

# CHSS - COMM HEALTH/SOC SRVCS (CHSS)

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## CHSS 1110. Intro to Health & Community Services 3 Credits (3)

This course offers a holistic and multidisciplinary approach towards health promotion, wellness and a healthy lifestyle. Emphasis is placed on the major problems/issues that have the greatest significance to personal and community health. Topics to be discussed include: nutrition, fitness, stress management, sexuality, drug education and others. May be repeated up to 3 credits.

### Learning Outcomes

1. Understand basic foundations of community health –history, framework and present progress: Identify key historical advances, people and events in public health; Understand Healthy People 2020 goals and objectives; Understand the levels of prevention (primary, secondary, tertiary) of public health
2. Identify organizations that help shape community health and their role in promoting health: Governmental; Quasi-Governmental; Nongovernmental; Identify local resources/agencies focused on health and human services
3. Conduct research in public health: Identify major sources for public health research; Governmental websites; Journals; Interpret and evaluate public health resources for academic use; Write a basic journal article critique
4. Understand the history and function of the school health program: Identify components of a coordinated school health program; Identify and overcome barriers common to CSHP; Apply the CSHP to contemporary issues in child/adolescent health

## CHSS 2510. Service Learning 4 Credits (4)

Service Learning Experience in Human and Community Service: Exploration of contemporary social, civil, economic and ethical problems that require student participation in collaborative efforts within the community. Restricted to Community Colleges campuses only.

**Prerequisite:** PHLS 2110.

**Prerequisite/Corequisite:** PHLS 1110G, CHSS 1110, and PHLS 2120.

### Learning Outcomes

1. Understand the importance of service learning in community building and civic participation.
2. Students will complete 120 hours of service learning experience with a collaborating community agency.
3. Compile and submit a list of detailed daily service learning activities including contact individuals, meetings attended, presentations, specific tasks accomplished or contributions to agency or community, new skills learned, trainings, and number of hours spent on each activity.
4. Design a service learning project incorporating the key elements of Public Health, and addressing a need in the community.
5. Provide an oral presentation and write a personal reflection of the service learning experience in class.
6. Practice critical thinking, decision making skills, and civic responsibility in promoting better health and general well-being.

## CHSS 2511. Service Learning - Community Health Worker

### 1 Credit (1)

Service Learning Experience in Community Health Work: Exploration of contemporary social, civil, economic and ethical problems that require student participation in collaborative efforts within the community. May be repeated up to 1 credit.

**Prerequisite:** PHLS 2110, consent of instructor.

**Prerequisite/Corequisite:** PHLS 1110G, CHSS 1110, and PHLS 2120.

### Learning Outcomes

1. Understand the importance of service learning in community building and civic participation.
2. Students will complete 30 hours of service learning experience with a collaborating community agency focusing on Community Health Work.
3. Compile and submit a list of detailed daily service learning activities including contact individuals, meetings attended, presentations, specific tasks accomplished or contributions to agency or community, new skills learned, trainings, and number of hours spent on each activity.
4. Attend CHW trainings focused on community health including (but not limited to) chronic disease, environmental and mental health.
5. Provide an oral presentation and write a personal reflection of the service learning experience in class.
6. Practice critical thinking, decision making skills, and civic responsibility in promoting better health and general well-being