

Course Outline

COURSE: HE 1 **DIVISION:** 50 **ALSO LISTED AS:**

TERM EFFECTIVE: FALL 2020 **CURRICULUM APPROVAL DATE:** 03/10/2020

SHORT TITLE: HEALTH EDUCATION

LONG TITLE: Health Education

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3.0	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

COURSE DESCRIPTION:

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. This course has the option of a letter grade or pass/no pass. **ADVISORY:** College level reading and writing skills or equivalent placement using college assessment practice.

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

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Examine the physical, psychological, social, emotional, spiritual and environmental factors which are used in determining ones health status.
2. Appraise the risks and/or benefits of drug, alcohol and tobacco use/misuse.
3. Explain the risk factors that contribute to diseases such as cancer and CVD including physical activity.
4. Distinguish the difference between personal and public health.

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 03/10/2020

2 Hours

Course introduction/overview. Students will be given an opportunity to explore the aspects that they believe health encompasses.

2 hours

Introduction to public health

SPO: Distinguish between personal health and public health.

8 Hours

Mental and emotional health. Lectures on definitions of health, the six-dimensions 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 describe the role of stress and mental health in health promotion and disease prevention. And analyze lifestyle from a wellness perspective, and in areas where personal behavior change is identified, adopt health enhancing behavior. Written test on material covered.

6 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: Apply the dietary recommendations to diet planning throughout the life cycle and in the promotion of fitness/physical activity, weight management and disease prevention.. 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.

SPO: Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition. Written test on material covered.

8 Hours

Drugs, alcohol, and tobacco. Presentations on their use/misuse, dependency, and addiction.

SPO: Describe the role of substance use and abuse in our society and its impact on the individual, the community, the economy and the social structure. 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.

9 Hours

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 various diseases and infections. 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.

8 Hours

Topics include relationships, sexuality, sexual orientation, and parenthood.

SPO: Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation and parenthood. Students will take part in an open discussion about living in a diverse society. Written test on information covered.

3 Hours

Topics include healthy aging.

SPO: Examine the physiological, emotional, psychological and sexual aspects of aging.. Written test on material covered.

3 Hours Topics include the relationship between our health and the environment.

SPO: Describe the inter-relationship between human beings and their environment.

3 Hours Topics to include our health care system and consumerism.

SPO: Analyze the health care delivery system, including inequities and discrepancies, Evaluate health and medical information and distinguish between personal health and public health.

2 Hours

Final.

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 %

15% - 25% Participation in class discussions, oral presentation

REPRESENTATIVE TEXTBOOKS:

Gordon, E. & Goltanty, E.. Health & Wellness or other appropriate college level text.. Burlington, MA: Jones & Bartlett,2019.

ISBN: 9781284144130

Reading Level of Text, Grade: 13 Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree: GAV E2
CSU GE:
CSU E
CSU E2
IGETC:
CSU TRANSFER: CSU Transferable
UC TRANSFER:
UC Transferable

SUPPLEMENTAL DATA:

Basic Skills: N – Not Applicable
Classification: Y – Credit Course
Noncredit Category: Y – Not Applicable
Cooperative Education:
Program Status: 1 – Program Applicable
Special Class Status: N – Not a special class
CAN:
CAN Sequence:
CSU Crosswalk Course Department: PSYC
CSU Crosswalk Course Number: 52
Prior to College Level: Y – Not Applicable
Non Credit Enhanced Funding: Y - Not Applicable, Credit Course
Funding Agency Code: Y – Not Applicable
In-Service:
Occupational Course: E – Non Occupational
Maximum Hours:
Minimum Hours:
Course Control Number:
Sports/Physical Education Course:
Taxonomy of Program: 200100