

# Health and Human Development ACE

8 Modules + 1 Final Exam Module / Credit-by-Course / 3 Credits

## Course Description:

This course provides a comprehensive overview of core concepts in health and human development. As a lower-level Health/Human Behavior course, this course is intended for students from a variety of backgrounds and intended degree-programs. Emphasis is placed on self, family, and community; mental health and stress; social connections; sleep; nutrition; fitness; body weight and body composition; body image; alcohol and tobacco; drugs; sexual health; reproductive choices; infectious diseases; cardiovascular disease, diabetes, chronic lung diseases, and dementia; cancer; preventable injuries; and violence.

## Course Objectives:

After completing this course, you will be able to:

- Interpret key ideas related to health and human development.
- Apply the connection between the mind and body in relation to health and wellness in general, and mental health and illness specifically along with stress and its ailments towards your body.
- Identify how personal choices influence health.
- Apply the need to foster healthy relationships and how it impacts healthy development.
- Recall how healthy or unhealthy behaviors can affect human development.
- Apply components of sleep, physical fitness, and nutrition, and their effects on the body and mind.
- Recognize the nutritional requirements the body needs to be effective along with the importance of weight management and body image in relationship to health and wellness.
- Identify various addictive substances such as alcohol, tobacco, and other drugs that are used in relation to addictive behaviors and their effects on their health.
- Compare and contrast reproductive choices.
- Identify diseases, disease prevention tactics, and risk factors for disease, including Infectious diseases, cardiovascular disease, diabetes, chronic lung diseases, and dementia.

## E-Book:

Title: Your Health Today, 9th edition, by Teague, Michael, McGraw-Hill Education.

## Open Educational Resources (OER's)

If you are struggling with a term or concept, you can utilize the links below to search for the concept or term to find additional resources and explanations.

[Link Removed]

Centers for Disease Control and Prevention (<https://www.cdc.gov/>)

National Institutes of Health (<https://www.nih.gov/>)

Help Guide (<https://helpguide.org/>)

American Psychological Association (<http://www.apa.org/>)

BMJ Nutrition, Prevention, and Health Open Access, Peer-Reviewed Journal  
(<https://nutrition.bmj.com/>)

## Closed Captioning

Lecture videos and extra resource videos have automatic closed captioning. These captions are generated by computer algorithms. To utilize closed captioning, you can click on the CC button at the bottom of a video.

## Accommodating Student Disabilities

Gateway Education is committed to the belief that every individual should have an equal opportunity in education. Gateway Education seeks to assure access by providing accommodations to individuals with a disability as defined under the Americans with Disabilities Act of 1990 (ADA) and the ADA Amendments Act of 2008 (ADAAA). Accommodation includes, but is not limited to: aids or modification to courses, materials, or testing; and other services that allow better access by individuals with disabilities.

Individuals requesting accommodation should submit a request in writing or in an alternative format appropriate for their limitations. The request should include documentation of the disability, including information with recommendations of appropriate accommodation. Once eligibility has been established, accommodations must be requested on a course-by-course basis.

Requests can sent to the student services department at [help@gatewayeducation.com](mailto:help@gatewayeducation.com)