

# HLTH C100: PERSONAL HEALTH

Item	Value
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)
Local General Education (GE)	• CL Option 1 Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

Examines personal, community, and global health issues and problems. Provides basic information for healthful living, stressing positive health behavior, models of behavior change, and personal responsibility. Areas of emphasis include life cycle changes, emotional and sexual adjustment, disease prevention and control, personal fitness, nutrition, stress, substance use and abuse, environmental and consumer health. Transfer Credit: CSU; UC. C-ID: PHS 100, PH 100. C-ID: PHS 100, PH 100.

## Course Level Student Learning Outcome(s)

1. Apply valid research principles to back-up the use of behavior change models in developing a healthy lifestyle plan.
2. Interpret and apply major theories of healthy living to determine their impact on and implications for individuals and society as a whole.
3. Communicate personal, community, and global health issues and problems.

## Course Objectives

- 1. Describe the six dimensions of wellness (physical, emotional intellectual, social, spiritual, and environmental) and their interrelationship.
- 2. Distinguish the difference between personal health and public health.
- 3. Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
- 4. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition
- 5. Describe the role of stress and mental health in health promotion and disease prevention.
- 6. Recognize the stimulus leading to violence and be able to minimize its occurrence.

- 7. 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.
- 8. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
- 9. Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
- 10. Examine the physiological, emotional, psychological, and sexual aspects of aging.
- 11. Describe the inter-relationship between human beings and their environment.
- 12. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
- 13. Analyze the health-care delivery system, including inequities and discrepancies. Interpret and evaluate health and medical information from general and subject specific library and web sources.
- 14. Communicate in the scientific language of the discipline.
- 15. Analyze his/her lifestyle from a wellness perspective.
- 16. In response to a self-analysis, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

## Lecture Content

Introduction: The concept of health Different definitions of health  
Dimensions of health/wellness and their interrelationship Life expectancies around the world Feeling well: Health and mental states  
Emotional health and mental disorders Stress and its management  
Substance and abuse Patterns of drug use Psychoactive drugs Alcohol  
Smoking Developing intimacy: health and interpersonal relationships  
Human Sexuality Reproduction and birth control Marriage, parenthood and other close ties Personal safety and dealing with violent behaviors  
Reducing health risks: the struggle against disease Infectious diseases  
Worldwide Battle Against Viruses and Bacteria Cancer Cardiovascular diseases  
Promoting well-being: Lifestyle decisions Diet and Nutrition  
Weight Management Exercise and physical fitness Making Health  
Conscious Choices: Health and Society Personal versus Public Health  
Health care and the consumer Environmental health Aging and death

## Method(s) of Instruction

- Lecture (02)
- DE Online Lecture (02X)
- Video one-way (ITV, video) (63)

## Instructional Techniques

The classroom delivery method includes lecture, discussion, question-and-answer sessions, small-group problem solving, and/or case study reviews based on real-life situations. Classroom instruction will be supplemented, where appropriate, by PowerPoint presentations, use of Internet technology, guest speakers, and field trips.

## Reading Assignments

Read the textbook and do library research assignments, practice tests on lesson content and key terms, do group and individual projects, and/or prepare for discussions.

## **Writing Assignments**

Students will complete essays or research reports that require them to analyze, interpret, evaluate, and synthesize concepts introduced in the class and draw appropriate conclusions and to present their conclusions in a well-organized and clearly written format.

## **Out-of-class Assignments**

Reading and written assignments; research assignments; preparation of content to share with the class and responses to content presented; analysis of case studies and/or review of expert interviews; responses to guiding questions on course content; and/or self-assessments.

## **Demonstration of Critical Thinking**

Application of research and analysis of case studies; reports back to the group on data and research involving the topic discussed; and/or research reports requiring evaluation and synthesis of course concepts to reach solid conclusions.

## **Required Writing, Problem Solving, Skills Demonstration**

Analysis of case studies or reviews of expert interviews; responses to guiding questions; presentations and responses to content presented by others.

## **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 Falcone, K. Introduction to Health, OER, ed. No Publisher, 2020

## **Other Resources**

1. Instructional Television Student Handbook, current semester 2.  
Coastline Library 3. For telecourse students: Scantron (form 20788) - 4