



Approval Dates
COR: 11/13/2014
SLO: 11/10/2014

Academic Affairs Course Outline of Record

- **COURSE SUBJECT & NUMBER:**HE 101
- **COURSE NAME:***Health Education
- **COURSE UNITS:** 3
- **COURSE HOURS:** Lecture: 3.00 hours weekly (54 Hours Total)
- **COURSE REQUISITES:** (Follow format of similar courses found in the college catalog.)

Advisory: Eligibility for READ 099 , Eligibility for ENGL 099

- **COURSE DESCRIPTION:** (Write a short paragraph providing an overview of topics covered. Be sure to identify target audience--transfer, major, GE, degree/certificate, etc. If repeatable, state the number of times at end of description as (R#).

Students will explore health behaviors, health promotion and wellness concepts. The course includes study and analysis of specific lifestyle factors and their relationships to well-being and disease. Areas of study will include mental wellness, stress and stress management, physical fitness, nutrition, weight management, drugs, alcohol, tobacco, heart disease, cancer, infectious diseases, sexuality, birth control, consumerism and environmental health. (CSU, UC, AVC)

- **COURSE OBJECTIVES:** (Title 5 requires that courses show evidence of critical thinking skills. Use Bloom's taxonomy to formulate concise, performance-based measurable objectives common to all students. Objectives must be closely aligned with course content, assignments, and methods of evaluation)

Upon completion of course, the successful student will be able to

1. Examine the composition of health as it relates to resources within the physical, emotional, social, intellectual and spiritual makeup of individuals.
2. Describe the effects of stress on health and construct a stress management plan.
3. Create a physical fitness program that addresses each of the components of physical fitness.
4. Examine diet as it relates to wellness and disease.
5. Evaluate the importance of maintaining a healthy weight.
6. Explain common causes of heart disease and cancer, and infectious disease.
7. Analyze the role that risk reduction plays in protecting and improving health.
8. Describe the physiological effects of alcohol, tobacco, and psychoactive drugs, and explain how these substances play a role in illness, accidents, crime and suicide.
9. Describe the functions of the male and female reproductive systems.

10. Discuss advantages and disadvantages of each form of birth control.

11. Explain how to be a good health consumer.

o **COURSE CONTENT:**

- I. **PSYCHOLOGICAL HEALTH**
 - A. Characteristics of psychologically healthy people
 - B. Enhancing psychological health
 - C. Psychological disorders
- II. **MANAGING STRESS**
 - A. Stress response
 - B. Effects of chronic stress
 - C. Tools for stress management
- III. **PHYSICAL FITNESS**
 - A. Components of physical fitness
 - B. Aging physically
 - C. Developing a cardiorespiratory fitness program
- IV. **NUTRITION**
 - A. Types and sources of nutrients
 - B. Guidelines for dietary health
- V. **MAINTAINING A HEALTHY WEIGHT**
 - A. Body image and self-concept
 - B. Definition of overweight and obesity
 - C. Causes and risks of obesity
 - D. Weight management techniques
 - E. Eating disorders
- VI. **DRUGS**
 - A. Effects of drugs on the central nervous system
 - B. Dependence and addiction
 - C. Drug classifications
 - D. Combination drug effects
- VII. **ALCOHOL**
 - A. Physiological effects of alcohol
 - B. Alcohol-related health problems
 - C. Alcohol-related social problems
 - D. Problem drinking and alcoholism
- VIII. **TOBACCO**
 - A. Physiologically active compounds in tobacco
 - B. Illness and premature death associated with tobacco use
 - C. Smoking cessation techniques
- IX. **CARDIOVASCULAR DISEASE**
 - A. Prevalence of cardiovascular disease
 - B. Normal cardiovascular function
 - C. Cardiovascular disease risk factors
 - D. Forms, treatment, and prevention of cardiovascular disease
- X. **CANCER**
 - A. Cell regulation and oncogenes
 - B. Types of cancer

