

COURSE OUTLINE

Health 104 Health Education

Catalog Statement

HLTH 104 covers current issues in health and their effects upon the quality of human life. The course emphasizes the holistic approach to health and wellness and explores the latest concepts in nutrition, disease prevention, mental health and stress management, sexual relationships and lifestyles, drug use and abuse, and consumer and environmental health issues. Instruction focuses on individual responsibility for wellness, cultural diversity, and effective interpersonal communication.

Total Lecture Units: 3.0

Total Laboratory Units: 0.0

Total Course Units: 3.0

Total Lecture Hours: 48.0

Total Laboratory Hours: 0.0

Total Laboratory Hours To Be Arranged: 0.0

Total Faculty Contact Hours: 48.0

Prerequisite: Eligibility for ENGL 189 or ESL 133 or equivalent

Recommended Preparation: Eligibility for ENGL 120 or ESL 151, and completion of LIB 190.

Note: This course may not be taken for credit by students who have completed HLTH 106 or PSYCH 111.

Course Entry Expectations

Prior to enrolling in the course, the student should be able to:

- analyze paragraphs to identify main idea and supporting sentences;
- write sentences in which spelling and grammatical errors do not interfere with comprehension;
- write a paragraph-length summary of a simple reading selection;
- read multi-paragraph passages in textbooks;
- analyze, synthesize and think critically about a basic health-related text;
- apply an effective search strategy to an information need;
- locate and retrieve information;
- organize, synthesize, and present information.

Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

- discuss holistic approaches to health and wellness issues;
- identify emotional health issues and dealing with stress;
- recognize destructive behaviors associated with the use and abuse of drugs, alcohol, tobacco and other chemical substances;
- identify healthy routines and lifestyle choices associated with fitness programs;
- select an optimal individual nutrition program,
- describe infectious and non-infectious disease processes, with emphasis in developing preventative lifestyle choices;
- summarize environmental health issues.

Course Content

Total Faculty Contact Hours = 48.0

Introduction to Health Concepts (1 hour)

Holistic approach to health and wellness
Self-Responsibility for health and wellness

Emotional Health Issues (8 hours)

Mental wellness
Relationship between mind and body
Stress and stress management
Emotional illness

Food and Nutrition Issues (6 hours)

Digestive system
Nutrition and diet
Weight management strategies
Eating disorders

Physical Fitness Concepts (3 hours)

Relationship between physical fitness and wellness
Physical fitness strategies

Aging Concepts (1 hour)

Biological theories of aging
Socio-economic issues of aging

Human Reproduction Issues (6 hours)

Biological factors of reproduction
Reproductive choices

Relationships and Sexuality (4 hours)

Sexual identity and gender issues
Relationships and marriage
Parenthood and family issues

Drug Use and Abuse (8 hours)

Addictive and Compulsive Behaviors
Drug use and misuse
Alcohol and responsible drinking
Tobacco use and social issues
Treatment for addictions

Disease Processes (6 hours)

Infectious disease
Sexually transmitted infections (STIs) and HIV/AIDS

- Cardiovascular disease
- Cancer
- Diabetes
- Consumer Health Issues (**2 hours**)
 - Health care issues
 - Consumer wellness
- Environmental Health Issues (**2 hours**)
 - Health, wellness and the environment
 - Population dynamic
- Death and Dying (**1 hour**)
 - Personal and social issues
 - Dealing with grief

Methods of Instruction

The following methods of instruction may be used in this course:

- lecture;
- demonstration;
- multi-media;
- guest-speakers.

Out of Class Assignments

The following out of class assignments may be used in this course:

- research projects (e.g. research presentation or paper describing the positive health effects of exercise);
- group projects (e.g. class presentation summarizing current trends in public health statistics);
- self-analysis (e.g. summary of individual dietary habits).

Methods of Evaluation

The following methods of evaluation may be used in this course:

- quizzes;
- written midterm exams;
- written final exam.

Textbooks

Donatelle, *Access to Health*. 14th ed. Benjamin Cummings P, 2015. Print
11th Grade Textbook Reading Level. ISBN: 978-0321995483

Hales, Dianne. *An Invitation to Health: Build Your Future, Brief Edition*. 8th ed. Belmont:
Wadsworth, 2014. Print.
11th Grade Textbook Reading Level. ISBN: 978-1133940005

Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

- demonstrate understanding of the disease process and the most currently prevalent acute and chronic diseases;
- demonstrate understanding of the risk factors and prevention methods for the most common chronic and infectious diseases;
- explain the relationship between lifestyle behaviors and wellness;
- interpret the reliability of multi-media delivered health information.