

CARIBBEAN SCHOOL OF THEOLOGY

Educating and training ministerial leadership



HSC312 Foundations for Health

Mission Statement

CST is committed to connect, serve, and train for Pentecostal ministry, leadership, and missions throughout the world.

Professor

Course Description

Foundations for Health is a study based on the principles of health and hygiene. With the theme of illness prevention, it examines nutritional needs, immunizations, environmental hygiene, and other methods of disease control. The course focuses on practical methods for protecting health, such as domestic safety, proper care during pregnancy and childbirth, and water purification. It also stresses and teaches how to recognize the symptoms of many common ailments, and how to treat these problems to prevent further sicknesses or complications. The course concludes with instructions on basic first aid for emergency situations.

Resources

You will use Foundations for Health, an Independent-Study Textbook by Paul R. Williams and JoAnn E. Butrin as both a textbook and study guide for the course. Bible quotations in the Independent-Study Textbook are from the New International Version (NIV) unless otherwise noted. The Holy Bible is also required. Some assignments require you to access the Global University Library Web site. Instructions for accessing the Library site are provided in the Undergraduate Writing Assignment Guidelines (UWAG) in the Student Packet. If you are enrolled in this course for three credits, the third credit will be earned by completing a collateral reading assignment (CRA). This assignment is based on the textbook Fitness and Wellness by Werner Hoeger and Sharon Hoeger. The instructions for completing the CRA are in the Student Packet.

Objectives

The key concepts presented in the lesson are derived from the objectives. Study each objective carefully as you begin each lesson. First, identify the key concepts presented in the objective, and second, identify what each objective is asking you to do with the key concepts. For example, in the objective, Assess the positive and negative ways that colonialism affected the spread of Christianity, the key concept is colonialism affected Christianity. In this objective you are asked to assess positive and negative ways—or show the good and bad effects colonialism had on the spread of Christianity.

Course Procedures

Classroom lectures, group discussion, audio-visual presentations, handouts, and case studies constitute some of the various methods that will be utilized in order to attain the course objectives.

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Course Introduction

While Foundations for Health deals with the basic principles of health, you will notice that the theme throughout the course is health promotion and disease prevention. It has been found that the most effective way to health is to prevent disease rather than try to cure it.

This course begins with material that presents the concept of health for the whole person. Health cannot be isolated to only the physical part of the person, but involves all aspects of the being. How the interrelationship of physical, mental, emotional, and spiritual needs influence the health of the whole person is discussed. Unit 1 continues with studies on specific subjects that are essential to health promotion—nutritional needs and immunization against disease. These are subjects of particular interest to those responsible for the health of children.

The health needs of the family and community are also the focus of this study guide. The reader will study the basic principles of personal hygiene and how they relate to each individual, family, and community. The needs of a community must be addressed. Along with other problems, some of the world's water-related diseases are analyzed and means are evaluated that developing communities might use to combat them. People, blessed by living in well-developed countries, cannot realize the terrible consequences of impure water supplies and chronic malnutrition. These are two problems that have a disastrous effect on the well-being of millions of people.

The course also has a detailed study of the health concerns of women during pregnancy, childbirth, and the care of a newborn baby. Finally, common health problems found throughout the world are presented. Methods of prevention and symptoms related to these problems will be examined.

Although this course presents facts about how to recognize health problems and diseases, it is not designed to teach you how to be a medical practitioner or pharmacist. A health-care professional may not always be readily available; therefore some guidelines for temporary treatment or care, that can safely be administered, are presented in this course.