

**College of Micronesia-FSM
Course Outline**

GENERAL INFORMATION:

Course Code and Title: PH 231 Prevention and Management of Lifestyle Diseases		
Course owner by program: Health Sciences/ASDPH		
Campus: Kosrae, National	Initiator: Frehiwot Teshome	Date: August 2025
Course description: This course introduces students to the prevention and management of lifestyle-related diseases such as diabetes, cardiovascular disease, obesity, hypertension, and cancer. Emphasis is placed on identifying risk factors, recognizing early warning signs, and applying evidence-based lifestyle interventions within the cultural context of Micronesia and the Pacific. Students will engage in case studies, presentations, and applied projects to strengthen their competencies in public health communication, critical thinking, and community-oriented health promotion.		

COURSE HOURS/CREDITS:

	Hours per Week		No. of Weeks		Total Hours		Semester Credits
Lecture	3	x	16	=	48 /16	=	3
Laboratory		x		=		=	
Workshop		x		=		=	
Co-op		x		=		=	
			Total Semester		Credits		3


PURPOSE OF COURSE:

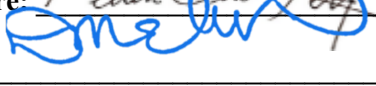
- Degree requirement
- Degree elective
- Certificate
- Other

PREREQUISITES: PH 101, SC 120

PSLOs OF OTHER PROGRAMS THIS COURSE MEETS:

PSLO#	Program

CC Chair signature:  Date recommended: 02/10/2026

VPIA signature:  Date approved: 2/20/2026

I. Institutional Student Learning Outcomes

[X]	1. Effective oral communication: capacity to deliver prepared, purposeful presentations designed to increase knowledge, to foster understanding, or to promote change in the listeners' attitudes, values, beliefs, or behaviors.
[X]	2. Effective written communication: development and expression of ideas in writing through work in many genres and styles, utilizing different writing technologies, and mixing texts, data, and images through iterative experiences across the curriculum.
[X]	3. Critical thinking: a habit of mind characterized by the comprehensive exploration of issues, ideas, artifacts, and events before accepting or formulating an opinion or conclusion.
[X]	4. Problem solving: capacity to design, evaluate, and implement a strategy to answer an open-ended question or achieve a desired goal.
[]	5. Intercultural knowledge and competence: a set of cognitive, affective, and behavioral skills and characteristics that support effective and appropriate interaction in a variety of cultural contexts.
[X]	6. Information literacy: the ability to know when there is a need for information, to be able to identify, locate, evaluate, and effectively and responsibly use and share that information for the problem at hand.
[]	7. Foundations and skills for life-long learning: purposeful learning activity, undertaken on an ongoing basis with the aim of improving knowledge, skills, and competence.
[]	8. Quantitative Reasoning: ability to reason and solve quantitative problems from a wide array of authentic contexts and everyday life situations; comprehends and can create sophisticated arguments supported by quantitative evidence and can clearly communicate those arguments in a variety of formats.

2) PROGRAM STUDENT LEARNING OUTCOMES (PSLOs): The student will be able to:

1. Deliver effective public health presentations
2. Develop well-researched written public health reports
3. Analyze public health data using critical thinking
4. Design and evaluate community health solutions
5. Apply cultural competence in public health interventions
6. Utilize credible sources and research for public health decision-making
7. Engage in professional development for lifelong learning
8. Apply quantitative reasoning to epidemiological and statistical data

3) COURSE STUDENT LEARNING OUTCOMES (CSLOs) (General): The student will be able to:

1. Explain the causes, risk factors, and prevention strategies for common lifestyle diseases.
2. Analyze case scenarios of patients with lifestyle diseases to identify complications and recommend culturally appropriate management strategies.
3. Design a health promotion plan addressing lifestyle disease prevention in a Pacific community.

4) COURSE STUDENT LEARNING OUTCOMES (CSLOs) (Specific): The student will be able to:

CSLO (General) 1: Explain the causes, risk factors, and prevention strategies for common lifestyle diseases.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
1.1 Differentiate between modifiable and non-modifiable risk factors of lifestyle diseases and categorize them correctly.	6	6	Exam on causes, signs, and prevention strategies of Lifestyle diseases, and modifiable and non-modifiable risk factors.

CSLO (General) 2: Analyze case scenarios of patients with lifestyle diseases to identify complications and recommend culturally appropriate management strategies.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
2.1. Analyze a disease case scenario to identify signs, symptoms, and risk factors, and propose appropriate prevention strategies. 2.2. Simulate progression of lifestyle diseases and evaluate how complications develop if unmanaged.	2,3*	2, 3	Case study report with recommended management strategies to be graded with rubrics. Presentation on culturally appropriate interventions to be graded with rubrics.
CSLO (General) 3: Design a health promotion plan addressing lifestyle disease prevention in a Pacific community.			
Student Learning Outcome (specific)	ISLO	PSLO	Assessment Strategies
3.1. Design a draft health promotion campaign targeting a specific lifestyle disease in a Pacific community.	1, 4	1,4	Health promotion project (develop a mini health promotion campaign Poster, video, or workshop plan) to be graded with a checklist. Reflection paper on lessons learned from project design to be graded with a rubric.

5) COURSE CONTENT:

1. Introduction to Lifestyle Diseases
2. Risk factors: Modifiable vs non-modifiable
3. Type 2 Diabetes causes, signs & symptoms
4. Cardiovascular Disease (CVD): Hypertension, Stroke, Heart Disease
5. Obesity and Metabolic Syndrome
6. Cancer and Lifestyle Risk Factors
7. Complications of Lifestyle Diseases
8. Lifestyle Management: Nutrition, Physical Activity, Stress Reduction
9. Lifestyle Management: Smoking, Alcohol, Substance use
10. Cultural influences on Health & Disease Management
11. Public Health interventions & Policy
12. Community Health Promotion Planning Strategies
13. Evaluation of Health Promotion Programs

6) METHOD(S) OF INSTRUCTION:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Lecture | <input checked="" type="checkbox"/> Cooperative learning groups |
| <input type="checkbox"/> Laboratory | <input checked="" type="checkbox"/> In-class exercises |
| <input type="checkbox"/> Audio visual | <input checked="" type="checkbox"/> Demonstrations |
| <input checked="" type="checkbox"/> Other: online | |

7) REQUIRED TEXTBOOK AND COURSE MATERIALS: None

8) REFERENCE MATERIALS:

Disease Prevention and Healthy Lifestyles.

<https://courses.lumenlearning.com/suny-monroecc-hed110/>

CDC Guide (Practical Steps): On Your Way to Preventing Type 2 Diabetes—a practical PDF guide to help individuals start lifestyle changes for prevention.

<https://www.cdc.gov/diabetes/pdfs/prevent/On-your-way-to-preventing-type-2-diabetes.pdf>

Infographic summarizing CDC National Diabetes Prevention Program outcomes.

<https://www.cdc.gov/diabetes/pdfs/library/socialmedia/hcp-infographic.pdf>

9) INSTRUCTIONAL COSTS: None

10) EVALUATION: Summative assessment based on the Mini-Health Promotion campaign presentation project submission. Students must have a grade of 70% (C) or better to pass this course.

11) CREDIT BY EXAMINATION: *None*