# Health Issues
## Course Outline

**Description:**
This course provides students with a working knowledge of the main health problems in Australia today.

<table>
<thead>
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<th>Week</th>
<th>Content</th>
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| 1    | **Health and Disease**  
- Types of disease.  
- Causes of disease. |
| 2    | **Bacteria, Viruses and Other Pathogens** |
| 3    | **Immunity**  
- Antiseptics, disinfection.  
- Allergies/autoimmune disease. |
| 4    | **Australia’s Health Problems (statistical overview)**  
- Define and discuss – morbidity, mortality, birth rate, death rate, population grown, infant mortality rate, life expectancy.  
- Effects of pollution. |
| 5    | **Preventative Health Care**  
- Legislation – health education, noise abatement, water quality, food safety, stress (OHS).  
- Medical procedures – Pap smears, mammograms, P.S.A. tests, bone density tests, genetic counselling, blood tests (cholesterol, vitamin and mineral deficiency). |
| 6    | **Ageing**  
- Demographics, types of ageing, Apo-E inheritance, senility, physiological changes, healthy ageing strategies. |
| 7    | **Genetics**  
- Basic information on chromosomes and genes, dominant/recessive genes, chromosomal defects, multiple alleles, epigenetics. |
| 8    | **Alcoholism**  
- Define and discuss statistics, causes, effects on body, F.A.S., role of liver, police blood tests, effects on family and the community. |