

HELH-106: PERSONAL & COMMUNITY HEALTH

Effective Term

Fall 2020

BOT Approval

04/23/2020

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Health (Master's Degree)	Or
Physical Education (Master's Degree)	

Subject Code

HELH - Health

Course Number

106

Department

Health

Division

Kinesiology & Athletics

Full Course Title

Personal & Community Health

Short Title

Personal & Community Health

CB03 TOP Code

0837.00 - Health Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Meet C-ID requirements.

SECTION B - Course Description

Catalog Course 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.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
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.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	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.
2.	Identify the components of mental health. Identify the role of stress and the impact on wellness.
3.	Describe personal needs and benefits of regular physical activity. Identify components of fitness; cardiovascular, muscular strength, flexibility, body composition.

4.	Understand the importance of dietary planning and recommendations in promoting personal health throughout the lifetime.
5.	Recognize methods of weight control. that promote healthy weight management and examination of harmful practices that lead to various eating disorders.
6.	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.
7.	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.
8.	Understand the interrelationships between humans and their environment that may encourage disease processes.
9.	Identify the sources of various forms of pollution and the impact on health. Sociological variables and impact will be evaluated.
10.	Recognize the elements basic to all successful human relationships and effective ways of handling conflict.
11.	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.
12.	Identify contraceptive health and reduction of risk and prevention of sexual disease and infection.
13.	Examine violence in society. Sexual violence and assault and prevention will be identified. Safe gun practices will be determined.
14.	Recognize myths about aging and facts that refute them. Examine physiological, psychological, emotional, social and physical elements of aging.
15.	Identify sources of cultural and personal attitudes about death.
16.	Communicate orally and in writing in the language of of the health discipline.
17.	Examine and analyze personal health choices. Identify behavioral changes leading to health enhanced wellness.
18.	Examine and evaluate health care delivery options, both traditional and non-traditional or complimentary. Advantages and disadvantages including inequities will be examined.

Course Content

1. Accessing health-determinant, influences, behavior choices, personal responsibility
2. Differences in health equity
3. Promoting psychological health
4. Cultivating spiritual health
5. Managing stress and coping with life challenges
6. Improving sleep
7. Prevention of violence and injury
8. Connecting and communications skills needed to promote healthy relationships
9. Understanding sexuality
10. Discussion of reproductive choices
11. Recognizing and avoiding addiction and drug abuse
12. Drinking alcohol responsibly and eliminating tobacco use
13. Essential nutrition habits to promote health
14. Healthy weight management
15. Body image and health
16. Evaluating and improving fitness
17. Reduction of Cardiovascular disease and cancer
18. Reduction of risk for Diabetes
19. Preventing infectious disease and sexually transmitted infections
20. Making health care choices and examine complimentary health care practices, exploring healthcare delivery practices.
21. Aging, death and dying.
22. Choices that promote environmental health

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
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.
Other	Projects

Online Adaptation

Types	Examples of learning activities
Activity	
Discussion	
Individualized Instruction	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Discussion Boards
 E-mail Communication
 Telephone Conversations

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
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 classmate's entries.
Quizzes	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.

Assignments

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*

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.

Outside-of-Class 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.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Donatelle, Rebecca

Title

Health The Basics

Edition/Version

13th

Publisher

Pearson

Year

2019

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000261190

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No