

Health Studies (HLST) 200

Introduction to Human Health (I) (Revision 8)

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

Delivery mode: **Individualized study online** with **eText**. Delivered via Brightspace.

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 the treatment and prevention of diseases. Specific topics include nutrition, weight, sexuality, physical activity, pregnancy, substance use, communicable and non-communicable diseases, and aging. Much of the information provided will be of practical value, such as tips for improving your physical and mental health.

Outline

The Study Guide comprises the following thirteen units.

- Unit 1: An Invitation to Health and Wellness
- Unit 2: Psychosocial Health
- Unit 3: Personal Stress Management
- Unit 4: Physical Activity
- Unit 5: Personal Nutrition
- Unit 6: Weight and Health
- Unit 7: Personal Relationships and Sexuality
- Unit 8: Reproductive Choices
- Unit 9: Infectious Diseases
- Unit 10: Major Diseases
- Unit 11: Substance Use
- Unit 12: Alcohol, Tobacco, and Nicotine
- Unit 13: Healthy Aging


Learning outcomes

Upon successful completion of this course, you should be able to

- define and use common terms in personal health and wellness.
- critically evaluate your own personal health and wellness based on multiple tools.
- define, explain, and distinguish between various illnesses, diseases, and lifestyle choices that impact one's health and wellness.

- argue for the importance of prevention, treatment, and study of major illnesses, diseases and lifestyle choice to improve individual health and wellness.
- communicate ideas clearly in a written format, including accurate grammar, syntax, and spelling.

Evaluation

To receive credit for HLST 200, you must achieve a course composite grade of at least **D (50 percent)** . You must complete and achieve a minimum grade of D (50 percent) on each of the assignments. The weighting of the composite grade is as follows:

Activity	Weight
Reflection activities 1–5 (5% each)	25%
Assignment 1	20%
Assignment 2	20%
Assignment 3	35%
Total	100%

To learn more about assignments and examinations, please refer to Athabasca University's **online Calendar**.

Materials

Tunks, D., & Lauzon, L. (2025). *An invitation to health*. (7th Canadian ed.). Cengage.

(eText)

eText

Registration in this course includes an electronic textbook. For more information on **electronic textbooks**, please refer to our **eText Initiative site**.

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 **D (50 percent)**  on the course paper.

Activity	Weight
Course paper	100%
Total	100%

 **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.

Opened in Revision 8, August 12, 2024

Updated December 4, 2024

View [previous revision](#) 