- C. Risk factors, prevention and treatment for cancers at
 - D. selected sites in the body
 - XI. INFECTIOUS DISEASES
 - A. Infectious disease transmission
 - B. Body defenses
 - C. Causes and management of selected infectious diseases including HIV and sexually transmitted diseases
 - XII. SEXUALITY
 - A. Male and female reproductive systems
 - B. Patterns of sexual behavior
 - XIII. MANAGING FERTILITY
 - A. Birth control and contraception
 - B. Theoretical and use effectiveness
 - C. Current birth control methods
 - D. Pregnancy and delivery
 - E. Infertility
 - XIV. RESEARCH PROJECT/PAPER
- **TYPICAL HOMEWORK ASSIGNMENTS: (Do not include in-class work, quizzes, or tests)**
This information is necessary for all credit courses. Assignments should be closely related to course objectives, content, and methods of evaluation. (See sample of a "Model Outline" in the AP&P Standards & Practices Handbook.) Include a range of assignments (minimum of three) from which faculty may choose when designing their syllabus.
0. **Describe nature and frequency of typical reading assignments if applicable; note if any are required:**
 - Students are advised to read at least one chapter in the text book per week (average 25-30 pages)
 - Students are advised to read newspapers and popular periodical to stay informed on recent health research and advances medical treatments.
 1. **Describe nature and frequency of typical writing assignments if applicable; note if any are required:**
 - Students are encouraged to keep a health journal in order to examine how the information they are learning in class applies to the physical, emotional, intellectual and spiritual makeup of their own health.
 - Students will be required to complete study guides.
 - Students will write subject material on research project/paper.
 - Students may write reports based on health related stories in the popular media.
 2. **Describe nature and frequency of typical computational assignments if applicable; note if any are required:**
 - N/A

3. **Describe other types of homework assignments that students may be asked to complete (oral presentations; special projects; visual/performing arts; etc); note if any are required:**

Students are required to work on research project/paper outside of class.

Students may watch popular media on health-related issues.

- **For categories 1-4 above, list the estimated hours per week it would take a student to complete assignments. Title 5 (section 55002) requires that each unit must be shown to require three hours of work per week by the student either in or out of class. Homework formula: 3 hours of class work times each unit of credit minus classroom hours equals required homework hours.**
 - Reading Assignments: 3**
 - Writing Assignments: 3**
 - Computational Assignments: 0**
 - Other Assignments: 2**
- **METHODS OF INSTRUCTION: (Methods must be consistent with content and appropriate to objectives; state in terms of what instructor will be doing in order to present course content to students: for example, lecture, demonstration, present audio/visual materials; facilitate group work, etc. Do not list specific instructional equipment.)**
 - Directed Study
 - Instructor led Discussion
 - Instructor led Problem Solving
 - Lecture
 - Observation and Demonstration
 - Projects
 - Visiting Lecturers
 - Other: Multimedia
- **METHODS OF EVALUATION: (These must be clearly related to course objectives and reflect course content and assignments in order to comply with Title 5 requirements. Describe what instructor will be looking for when evaluating various assignments and tests in order to determine whether students have met course objectives. Grades must be based on demonstrated proficiency in subject matter and determined, where appropriate, by essays, objective and essay tests, research papers or projects, problem solving exercises, or skills' demonstrations.)**
 - Students grades will be determined by their ability to demonstrate understanding and apply their knowledge of the composition of health, the effects of stress on health, the components of physical fitness, how diet affects health status, the importance of maintaining a healthy weight, causes, treatment and prevention of heart disease, cancer and infectious disease, the effects of alcohol, tobacco, and psychoactive drugs, the male and female reproductive systems and birth control. These will be evaluated by exams and quizzes administered during the term as well as class participation, group discussions and completion of a research project/paper. (Objectives: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11)
- **SUGGESTED TEXTS OR OTHER INSTRUCTIONAL MATERIALS (List several when possible; include title, author, publisher, date, and latest edition. If older than five years, provide brief rationale.)**
 - Hahn, Payne, and Mauer (2013). *FOCUS ON HEALTH* (11th/e). McGraw Hill Companies.