

**WILMINGTON UNIVERSITY
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
BASIC COURSE INFORMATION**

FACULTY MEMBER/ METHOD OF CONTACT INFORMATION:

TERM:

COURSE TITLE: Health, Society, and Culture

COURSE NUMBER: SOC 324

- I. **DESCRIPTION:** This course explores approaches to health and healing with emphasis on related cultural factors and beliefs in society. Systems such as homeopathy, Chinese medicine and other alternative or complementary medical approaches are considered. Healthcare systems in the U.S. and other countries are examined along with the impact of stress, disease, and illness on societies, and among social classes, races, and ethnicities.

- II. **RATIONALE:** We live in a multi-cultural society where we interact with individuals of various cultures and belief systems daily. This course provides the student with an awareness and understanding of alternative approaches to health, behavior, and belief systems to manage physical and mental well-

GOAL C:

Evaluate the healthcare systems of Canada, China, England, Russia, and other countries.

Learning Outcomes: The student will

- C-1 Discuss the most important issues for healthcare systems in developing countries
- C-2 Compare and contrast how other countries and the U.S. approach healthcare

GOAL D:

Analyze the impact of stress, disease, and illness on society.

Learning Outcomes: Students will

- D-1 Describe stress and relaxation responses in the body (e.g. cardiovascular system, gastrointestinal system, smooth and skeletal muscle systems)
- D-2 Describe how the brain functions to prepare the body to react
- D-3 Examine the changes that occur in the body as a result of sympathetic system stimulation in response to stress
- D-4 Discuss the relationship between stress and physical illness (e.g. cardiovascular disease, allergies, and cancer)
- D-5 Examine the increase of stress in modern society

GOAL E:

Demonstrate an understanding of health and healing in a cross-cultural context.

Learning Outcomes: Students will

- E-1 Discuss the importance of a comprehensive approach to stress management
- E-2 Discuss the relationship of social support to stress management and the barriers to strong social support systems
- E-3 Demonstrate an understanding of the connection between stress and human spirituality
- E-4 Discuss health methods of stress management (e.g. meditation, yoga, mindfulness, exercise)
- E-5 Describe how other cultures practice stress management and health management

GOAL F:

Demonstrate competent, professional oral and written communication skills.

Learning Outcomes: Students will

- F-1 Conduct an information interview in a professional manner.
- F-2 Deliver an oral presentation using standard American English.
- F-3
- F-4 Write clearly, concisely, and appropriately using standard American English grammar, punctuation, usage, mechanics, sentence structure, and vocabulary
- F-5 Use appropriate APA format for scholarly writings
- F-6 Speak with confidence, clarity, and conciseness
- F-7 Research, prepare, and deliver professional presentations

GOAL G:

Students will demonstrate an awareness of their role as global citizens.

Learning Outcomes: Students will

G-1 Identify how and why global societies are stratified

G-2 Interpret the role population dynamics plays in global stratification

V. METHODOLOGY:

