HLE 50 Course Outline as of Fall 1997

CATALOG INFORMATION

Dept and Nbr: HLE 50 Title: HEALTH CHOICES
Full Title: Health Choices
Last Reviewed: 2/6/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	8	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00 Total Student Learning Hours: 157.50

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:	
Formerly:	

Catalog Description:
Examination of current health issues and application of theory to every day life situations and decisions. Topics such as fitness, diet, stress, substance abuse, sexuality, as well as environmental health are explored and discussed. Stresses student evaluation of practices and attitudes that affect their health status throughout life.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100A or ENGL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Current health issues & application of theory to everyday life situations & decisions. Topics include: exercise, diet, stress, substance abuse, sexuality & environmental health. Students evaluate practices & attitudes that affect their health status throughout life. (Grade or P/NP)
Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100A or ENGL 100.
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
	E	Lifelong Learning and Self Development		Fall 1981	
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2010	Inactive:	

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:
The students will:
1. Demonstrate the theme of the text--that each individual can take charge of his/her health and life--by utilizing text information in current health choices, participating in discussions, role-playing and written problem-solving situations,& completing a term paper.
2. Define terms specific to physical, psychological, emotional, spiritual, environmental and social wellness.
3. Commit to change 3 poor health habits, following a specific motivational, decision-making plan.
4. List 4 theorists in personality development and describe their theories.
5. Describe the 5-step framework for setting goals and objectives and for making choices that lead to better decisions.
6. Describe 5 characteristics of a healthy mind and 3 coping mechanisms.
7. Describe 2 positive ways of dealing with anxiety, guilt, depression, loneliness, and anger.
8. Discuss several psychological disorders, i.e., personality, anxiety, schizophrenia, and psychotherapy alternatives.
9. List 5 diseases related to stress and 3 methods of defusing stress.
10. Analyze personal nutritional status and develop a plan for optimal nutrition.
11. Identify structures and functions of the musculoskeletal, nervous, reproductive, digestive, respiratory, cardiovascular, & urinary systems of the body.
12. Determine personal body fat measurement and ideal weight by 2 methods

describing the methods used.
13. Describe 3 undesirable methods of weight control.
14. List 6 health benefits of physical fitness, and define muscular, cardiovascular, and respiratory fitness.
15. Develop a personal fitness program.
16. Discuss 2 myths and common problems involved with aging.
17. List risks and rewards of intimacy.
18. Demonstrate 5 effective and 3 ineffective methods of communication between intimate persons.
19. Describe "fighting fair".
20. Discuss choices, risks, and consequences of sexual practice in relation to contraceptives, AIDS, abortion, and responsible sexual actions.
21. Describe pregnancy pre-planning steps and physical and psychological changes during pregnancy, and mother's and father's responses to these changes.
22. List the stages of fetal development, the stages of labor, and 2 pregnancy and delivery complications.
23. Discuss motivations for drug, alcohol, and tobacco use.
24. List types of psychoactive drugs and nature of alcoholic beverages.
25. Identify 4 effects of drug, alcohol, and tobacco use on the body.
26. Compare symptoms and physiology of 3 cardiovascular diseases and control of major risk factors.
27. Describe 2 types, causes, diagnoses, and treatments of cancer, kidney, respiratory, and neuromuscular-skeletal diseases.
28. List and describe 4 common infectious and sexually transmitted diseases
29. Discuss stages of dying and grieving.
30. Identify 6 sources of environmental pollution and methods of alleviation.
31. Participate in and/or report on current community health issues.

Topics and Scope:

1. Health and Wellness.
   A. Taking charge of your health.
2. Psychological Health.
   A. Characteristics of the healthy mind; B. Theories of personality development; C. Understanding needs and feelings; D. Clarifying values; E. Goal setting and decision-making; F. Coping mechanisms; G. Self-esteem; H. Dealing with anxiety, guilt, depression, shyness, loneliness, anger, and sleep problems.
3. Psychological Disorders.
   A. Facts and myths about mental illness; B. Depression; C. Suicide; D. Personality disorders; E. Anxiety disorders; F. Eating disorders; G. Schizophrenic disorders; H. Seeking help; I. Psychotherapy.
4. Stress Management.
   A. The nature of stress and stressors; B. Reacting to stress; C. Stress and disease; D. Defusing stress.
5. Nutrition.
   A. Basics of nutrition; B. Planning for optimal nutrition; C.

Nutrition and the consumer; D. Special nutritional consideration.

6. Body Systems.
   A. Musculoskeletal system; B. Nervous; C. Endocrine system; D. Special senses; E. Digestive system; F. Respiratory system; G. Cardiovascular system; H. Urinary system.
7. Weight Control.
   A. Determining body composition; B. Causes of obesity; C. Successful weight control techniques; D. Undesirable methods of weight control.
8. Physical Fitness.
   A. Health benefits; B. Muscular fitness; C. Cardiovascular fitness; D. Respiratory fitness; E. Developing and maintaining a fitness program; F. Preventing problems.
9. Aging.
   A. Multidimensional perspective; B. The nature of aging; C. Facts and myths; D. Common problems.
10. Human Relationships and Sexuality.
    A. Risks and rewards of intimacy; B. Family formation and communication; C. Parenting; D. Alternatives to marriage.
11. Sexual Response and Behavior.
    A. Sexual development and gender identity; B. Human sexual response; C. Sexual preferences; D. Sexual dysfunction; E. Atypical sexual behavior; F. Choices, risks, and consequences.
12. Pregnancy and Birth.
    A. Planning and choices; B. Infertility; C. Pregnancy and fetal development; D. Pregnancy and delivery complications; E. Labor and delivery; F. Parenting.
13. Chemical Choices.
    A. Psychoactive drugs; B. Alcohol; C. Tobacco.
14. Cardiovascular Disease.
    A. Cardiac function; B. Diseases; C. Controlling major risk factors; D. Advances in cardiovascular medicine.
15. Cancer and Other Chronic Diseases.
    A. Cancer; B. Diabetes mellitus; C. Kidney diseases; D. Respiratory diseases; E. Neuromuscular-skeletal diseases.
16. Communicable Diseases.
    A. Agents of infection; B. Common infectious diseases; C. Sexually transmitted diseases.
17. Death and Dying.
    A. Denial; B. Experiencing death; C. Stages of dying; D. Stages of grief; E. Euthanasia; F. Planning.
18. Environmental Health.
    A. Population growth; B. Toxicity; C. Water and air pollution; D. Noise pollution; E. Nuclear risks.

Assignment:

l. Read an average of 50-100 pages per week.
2. Complete 5-10 questions from 14-18 chapters or chapter project.
3. Give 2-4 (2-15 minute) individual and group presentations pertaining to personality development theorists, nutrition plans, fitness plans, or term paper.

4. Facilitate small group discussions & reports utilizing problem-solving steps & choice analysis on various topics.
5. Complete 1-3 health-change contracts.
6. Complete computer analysis of personal nutritional status and develop plan for improved nutritional choices.
7. Participate in and report on current community health issues - oral and written presentations.
8. Develop a 6-15 page research paper involved with a current community health issue or personal health issue.
9. Develop personal plans for effective communication, physical fitness, and stress reduction.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework, Term papers	Writing 20 - 30%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Homework problems, Quizzes, Exams	Problem solving 30 - 40%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None	Skill Demonstrations 0 - 0%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion	Exams 45 - 50%

Other: Includes any assessment tools that do not logically fit into the above categories.

None	Other Category 0 - 0%

Representative Textbooks and Materials:
AN INVITATION TO HEALTH by Dianne Hales. Benjamin/Cummings Co., 7th ed., 1996.