

HLTH C031N: HEALTH AND WELLNESS FOR ESPORTS

| Item | Value |
|------------------------------------|--------------------------------------|
| Curriculum Committee Approval Date | 12/03/2021 |
| Top Code | 493012 - Job Seeking/Changing Skills |
| Units | 0 Total Units |
| Hours | 18 Total Hours (Lecture Hours 18) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Noncredit (N) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | Yes; Repeat Limit 99 |
| Grading Policy | P/NP/SP Non-Credit (D) |

Course Description

This course examines how health and wellness affect gaming performance by understanding the physical demands placed on esports players. Students will learn to create an environment that enhances health benefits and minimize health concerns. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Apply principles of health and wellness to form good behaviors and sustainable habits for optimal health.

Course Objectives

- 1. Describe the dangers of drug use in esports and identify healthier alternatives.
- 2. Implement techniques to manage mental health issues, such as stress and anxiety.
- 3. Explain healthy strategies for protecting vision and hearing during gaming sessions.

Lecture Content

Drug Use and Its Effects Common types of drugs used Examining other alternatives Mental Health of Esports Managing stress, anxiety, and other mental health concerns Communication Burnout Eye and Ear Health How to protect your eyes and ears The importance of REM sleep Hydration Staying hydrated during gaming sessions

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Online Enhanced NC Lect (NC5)
- Live Online Enhanced NC Lect (NC9)

Instructional Techniques

This course will use a combination of lecture, practical skills demonstration, discussions, quizzes, and short writing assignments.

Reading Assignments

Research and read about drug use in esports Research and read the importance of protecting your eyes and ears while gaming

Writing Assignments

Written assignment on drug use in esports

Out-of-class Assignments

Written assignment on the importance of mental health Visual guide with tips on staying hydrated while gaming

Demonstration of Critical Thinking

Short quizzes that assess the students understanding of health and wellness in the esports world. Short writing assignments that demonstrate the students ability to understand the importance of practicing good health and wellness habits

Required Writing, Problem Solving, Skills Demonstration

Short writing assignments Quizzes Projects

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.

Textbooks Resources

1. Required Migliore, L., McGee, C., Moore, M. Handbook of Esports Medicine: Clinical Aspects of Competitive Video Gaming, 1st ed. Springer, 2021

Other Resources

1. Scholarly articles will be used from leaders in the industry. 2. Coastline Library