

**KINES 53 Course Outline as of Fall 2015****CATALOG INFORMATION**

Dept and Nbr: KINES 53 Title: PRINCIPLES HLTH WELLNESS

Full Title: Principles of Health and Wellness

Last Reviewed: 10/23/2023

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	6	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: PHYED 53

**Catalog Description:**

This course focuses on health and wellness concepts important in making informed choices about one's physical, mental, and emotional well-being. A personal approach to health and wellness will be explored through self-assessment and practical application to every day life. Topics such as fitness, obesity, weight management, nutrition, stress, substance use and abuse, prevention of diseases, sexual health, relationships, gender health differences, and environmental concerns will be discussed.

**Prerequisites/Corequisites:****Recommended Preparation:**

Course Eligibility for ENGL 100 OR Course Eligibility for EMLS 100 ( or ESL 100)

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course focuses on health and wellness concepts important in making informed choices about one's physical, mental, and emotional well-being. A personal approach to health and wellness will be explored through self-assessment and practical application to every day life.

Topics such as fitness, obesity, weight management, nutrition, stress, substance use and abuse, prevention of diseases, sexual health, relationships, gender health differences, and environmental concerns will be discussed. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Eligibility for ENGL 100 OR Course Eligibility for EMLS 100 ( or ESL 100)

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
	E	Lifelong Learning and Self Development		Spring 2011	
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2011	Inactive:	
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Identify current health issues and explain their influence on physical, mental, and emotional well-being.
2. Construct and analyze a personal health profile and develop a plan to improve one's health related behavior.

### **Objectives:**

Upon completion of the course, students will be able to:

1. Identify and describe the six dimensions of health and effective behavior change strategies.
2. Analyze the aspects of psychological and spiritual wellness and its impact on overall health.
3. Explain the nature of stress, stress management, and its effect on physical and mental health.
4. Describe the principles of nutrition and physical fitness and their relationship to safe and effective weight control and overall health.
5. Describe the effects of use, misuse, and abuse of medications, drugs, alcohol, and tobacco on health.
6. List the major types of diseases and infectious diseases, including their prevention and treatment strategies.
7. Describe effective methods of communication and the role communication plays in healthy relationships.
8. Examine the concepts of human sexuality, reproductive choices, and aging as they relate to

health and wellness.

9. Investigate ways to protect yourself from crimes, violence, accidents, and disease through road safety, awareness, proper healthcare and self-care.

10. Evaluate the relationships between environmental concerns and the future health and well being of the individual and society.

11. Assess personal health status and influences of lifestyle on current and future well-being.

## **Topics and Scope:**

### **I. Health and Wellness**

- A. The six dimensions of health
- B. Health disparities
- C. How and why people change
- D. Behavior change strategies

### **II. Psychological and Spiritual Well-Being**

- A. Emotional intelligence
- B. Self-esteem
- C. Anxiety and depressive disorders
- D. Mental health problems and getting help
- E. Spiritual health
- F. Sleep's impact on health

### **III. Stress Management**

- A. Definition and causes of stress
- B. Stress and physical health
- C. Men, women, and stress
- D. Responses to stress
- E. Time management

### **IV. Physical Fitness**

- A. Principles of exercise
- B. Health related fitness
- C. Gender, race, and fitness
- D. Cardiorespiratory and muscular fitness
- E. Flexibility
- F. Body composition
- G. Evaluating fitness and nutrition programs and products
- H. Exercise precautions, risks, and injuries.
- I. Risks of performance drugs and supplements

### **V. Nutrition**

- A. Six essential nutrients
- B. Dietary supplements
- C. Eating guidelines
- D. Gender nutrition
- E. Food choices (fast food, organic, healthful snacks)
- F. Portions and servings
- G. Food safety

### **VI. Weight Management**

- A. Obesity epidemic and treatment

- B. Body image
- C. Health dangers of excessive weight
- D. Successful weight loss techniques
- E. Psychology of losing weight
- F. Weight maintenance
- G. Eating disorders and unhealthy eating behaviors

## VII. Personal Relationships and Sexuality

- A. Social health and personal communication
- B. Gender differences
- C. Forming relationships
- D. Building healthy relationships
- E. Dysfunctional relationships
- F. Committed relationships and families
- G. Women's and men's sexual health
- H. Sexual diversity
- I. Sexual activity and responsible sexual sexuality

## VIII. Reproductive Choices

- A. Conception
- B. Birth control methods
- C. Pregnancy and childbirth
- D. Planning and choices
- E. Infertility

## IX. Preventing Major Disease

- A. Power of prevention
- B. Diabetes
- C. Cancer
- D. Cholesterol
- E. Heart disease and stroke

## X. Sexually Transmitted Infections (STIs) and other infections

- A. STIs and gender
- B. STI risk factors
- C. Common STIs, symptoms and treatment
- D. HIV and AIDS
- E. Other infectious diseases
- F. Immune response, stress and gender
- G. Immunization
- H. Viral and bacterial infections
- I. Insect and animal-borne infections
- J. Colds and influenzas

## XI. Addiction

- A. Drugs and their effects
- B. Prescription and over the counter drugs use and abuse
- C. Substance use disorders
- D. Common drugs of abuse and prevention strategies
- E. Treatment strategies

## XII. Alcohol and Tobacco

- A. Understanding alcohol and its impact on the physical body
- B. Alcohol, gender, and race
- C. Alcohol problems and treatments
- D. Why people start smoking
- E. Smoking, gender, and race
- F. Tobacco's effects
- G. Quitting smoking
- H. Environmental tobacco smoke

### XIII. Protecting Yourself

- A. Personal safety
- B. Road safety
- C. Crimes and violence
- D. Health care and self-care

### XIV. Environmental Health

- A. Climate change
- B. Pollution
- C. Air and water quality
- D. Indoor pollutants
- E. Hearing health
- F. Chemical and invisible threats

### XV. Lifetime Health

- A. Aging
- B. Death and dying
- C. Suicide
- D. Grief

### Assignment:

1. Read an average of 30 pages per week.
2. Personal health profile analysis and surveys.
3. 3-5 page written personal health behavior change project
4. Computer analysis of personal nutritional status and healthful eating plan.
5. 2-4 Quizzes
6. 2-4 Exams

### 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.

Behavior Change Project, Written Assignments/Surveys, Health Profile and Plan

Writing  
20 - 30%

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

Nutritional Analysis	Problem solving 10 - 20%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
None	Skill Demonstrations 0 - 0%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Quizzes and/or Exams: Multiple choice, True/false, Matching items, Completion	Exams 40 - 60%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and Participation	Other Category 5 - 10%

**Representative Textbooks and Materials:**

Core Concepts in Health, Twelfth Edition, Breif, Insel, Paul, and Roth, Walton, 2011, ISBN#: 9780073404677

Instructor prepared materials