition, risk factors, and prevention strategies for diabetes, cancer, heart disease, poor oral health, and asthma.</td>
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<td>Relate socioeconomic, cultural, and emotional aspects of diabetes, cancer, heart disease, poor oral health, and asthma.</td>
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<td>Demonstrate the health promotion role of the CHW in diabetes, cancer, heart disease, poor oral health, asthma, maternal child health, infant feeding.</td>
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<td>Demonstrate understanding of the CHW role in educating and supporting clients and families while accessing resources, as well as identifying cultural implications and barriers.</td>
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Is this course part of a transfer pathway: **Yes** ☐ **No** ☒

Revised Date: 10/2021