

Course Outline

COURSE: AH 743 **DIVISION:** 90 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2012 **CURRICULUM APPROVAL DATE:** 11/14/2011

SHORT TITLE: TOBACCO CESSATION

LONG TITLE: Healthier Living Through Tobacco Cessation

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
0	17.34	Lecture:	2	34.68
		Lab:	0	0
		Other:	0	0
		Total:	2	34.68

COURSE DESCRIPTION:

This course is designed to provide the opportunity to obtain valuable education, support, and build the skills necessary to quit tobacco and live a healthier lifestyle. This course will also serve as a preventative measure for those who are considering smoking or using other tobacco related products. Discussion will focus on developing healthy coping skills, learning healthy lifestyle alternatives to smoking, and learning strategies such as Behavioral Modification Techniques and the use of Nicotine Replacement Therapy to help stop smoking. The physiological effects of tobacco on the human body will also be discussed. The course will be offered in both English and Spanish.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: N - Non Credit

GRADING MODES

N - Non Credit

REPEATABILITY: R - Course may be repeated

Maximum of 99 times

SCHEDULE TYPES:

02 - Lecture and/or discussion

STUDENT LEARNING OUTCOMES:

1. Recognize common vocabulary within Tobacco Cessation.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 1,7,6,4

2. Identify the relevance of the theories that serve as the foundation for Quit Smoking Programs and apply those theories to help quit unhealthy addictions.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 6,7,2

3. Discover the benefits of quitting smoking and discuss how it leads to a healthier lifestyle.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 6,7,4

4. Recall the different methods available for quitting tobacco.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 6,7,4

5. Discover associated health hazards from tobacco use.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 7,6,4,2

6. Explore the importance of alternatives such as exercise, meditation, and nutrition on their road to a healthier lifestyle.

Measure: Oral Report, Pre-Post Test

PLO:

ILO: 6,2,4

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

Curriculum Approval Date: 11/14/2011

2 Hours

Content: Introduction and overview of course. Pre-test administered. What is addiction and tobacco as an addiction are discussed. Different types of tobacco use including secondhand smoke are introduced (hookah, cigarettes, cigars, chewing tobacco). Tobacco's components are identified. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Explain what Tobacco addiction is. Identify different types of tobacco use. Identify a few of the toxic components in tobacco. Discuss secondhand smoke and how it is relevant when discussing tobacco use and its effects.

Out-of-Class Assignments:

2 Hours

Content: Introduction to basic Anatomy of the human body focusing on lungs. Effects of Tobacco on the human body are identified and discussed such as Cardiovascular and Pulmonary Disease. The benefits of quitting are introduced (Physiological and Economical benefits). Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Explain the major effects of tobacco on the human body. Identify benefits of quitting tobacco.

Out-of-Class Assignments:

2 Hours

Content: The different methods of quitting are identified and discussed along with their pros and cons. The different methods of quitting include: -product centered (Nicotine Replacement Therapy, Non-Nicotine products: Chantix), -classes, -self-help programs, -individual therapies, -residential. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Identify and explain different methods of quitting tobacco. Identify at least one pro and one con of each method.

Out-of-Class Assignments:

2 Hours

Content: The different theories that serve as the foundation for quit smoking programs are identified and their relevance to the success of quitting smoking are discussed. The theories that will be discussed include: -The Health Belief Model, -The Social Learning Theory, -The Learned Drive Theory, -The Parallel Fear Model, -The Prochaska-DiClemente Stages of Change, and -The Behavior Modification Model. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Explain the relevance of each of the theories discussed to the success of quitting smoking.

Out-of-Class Assignments:

2 Hours

Content: The Prochaska-DiClemente Stages of Change are applied to Tobacco Cessation in detail. The "Contemplation" and "Preparation" phases are explored. Identifying your reasons to quit, keeping a Smoking record, identifying triggers and trigger situations, and the importance of developing a support system is discussed and supplemented with handouts. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Identify and explain the importance of the "Contemplation" and "Preparation" phases of the Prochaska-DiClemente Stages of Change. Identify components in each phase such as: Identifying triggers, identify reasons to quit, develop a support system.

Out-of-Class Assignments:

2 Hours

Content: The "Action" and "Maintenance" phases are explored. The importance of identifying rewards for yourself, recognizing signs of healing, knowing what to say and do during urges, thinking positively, and list of 101 things to do instead of smoking are learned and supplemented through handouts. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Identify and explain the importance of the "Action" and "Maintenance" phases of the Prochaska-DiClemente Stages of Change. Identify components in each phase such as: Identifying rewards, recognize signs of healing, thinking positively.

Out-of-Class Assignments:

2 Hours

Content: The "Maintenance" phase is further explored and "Relapse" phase explored as well. The importance of a balanced Nutrition, and Exercise are explored. Healthier nutrition options are discussed along with the benefits of nutrition and exercise on the body. Handouts will be given for determining individualized daily calorie intake and ideas for an exercise plan. Assignment: Write in unhealthy addiction diary.

Student Performance Objectives (SPO): Identify and explain the importance of the "Maintenance" and "Relapse" phases of the Prochaska-DiClemente Stages of Change. Identify components in each phase such as: Balanced Nutrition and Exercise. Determine personal daily calorie intake. Discuss healthy nutrition and exercise options.

Out-of-Class Assignments:

2 Hours

Content: Stress management techniques such as meditation and breathing exercises are explored and how they contribute to the "Maintenance" and "Relapse" phases of Tobacco Cessation are discussed. Students will learn ways to prepare for social situations through the use of assertive communication. Assignment: Write in unhealthy addiction diary. Administer Post-test. Class discussion will end with how students plan to incorporate what they have learned into their daily lives.

Student Performance Objectives (SPO): Identify more components to "Maintenance" and "Relapse" phases such as: Meditation, Breathing exercises, Assertive Communication. Explain the process for meditation and breathing exercises. Identify and give examples of assertive communication. Discuss how to incorporate what they have learned into their daily lives.

METHODS OF INSTRUCTION:

The main method of instruction will be lecture with class participation involving the following: journal writing, completing handouts, and small and large group discussions.

METHODS OF EVALUATION:

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Not Transferable

UC TRANSFER:

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: L

Noncredit Category: D

Cooperative Education:

Program Status: 2 Stand-alone

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

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: CCC000529136

Sports/Physical Education Course: N
Taxonomy of Program: 083700