

# HLED G100: PERSONAL HEALTH

Item	Value
Curriculum Committee Approval Date	10/20/2020
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed positive health behaviors, individual responsibility. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, chronic and infectious diseases, aging, healthcare, and environmental health and safety. Transfer Credit: CSU; UC. C-ID: PHS 100. C-ID: PHS 100.

## Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood; and the ramifications and possible outcomes of irresponsible sexual behavior
3. Examine the physiological, emotional, psychological and sexual aspects of aging.
4. Explain stress management techniques and the role they play in mental health, disease prevention and everyday life.
5. Identify the components of a balanced diet, including application of dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.

## Course Objectives

- 1. Describe the six dimensions of wellness (physical, emotional, intellectual, social, spiritual, and environmental) and their interrelationship.
- 2. Describe the role of stress and mental health in health promotion and disease prevention.
- 3. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- 4. Design a strategy for making a behavior change that improves lifelong wellness and implement change.

- 5. Distinguish the difference between personal health and public health.
- 6. Describe the role of substance use and abuse and the impact on the individual and our in our society.
- 7. Recognize the stimulus leading to violence and be able to minimize its occurrence.
- 8. Identify and discuss specific preventative measure to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
- 9. Describe the inter-relationship between human beings and their environment.
- 10. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
- 11. Analyze the health care delivery system, including inequities and discrepancies.
- 12. Interpret and evaluate health and medical information from general and subject specific library and web sources.
- 13. Communicate orally and in writing in the scientific language of the discipline.
- 14. Analyze lifestyle choices from a wellness perspective and in response, area of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

## Lecture Content

Introduction to Health Education Six Dimensions of health Distinction between personal and Public Health Critical evaluation of health information Mind and body communications to maintain wellness The autonomic nervous system Hormones Meditation Taking time to quiet the mind Stress Management: Environmental, emotional and physiological components of stress Stress management College student stress Mental Health and Mental Illness Fears, phobias, and anxiety Depression Mental disorders Addiction and Drug Abuse Addiction and substance abuse Common drugs of abuse Over the counter drugs Addressing the misuse of drugs Treatment Alcohol Mechanism of intoxication College Drinking behaviors Alcohol abuse Strategies to reduce risk Balanced Nutrition Dietary guidelines for eating right The USDA food guide pyramid Food labels Functions of food Healthy Weight Management Sensible weight management Fads and fallacies of weight control Body image Eating disorders Physical Activity for Health and Well-being Health benefits of physical activity Physiological and psychological benefits of physical activity Physical activity for health and enjoyment Creation of a plan for fitness Building healthy relationships and communicating effectively The Value of Relationships Intimate Relations Building Communication Skills Partnering and Singlehood Sexuality and Intimate Relationships The physical dimension of sexuality The psychological dimension of sexuality Communication in intimate relationships Understanding Pregnancy and Parenthood The choice of parenthood Pregnancy Health habits during pregnancy Adoption Protecting against sexually transmitted diseases and AIDS Risk factors of STDs Common STDs Reduction of the STD epidemic in the United States Prevention Knowledge Encourages Prevention Cancer: Understanding risks and means of prevention Causes of cancer Environmental factors Diet and cancer risk Cancer treatments Cardiovascular Diseases: Understanding risks and measures of prevention The heart and blood vessels Risk factors for cardiovascular disease Diet and cardiovascular disease Cardiovascular disease prevention Heredity and Diseases Chromosomal abnormalities

Congenital defects Hereditary disease prevention Infectious Conditions  
 Your immune system Bacterial Infections Viral Infections Health  
 and Society Health care decisions and options Health care providers  
 Health insurance The federal government and health care Health care  
 costs Preventing Violence and Abuse Violence in the United States  
 Factors Contributing to Violence Interpersonal and Collective Violence  
 Minimize Your Risk of Becoming a Victim of Violence Violence and  
 prevention Identity protection Bullying Campus and Community-wide  
 Responses to Violence Exploring Alternative Medicines Alternative  
 medicine definition Alternative medicines; (homeopathy, chiropractic,  
 osteopathy, acupuncture) Understanding Aging and Dying Theories of  
 aging Physiological, emotional, psychological and sexual aspects of  
 aging. Healthy aging and a healthy lifestyle Alzheimers disease and  
 senile dementia End-of-life decisions Working Towards a Healthy  
 Environment Outdoor air pollution Carbon dioxide and global warming  
 Land and water pollution Effects of human growth population Reducing  
 Risk of Unintentional Injury Drug Overdoses and Other Poisonings Motor  
 Vehicle Injuries Recreational Injuries Injuries at Home Injuries at Work

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Reading Assignments

Textbook, online readings and supplemental materials to understand health and wellness concepts

## Writing Assignments

Written discussions, writing activities and problem solving activities related to personal health and wellness concepts

## Out-of-class Assignments

Problem solving exercises related to health and wellness. Written solutions to homework problems

## Demonstration of Critical Thinking

1. Students will evaluate health care options and make educated decisions based on insurance options, federal government and health care costs. 2. Students will understand the functions of food and the affects of negative food choices. 3. Students will create a personal plan for lifelong fitness.

## Required Writing, Problem Solving, Skills Demonstration

Students will participate in discussions, writing activities and problem solving activities related to the promotion of healthy living and personal wellness.

## Eligible Disciplines

Health: Masters degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelors degree in any of the above AND masters degree in public health, or any biological science OR the equivalent. Masters degree required. Kinesiology: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Nursing: Masters degree in nursing OR bachelors degree in nursing AND masters degree in health education or health science OR the equivalent OR the minimum qualifications as set

by the Board of Registered Nursing, whichever is higher. Masters degree required. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Donatelle, R. J., Ketcham, P. Access to Health, 16th ed. Pearson, 2020 2. Required Insel, P, Roth, W.. Core Concepts in Health, 16th ed. McGraw Hill, 2020

## Other Resources

1. Instructor handouts as needed