



# Health Studies (HLST) 200

## Introduction to Human Health (I) (Revision 7)

**Status:**

Replaced with new revision, see the [course listing](#) for the current revision

**Delivery mode:**

Individualized study online with eText

**Credits:**

3

**Area of study:**

Science

**Prerequisites:**

None

**Precluded:**

HLTH 200. HLST 200 cannot be taken for credit if credit has already been obtained for HLTH 200.

**Challenge:**

HLST 200 has a challenge for credit option.

**Faculty:**

[Faculty of Science and Technology](#)

## Overview

*Health Studies 200* emphasizes the major aspects of health and health-related areas that are of concern to Canadians. The course explores the nature and causes of health problems, and discusses how diseases can be treated and prevented. Specific topics include nutrition, weight, sexuality, pregnancy, and the effects of tobacco and alcohol use. Much of the information provided will be of practical value, for example, tips for improving health, and the importance of exercise.

## Outline

The Study Guide comprises the following twelve units.

- Unit 1 Health and Wellness
- Unit 2 Active Living
- Unit 3 Nutrition
- Unit 4 Weight
- Unit 5 Sexuality
- Unit 6 Reproductive Choices and Pregnancy
- Unit 7 Communicable Diseases and Sexually Transmitted Infections
- Unit 8 Heart Health and Disease
- Unit 9 Cancer and Non-Infectious Conditions
- Unit 10 Tobacco and Caffeine
- Unit 11 Alcohol
- Unit 12 Aging

## Learning outcomes

Upon successful completion of this course, the student should be able to

- define the concepts of *health* and *wellness*.


- describe the determinants of health.
- list the major causes of disease and death in Canada.
- outline the roles of various factors that affect health.
- identify aspects of sexuality and health concerns related to sexuality.
- identify aspects of reproductive health and health concerns related to pregnancy.
- describe the nature of aging and approaches to help the body resist the aging process.

## Evaluation

To **receive credit** [↗](#) for HLST 200, you must achieve a minimum grade of D+ (55 percent) on each of these activities and an overall grade of **C- (60 percent)** [↗](#) or better for the entire course. The weightings for each assignment and the exams are as follows:

<b>Activity</b>	<b>Weight</b>
Assignment 1	20%
Midterm Exam	30%
Assignment 2	20%
Final Exam	30%
<b>Total</b>	<b>100%</b>



The **midterm and final examinations** for this course must be requested in advance and written under the supervision of an AU-approved exam invigilator. Invigilators include either ProctorU or an approved in-person invigilation centre that can accommodate online exams. Students are responsible for payment of any invigilation fees. Information on exam request deadlines, invigilators, and other exam-related questions, can be found at the **Exams and grades** [↗](#) section of the Calendar.

To learn more about assignments and examinations, please refer to Athabasca University's [online Calendar](#) .

## Materials

Hales, D., & Lauzon, L. (2015). An invitation to health (Fourth Canadian Ed.). Toronto, ON: Thomson Canada Ltd., Nelson Division.  (eText)

### eText

Registration in this course includes an electronic textbook. For more information on [electronic textbooks](#) , please refer to our [eText Initiative site](#) .

### Other Resources

The course materials also include a study guide and course information as online documents.



## Challenge for credit

### Overview

The challenge for credit process allows you to demonstrate that you have acquired a command of the general subject matter, knowledge, intellectual and/or other skills that would normally be found in a university-level course.

Full information about [challenge for credit](#)  can be found in the Undergraduate Calendar.

### Evaluation





To [receive credit](#)  for the HLST 200 challenge registration, you must achieve a minimum mark of at least **C- (60 percent)**  on both the assignment and examination.

Activity	Weight
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<b>Activity</b>	<b>Weight</b>
Essay Assignment	30%
Comprehensive Exam	70%
<b>Total</b>	<b>100%</b>

 [Challenge for credit course registration form](#)

## Important links

- > [Academic advising](#) 
- > [Program planning](#) 
- > [Request assistance](#) 
- > [Support services](#) 

Athabasca University reserves the right to amend course outlines occasionally and without notice. Courses offered by other delivery methods may vary from their individualized study counterparts.

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*Updated August 8, 2024*

View [previous revision](#) 

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