Course Outline

COURSE: HE 1  DIVISION:  50  ALSO LISTED AS:

TERM EFFECTIVE: Fall 2019  CURRICULUM APPROVAL DATE: 3/12/2019

SHORT TITLE: HEALTH EDUCATION

LONG TITLE: Health Education

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>18</td>
<td>Lecture: 3</td>
<td>Lecture: 54</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lab: 0</td>
<td>Lab: 0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Other: 0</td>
<td>Other: 0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total: 3</td>
<td>Total: 54</td>
</tr>
</tbody>
</table>

COURSE DESCRIPTION:

This course focuses on attaining individual awareness, critical-thinking skills and self-responsibility relating to personal health. The interaction of individual physical, psychological, social, emotional, spiritual and environmental factors in determining health status is developed through integration of major concepts. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade
P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

02 - Lecture and/or discussion
72 - Dist. Ed Internet Delayed

3/11/2019
STUDENT LEARNING OUTCOMES:
1. Examine the physical, psychological, social, emotional, spiritual and environmental factors which are used in determining one's health status.
   Measure of assessment: participation in group discussions (oral report), written test
   Year assessed, or planned year of assessment: 2018
   Semester: Fall

2. Appraise the risks and/or benefits of drug, alcohol and tobacco use/misuse.
   Measure of assessment: participation in group discussions (oral report), role playing, written paper, homework
   Year assessed, or planned year of assessment: 2016
   Semester: Spring

3. Explain the common risk factors that contribute to diseases such as cancer and CVD including physical activity.
   Measure of assessment: written test
   Year assessed, or planned year of assessment: 2016

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS
Curriculum Approval Date: 3/12/2019

2 Hours
Course introduction/overview. Students will be given an opportunity to explore the aspects that they believe health encompasses.
SPO: The student will be able to explain their components of health education and state why they have included them.

6 Hours
Mental and emotional health. Lectures on definitions of health, the six-dimensional model of health, suicide, and stress.
SPO: The students will be able to: discuss and apply each of the six dimensions of health, describe the characteristics of an emotionally healthy person, list the warning signs and discuss the populations most affected by suicide, and define the terms stress and stressor and provide ways to deal with stress. Written test on material covered.

9 Hours
Exercise, nutrition, and weight management. Presentations on fitness, the six classes of nutrients, and weight management. Ethnic and cultural differences as they relate to the incidence of obesity will be discussed.
SPO: The students will be able to list the benefits of a cardiorespiratory fitness program and identify and describe the components of a complete fitness program. They will be able to define and summarize the importance to the body of each of the six classes of nutrients. Students will be able to describe the theories of the origins of obesity and will participate in a discussion about eating disorders. They will be able to describe the social and cultural factors that affect obesity. Students who selected a topic relating to information covered so far will discuss their research and turn in their paper. Written test on material covered.

9 Hours
Drugs, alcohol, and tobacco. Presentations on their use/misuse, dependency, and addiction.
SPO: The students will be able to: define the different categories of drugs, provide examples, and describe their effects on the body; discuss consequences that may result with alcohol abuse; and explain the health risks associated with tobacco. Students who chose topics relating to these three areas will discuss the information they learned from their research and turn in their paper. Written test on information covered.
Cardiovascular disease, cancer, and infectious diseases. A lecture on the six major forms of cardiovascular disease and the risk factors will be presented. This will include providing information that reports the relationship between hypertension and several ethnic groups and the incidence of strokes among African Americans. The various types of cancers and their warning signs and infectious diseases including STD's will be presented.

SPO: The students will be able to name and describe the six major forms of cardiovascular disease, including the risk factors, as described by the American Heart Association. They will be able to discuss various types of cancer, including recommendations for early detection; and to explain the signs, symptoms, treatments, and preventive measures for STD's. Students who selected a topic relating to the information covered above will present their material and turn in their paper. Written test on material covered.

Topics include sexuality, domestic violence, and rape. Information provided on the biological and psychosocial bases of human sexuality, birth control and contraception, domestic violence, and rape. Sexual orientation will be discussed.

SPO: The students will be able to discuss the biological and psychosocial bases of human sexuality, including sexual orientation; list the advantages and disadvantages of various birth control methods; explain the types of domestic violence and provide suggestions for prevention; and recognize the warning signs for date rape. They will take part in an open discussion about living in a diverse society. Students who chose topics relating to information presented above will discuss their research and turn in their paper. Written test on information covered.

Topics include consumerism, the environment, and death and dying. Lectures presented on: being a consumer of health products/services, the environment and one’s health, euthanasia, grief, and death.

SPO: The student will be able to name and describe the sources of health-related information that is available to them; identify sources of air, water, and land pollution and discuss their health implications; discuss the pros and cons of euthanasia; and describe the emotional stages of dying. Written test on material covered.

Health related current events articles covering the material presented throughout the semester is due. Students will present their articles.

SPO: The students will be able to describe the relationship between their current events article and a topic covered in class.

METHODS OF INSTRUCTION:
Lecture, small group discussions, student presentations. video, guest lectures.

OUT OF CLASS ASSIGNMENTS:
Required Outside Hours: 54
Assignment Description: Read text book chapters and answer study guide questions for each chapter. Study for quizzes, midterm, final.
Required Outside Hours: 27
Assignment Description: Homework; health related current event articles.
Required Outside Hours: 27
Assignment Description: Research paper on health related topic.
METHODS OF EVALUATION:
Writing assignments
Percent of total grade: 50.00 %
35% - 55% Written homework; Term papers; Other: Health related current events articles.
Objective examinations
Percent of total grade: 30.00 %
25% - 35% Multiple choice; True/false; Matching items; Other: Short answer
Other methods of evaluation
Percent of total grade: 20.00 %

REPRESENTATIVE TEXTBOOKS:
Required Representative Textbooks
ISBN: 9781284144130
Reading Level of Text, Grade: 13 Verified by: Publisher
ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:
  GAV E2, effective 201570

CSU GE:
  CSU E, effective 201570
  CSU E2, effective 200830

IGETC:

CSU TRANSFER:
  Transferable CSU, effective 201570

UC TRANSFER:
  Transferable UC, effective 201570

SUPPLEMENTAL DATA:
Basic Skills: N
Classification: Y
Noncredit Category: Y
Cooperative Education:
Program Status: 1 Program Applicable
Special Class Status: N
CAN:
CAN Sequence:
CSU Crosswalk Course Department: HE
CSU Crosswalk Course Number: 1
Prior to College Level: Y
Non Credit Enhanced Funding: N
Funding Agency Code: Y
In-Service: N
Occupational Course: E
Maximum Hours:
Minimum Hours:
Course Control Number: CCC000229287
Sports/Physical Education Course: N
Taxonomy of Program: 083700