



5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Summer 2024 **CURRICULUM APPROVAL DATE:** 06/11/2024

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	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54

Out of Class Hrs: 108.00

Total Learning Hrs: 162.00

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. C_ID (PH 100).

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

05 - Hybrid

71 - Dist. Ed Internet Simultaneous

72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Examine the dimensions and determinants of health and wellness and identify how one can maximize their potential for health in each.
2. Describe the role of stress and mental health in health promotion and disease prevention.
3. Distinguish between personal and public health.
4. Examine the relationship between lifestyle choices and longevity and use this information to implement and promote healthy living.

COURSE OBJECTIVES:

By the end of this course, a student should:

1. Evaluate health and medical information.
2. Analyze the health care delivery system, including inequities and discrepancies. Evaluate health and medical information
3. Describe the inter-relationship between human beings and their environment.
4. Describe the stimulus leading to violence & strategies to minimize its occurrence.
5. Identify common practices and attitudes that contribute to intentional and unintentional injuries on a personal and community level & strategies to minimize the occurrence.
6. Discuss health and social issues as they relate to aging.
7. Examine the physiological, emotional, psychological and sexual aspects of aging.
8. Analyze personal and family health as it relates to healthy sexuality, relationships, sexual orientation and parenthood.
9. Explain how a familial pattern of disease differs from a hereditary (genetic) disease).
10. Describe the functions of DNA, genes and chromosomes and inherited diseases caused by chromosomal abnormalities.
11. Identify and explain how infectious diseases are prevented and treated.
12. Discuss various types of cancer, including recommendations for early detection, risk factors and prevention.
13. The students will be able to name and describe the major forms of cardiovascular disease, including the risk factors and lifestyle factors that increase the risk of development.
14. 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.
15. Analyze the inter-relatedness of eating disorders and body image, and the impact of the media.
16. List the features of sensible weight management.
17. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
18. Apply the dietary recommendations to diet planning throughout the life cycle and in the promotion of fitness/physical activity, weight management and disease prevention.
19. Describe the relationship among thoughts, emotions and mental health.
20. Define the components of mental health & emotional health.
21. Describe the role of stress and mental health in health promotion and disease prevention
22. Describe the environmental, mental and emotional components of stress.

COURSE OBJECTIVES(CONTINUED):

23. Describe the ways the mind and body communicate.
24. Through current event and research students will interpret and evaluate health and medical information from general and subject specific library and credible internet sources.
25. Through presentations and written assignments, students will use the scientific language of the discipline.
26. Analyze one's lifestyle from a wellness perspective. Identify areas of personal health needing behavior change and incorporate those changes into their lifestyle.
27. Describe the health belief model and transtheoretical model of health.
28. Identify goals of Healthy People - currently 2030.
29. Define health.
30. Describe the medical and wellness models of health.
31. Analyze lifestyle from a wellness perspective.
32. 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.
33. Discuss and apply each of the six dimensions of wellness.
34. Distinguish between personal health and public health.

COURSE CONTENT:

Curriculum Approval Date: 06/11/2024

2 Hours

Course introduction/overview. Students will be given an opportunity to explore the aspects that they believe health encompasses. Critical thinking about health and health and wellness information. Identifying credible sources of information.

4 Hours

Health & wellness: Definitions of health, the dimensions of health and the determinants of health & wellness. Health status, Healthy People & health issues of N. American College Students. Behavior change; health belief model, transtheoretical model and theory of reasoned action/theory of planned behavior.

6 Hours

Mind-body harmony: mechanisms of mind-body communication: Autonomic nervous system: Sympathetic & Parasympathetic nervous systems, Hormones & the immune system. Psychosomatic illness.

Stress - Eustress vs. Distress. How stress occurs. How stress contributes to illness - General Adaptation Syndrome, fight or flight response. Environmental, mental & emotional components of stress. Physiological components. Problem focused and emotion focused coping. Managing overload, test anxiety and time management.

