Non-Credit

Glendale Community College
May, 1999
Revised: September, 2005

COURSE OUTLINE

Developmental Skills Lab 034
Health and Guidance

I. Catalog Statement

Developmental Skills Lab 034 presents guides to healthy life styles and positive health behaviors. It focuses on decisions regarding drugs, alcohol, tobacco, exercise, safety and nutrition and how these issues impact health and well-being. This course may be taken for high school credit.

Units — 0.0
Total Laboratory Hours — 100.0

Recommended preparation: ESL 040 or equivalent

Note: This is a self-paced course in an open-entry, open-exit lab environment. Successful completion of this course results in 5 high school credits (1/2 unit).

II. Course Entry Expectations

Skills Level Ranges: Reading: 5; Writing: 5; Speaking/Listening: 4; Math: 2.

III. Course Exit Standards

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

1. describe ways to increase self-awareness and improve interpersonal relationships;
2. name the systems of the human body and explain their functions;
3. identify good nutrition and describe the ways it can benefit the human body;
4. state the benefits of physical exercise and how to set up an effective exercise program;
5. list the effects of drug, alcohol abuse and smoking on the body;
6. compare and contrast causes and effects of communicable and non-communicable diseases;
7. specify ways people can control factors that affect their safety;
8. define environmental health factors.

IV. Course Content

A. A Healthy Foundation — 10 hours
   1. Living a healthy life
      a. assessing health and wellness
      b. promoting a healthy lifestyle
      c. reducing health risks
   2. Building health skills and character
      a. building health skills
      b. making responsible decisions and setting goals
      c. building character

B. Physical Activity and Nutrition — 10 hours
   1. Nutrition
      a. nutrients
      b. guidelines for healthful eating
   2. Managing weight and body composition
      a. maintaining a healthy weight
      b. fad diets and eating disorders
      c. nutrition for individual needs

C. Mental and Emotional Health — 15 hours
   1. Achieving good mental health
      a. defining mental and emotional health
      b. developing a positive identity
      c. understanding emotions
      d. managing emotions
   2. Managing stress and anxiety
      a. effects of stress
      b. managing stress
      c. anxiety and depression
   3. Mental and emotional problems
      a. mental disorders
      b. suicide prevention
      c. understanding death and grief

D. Promoting Safe and Healthy Relationships — 15 hours
   1. Skills for healthy relationships
      a. foundations of healthy relationships
      b. communicating effectively
      c. resolving conflict
   2. Family relationships
      a. the role of the family
      b. change and the family
      c. dealing with family crises
      d. community support systems
   3. Peer relationships
      a. safe and healthy friendships
      b. peer pressure and refusal skills

c. dating and setting limits

4. Violence prevention
   a. personal safety
   b. preventing and overcoming abuse

E. Personal Care and Body Systems 20 hours

1. Skeletal, muscular and nervous systems
   a. the skeletal system
   b. care and problems of the skeletal system
   c. the muscular system
   d. the nervous system
   e. care and problems of the nervous system
2. Cardiovascular and respiratory systems
   a. the cardiovascular system
   b. care and problems of the cardiovascular system
   c. the respiratory system
   d. care and problems of the respiratory system
3. Digestive and urinary systems
   a. the digestive system
   b. care and problems of the digestive system
   c. the urinary system
4. Endocrine and reproductive systems
   a. the endocrine system
   b. the male reproductive system
   c. the female reproductive system

F. Tobacco, Alcohol, and Other Drugs 15 hours

1. Tobacco
   a. the effects of tobacco use on the human body
   b. the effects of tobacco use on the environment
2. Alcohol
   a. the effects of alcohol use
   b. the societal effects of alcohol abuse
3. Medicines and drugs
   a. the role of medicines
   b. the effects of marijuana, inhalants and steroids
   c. the effects of psychoactive drugs

G. Diseases and Disorders 15 hours

1. Communicable Diseases
   a. common communicable diseases
   b. prevention of communicable diseases
2. Sexually transmitted diseases/infections and HIV/AIDS
   a. the effects of STDs
   b. common STDs
   c. HIV and AIDS
   d. treatment for HIV and AIDS

3. Noncommunicable diseases and disabilities
   a. cardiovascular diseases
   b. cancer
   c. allergies, asthma, diabetes and arthritis
   d. physical and mental challenges

V. Methods of Presentation

The following instructional methodologies may be used in the course:
1. independent study using worksheets, study guides and texts;
2. computer-aided instruction;
3. small group instruction;
4. newspaper articles.

VI. Assignments and Methods of Evaluation

1. Students must complete an entire course contract.
2. Written exercises and critical thinking exercises.
3. Unit exams.

VII. Textbook(s)

Merki, M. and Merki, D. Glencoe Health. Ninth Edition.
Woodland Hills: Glencoe/McGraw-Hill, 2004.
10th Grade Textbook Reading Level. ISBN: 0-07-826326-3

VIII. Student Learning Outcome

- describe and discuss ways to increase self-awareness and improve interpersonal relationships;
- name the systems of the human body and explain their functions;
- identify and discuss nutrition, exercise, and environmental factors that contribute to physical health;
- list and analyze the effects of drug, alcohol abuse and smoking on the body;
- recognize, compare and contrast causes and effects of communicable and non-communicable diseases;