HELH 106 - Personal & Community Health Course Outline

Approval Date: 04/23/2020
Effective Date: 08/14/2020

SECTION A

Unique ID Number	CCC000261190
Discipline(s)	Health Physical Education
Division	Kinesiology & Athletics
Subject Area	Health
Subject Code	HELH
Course Number	106
Course Title	Personal & Community Health
TOP Code/SAM Code	0837.00 - Health Education / E - Non-Occupational
Rationale for adding this course to the curriculum	meet C-ID requirements
Units	3
Cross List	*N/A*
Typical Course Weeks	18

Total Instructional Hours

	Contact Hours
Lecture	54.00
Lab	0.00
Activity	0.00
Work Experience	0.00
Outside of Class Hours	108.00

Total Contact Hours	54
Total Student Hours	162
Open Entry/Open Exit	No
Maximum Enrollment	
Grading Option	Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course provides an overview of the personal and social aspects of health, while analyzing the interaction and effects of behavioral, environmental, social, spiritual, occupational, and physical factors. Students in this course apply the basic principles of wellness and health science to develop an informed, personal approach to mental and physical health. topics will include nutrition, exercise, weight control, stress management, mental health, violence prevention, reproductive health, aging and environmental hazards and safety.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. 1. Students will use basic principles of health and wellness to develop an informed, personal approach to mental and physical health. 2. Students will understand the life cycles from birth to death. 3. Students will examine lifestyle choices and how they impact overall health and wellness.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Recognize the multifaceted nature of health. Students will be able to identify and apply six dimensions of wellness; physical, emotional, intellectual, spiritual, social and environmental. Differences between public health and personal health will be explored.
B. Identify the components of mental health. Identify the role of stress and and the impact on wellness.
C. Describe personal needs and benefits of regular physical activity. Identify components of fitness;cardiovascular, muscular strength, flexibility, body composition.
D. Understand the importance of dietary planning and recommendations in promoting personal health throughout the lifetime.
E. Recognize methods of weight control. that promote healthy weight management and examination of harmful practices that lead to various eating disorders.
F. Describe the actions and hazards of drugs commonly misused and abused. The impact of abuse on the individual, family, and society will be examined. Examine treatment options for addiction behaviors.

G. Identify ways in which one may become a healthy skeptic with regard to health care services and products. Determine and evaluate health and medical information sources for validity and reliability.
H. Understand the interrelationships between humans and their environment that may encourage disease processes.
I. Identify the sources of various forms of pollution and the impact on health. Sociological variables and impact will be evaluated.
J. Recognize the elements basic to all successful human relationships and effective ways of handling conflict.
K. Describe the full extent of sexuality: Physiological, psychological , social, emotional, and intellectual. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
L. Identify contraceptive health and reduction of risk and prevention of sexual disease and infection.
M. Examine violence in society. Sexual violence and assault and prevention will be identified. Safe gun practices will be determined.
N. Recognize myths about aging and facts that refute them. Examine physiological, psychological, emotional , social and physical elements of aging.
O. Identify sources of cultural and personal attitudes about death.
P. Communicate orally and in writing in the language of of the health discipline.
Q. Examine and analyze personal health choices. Identify behavioral changes leading to health enhanced wellness.
R. Examine and evaluate health care delivery options, both traditional and non-traditional or complimentary. Advantages and disadvantages including inequities will be examined.
S.

3. Course Content

A. Accessing health-determinanat, influences, behavior choices, personal responsibilty
B. Differences in health equity
C. Promoting psychological health
D. Cultivating spiritual health
E. Managing stress and coping with life challenges
F. Improving sleep
G. Prevention of violence and injury
H. Connecting and communications skills needed to promote healthy relationships
I. Understanding sexuality
J. Discussion of reproductive choices
K. Recognizing and avoiding addiction and drug abuse
L. Drinking alcohol responsibly and eliminationg tobacco use
M. Essential nutrition habits to promote health
N. Healthy weight managment
O. Body image and health
P. Evaluating and improving fitness
Q. Reduction of Cardiovascular disease and cancer
R. Reduction of risk for Diabetes
S. Preventing infectious disease and sexually transmitted infections
T. Making health care choices and examine complimentary health care practices, exploring healthcare delivery practices.
U. Aging, death and dying
V. Choices that promote environmental health
W.

4. Methods of Instruction:

Activity: Students will be required to examine personal health status and conduct a behavioral change leading to improved health
Discussion: Students will be required to respond and participate in discussion board topics.
Lecture: Detailed lecture on topics listed under course content.
Projects:
Online Adaptation: Activity, Directed Study, Discussion, Group Work, Individualized Instruction, Journal, Lecture

7. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Research Projects -- Students will be required to complete a research paper on a health disease, disorder or condition.
Class Participation -- Students will be required to complete discussion board topics , presenting their view and will respond to at least two classmates entries.

Additional assessment information:

Grades will be based upon quizzes after each unit of study. Quizzes will be short answer and true/false and multiple choice.
For example:
1.T/F The countries with the highest per capital consumption of meat also have the highest rates of colon cancer.

2. Deficiency of folic acid is responsible for all of the following EXCEPT
A)Neural tube defects
B)Spina bifida
C)Goiter
D)Homocysteine

3)Explain Maslow's hierarchy of needs and the role it plays in wellness.

Letter Grade or P/NP

8. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments
   Students will be required readings for the following:
   1. The assigned text.
   2. Local and regional newspapers for current health issues. Newspapers may include The San Francisco Chronicle. Students may also use online resources such as Medline.
   3. Assigned readings from the Center For Science In The Public Interest newsletter: Nutrition Action Health letter
B. Writing Assignments
   Students will be required to submit short answer essays.
   For example:

   a)Change in health behaviors occurs through stages. Explain the stages of the Trans-theoretical Model. Examine a behavior that you are changing and discuss its relationship to the model.

   b)Explain homeostasis and the role it plays in maintaining health. Give examples.
C. Other Assignments

Students will be required to complete a term project. The paper will be on a health-related topic. Students will be required to cite current research; diagnosis; statistics; traditional and nontraditional treatments; prevention and prognosis; and local and regional resources.

9. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author:	Donatelle, Rebecca
Title:	Health The Basics
Publisher:	Pearson
Date of Publication:	2019
Edition:	13

B. Other required materials/supplies.