3 Hours

Mental Health - Components of Mental Health. Mental Illness. Basic human needs and mental health. Disorders spectrum, genetic predisposition, dual diagnosis/ co-occurring disorders. Coping, Social support, fears, phobias & anxiety. Depression, suicide, Adult Attention Deficit Hyperactivity disorder. Healthy sleep.

4 Hours

Exercise, nutrition, and weight management. Presentations on movement and physical activity for health, components of physical activity, psychological benefits, and performance enhancing substances. Dietary guidelines, food labels, function of food, components of food, how food affects the brain and food additives. Discussion on genetically modified foods, fast food and diets. Weight management - Regulation of body fat, fads and fallacies, body image, eating disorders & media influences.

COURSE CONTENT(CONTINUED):

6 Hours

Drugs & medications - How they work, development, testing and costs. Discussion on nutraceuticals and herbal medicines. Drug misuse, abuse and addiction, including physical dependency, tolerance, withdrawal and habituation/psychological dependence.

Common psychoactive drugs: Alcohol, tobacco and other nicotine delivery systems, marijuana and its derivatives & caffeine. How alcohol affects the body, long term effects and potential benefits of alcohol. Alcohol use disorder. Resiliency, hardiness and learned optimism as it relates to substance abuse.

6 Hours

Cardiovascular diseases (CVD), - Classifications, the heart, blood vessels, heart beat and regulating blood flow. Heart failure and Cardiopulmonary resuscitation. Understanding risks and measures of prevention. Including lifestyle factors that contribute to CVD.

Cancer - Risks and methods of preventions. Incidence of various types of cancer, defining cancer and causes/risk factors. Topics include environmental factors: ionizing radiation, infectious microorganisms and carcinogens. Discussion on diet and cancer risk, and cancer treatments.

3 Hours

Healthy sexuality. Pregnancy, methods for preventing unintended pregnancy, abortion, sexually transmitted infection/diseases.

3 Hours

Infections & Immunity - The human microbiome, infectious diseases including causes and fighting them. Allergies and autoimmune diseases.

3 Hours

Genetics & health- Chromosomal abnormalities, congenital anomalies. Teratogens. Topics include genetic counseling, testing and gene therapy.

3 Hours

Healthcare - consumerism, healthcare providers, types of insurance including public and government provided. Healthcare costs. Public health vs. personal health. Complementary and alternative medicine.

3 Hours

Aging and dying. Healthy aging and causes, including environmental factors and neurodegenerative diseases. Other topics include age related vision and hearing loss and end of life decisions.

3 Hours

Unintentional and Intentional injuries. Reducing risk. Topics include: motor vehicle safety, home and community safety, workplace safety, interpersonal violence, firearm violence, hate crimes, elder abuse intimate partner violence, maltreatment of children, sexual violence, harassment, rape & sexual assault. Discussion on preventing date rape.

3 Hours

Healthy Environment - Topics include air pollution, carbon dioxide, global warming and climate change. Water, land pollution, pesticides, endocrine disruptors, toxic plastics, radiation, and noise pollution. Discussion on population growth.

2 Hours

Final Exam.

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

Evaluation Percent 50

Evaluation Description

40% - 55%

Written homework;

Term papers;

Other: Health related current events articles.

Objective examinations

Evaluation Percent 30

Evaluation Description

25% - 35%

Multiple choice;

True/false;

Matching items;

Other: Short answer

Other methods of evaluation

Evaluation Percent 20

Evaluation Description

15% - 35%

Participation in class discussions, oral presentation

REPRESENTATIVE TEXTBOOKS:

Health & Wellness or other appropriate college level text., Gordon, E. & Goltanty, E., Jones & Bartlett, 2023 or a comparable textbook/material.

ISBN: 9781284235197

13 Grade Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E, effective 202070

GAV E2, effective 201570

CSU GE:

CSU E, effective 202070

CSU E2, effective 200830

IGETC:

CSU TRANSFER:

Transferable CSU, effective 202070

Not Transferable

UC TRANSFER:

Transferable UC, effective 202070

Not Transferable

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PHYS

CSU Crosswalk Course Number: 100

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: CCC000229287

Sports/Physical Education Course: N

Taxonomy of Program: 083700