

**KINES 53 Course Outline as of Fall 2021****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 personal reflection, critical thinking, and practical application of behavior change strategies to improve personal health. Accurate, reliable, and current information will be provided on key topics such as fitness, weight management, nutrition, stress management, sleep, substance use and abuse, prevention of diseases, sexual health, relationships, personal safety, and environmental concerns while also addressing issues related to mind-body health, research, diversity, and consumer health.

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

Course Eligibility for ENGL 100 OR ESL 100 or equivalent

**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 personal reflection, critical thinking, and practical application of behavior change strategies to improve personal health. Accurate, reliable, and current information will be provided on key topics such as fitness, weight management, nutrition, stress management, sleep, substance use and abuse, prevention of diseases, sexual health, relationships, personal safety, and environmental concerns while also addressing issues related to mind-body health, research, diversity, and consumer health. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Course Eligibility for ENGL 100 OR ESL 100 or equivalent

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	Spring 2011	
	Lifelong Learning and Self Development		

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2011	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**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. Analyze diet and compare to components of healthy eating and current nutritional guidelines.
2. Analyze personal health and develop a behavior change plan to improve one's health and wellness.

**Objectives:**

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

1. Identify and describe the dimensions of wellness and effective behavior change strategies.
2. Analyze stressors, stress management strategies, and the effect of stress on physical and mental health.
3. Describe psychological approaches to face life's challenges, common psychological disorders, and treatment.
4. Explain health-related benefits of sleep, consequences of disrupted sleep, and good sleep habit strategies.
5. Describe effective methods of communication and the role communication plays in healthy relationships.
6. Explain concepts of human sexuality and the stages of pregnancy and childbirth.

7. List contraceptive choice, their effectiveness, and the facts, methods, laws, and debate on abortion.
8. Explain factors that contribute to drug, alcohol, and tobacco use, misuse, and addiction.
9. List the components of a healthy diet and current nutritional guidelines.
10. Describe the benefits of exercise and assess one's current physical fitness level.
11. Discuss lifestyle factors associated with successful weight management and the relationship to body image and eating disorders.
12. Explain the risk factors and causes for cardiovascular disease and cancer, detection, diagnosis, prevention and treatment methods.
13. Identify major types of pathogens, the diseases they cause, and treatments.
14. Evaluate the relationships between environmental issues and the future health and well-being of the individual and society.
15. Explore options in conventional and complementary medicine including discerning between evidence-based and sham practices or products.
16. Describe factors contributing to violence, intentional and unintentional injuries and how to best protect yourself.
17. List the strategies for healthy aging and the issues and challenges facing older adults.

## **Topics and Scope:**

### **I. Health Promotion and Goals**

- A. Dimensions of wellness
- B. Health disparities
- C. Influences of personal behaviors, environment, family history, and access to health care
- D. Behavior change strategies and motivation

### **II. Stress Management**

- A. Definition and causes of stress
- B. Physical, cognitive, and psychological responses to stressors
- C. Men, women, and stress
- D. Stress management and coping strategies and techniques

### **III. Psychological Health**

- A. Positive psychology
- B. Healthy self-esteem
- C. Defense mechanisms
- D. Psychological disorders
- E. Treatment and models of therapeutic change
- F. Getting help

### **IV. Sleep**

- A. Sleep biology and changes across the lifespan
- B. Relationship to health and good sleep habits
- C. Sleep disorders

### **V. Intimate Relationships and Communication**

- A. Developing interpersonal relationships
- B. Effective communication
- C. Pairing, singlehood, marriage, and family life

### **VI. Sexuality, Pregnancy, and Childbirth**

- A. Sexual anatomy

- B. Gender roles, sexual orientation, and sexual behavior
- C. Fertility and infertility
- D. Pregnancy, fetal development, and prenatal care
- E. Complications of pregnancy
- F. Childbirth

## VII. Contraception and Abortion

- A. How contraceptives work
- B. Short-acting and long-acting reversible contraception
- C. Emergency contraception
- D. Permanent contraception
- E. Abortion history, laws, methods, and statistics
- F. Abortion legal restrictions and public debate

## VIII. Drug Use and Addiction

- A. Addiction
- B. Risks associated with use and misuse
- C. Physical, Psychological, and Cognitive factors on the body
- D. Types of psychoactive drugs
- E. Preventing drug related problems

## IX. Alcohol and Tobacco

- A. Alcohol content in beverages, metabolism, absorption, and excretion
- B. Alcohol intake levels and blood alcohol concentration
- C. Alcohol immediate and long-term effects
- D. Why people use tobacco
- E. Health hazards of tobacco use
- F. E-cigarettes
- G. Regulation and smoking cessation strategies and options

## X. Nutrition

- A. Components of a healthy diet
- B. Nutritional guidelines and planning
- C. Food labels
- D. Dietary supplements
- E. Organic foods
- F. Additives and food biotechnology
- G. Food allergies and intolerances
- H. Food safety and foodborne illnesses

## XI. Exercise

- A. Benefits
- B. Components of physical fitness and an active lifestyle
- C. Exercise program design
- D. Getting started and staying on track

## XII. Weight Management

- A. Evaluating body composition and impact on wellness
- B. Factors contributing to excess body fat
- C. Healthy lifestyle changes for successful weight management
- D. Approaches to weight loss
- E. Body image and eating disorders

### XIII. Cardiovascular Health and Cancer

- A. Major forms of cardiovascular disease
- B. Risk factors and prevention for cardiovascular disease
- C. Cancer facts and causes
- D. Detecting, diagnosing, and treating cancer
- E. Common types of cancer

### XIV. Immunity and Infection

- A. Our body's defense system
- B. Spread of disease
- C. Pathogens, diseases, and treatments
- D. Immune system
- E. Major STIs, diagnosis, treatment, and prevention

### XV. Environmental Health

- A. Environmental impacts of energy use and production
- B. Air, water, chemical, radiation, noise and solid waste pollution
- C. Climate change

### XVI. Conventional and Complementary Medicine

- A. Self-care and professional care
- B. Conventional medicine
- C. Integrative medicine
- D. Health care

### XVII. Personal Safety

- A. Violence
- B. Intentional and unintentional injuries
- C. Emergency care

### XVIII. Aging

- A. Social, physical, and psychological changes
- B. Issues and challenges facing older adults
- C. Healthy strategies

### **Assignment:**

1. Read an average of 20-30 pages per week
2. Personal health behavior change project
3. Personal health summary
4. Computer nutritional analysis
5. Video or article reviews and discussions
6. Physical fitness testing
7. Wellness worksheets
8. Health product review
9. Psychoactive drug research
10. Quizzes and/or 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 or wellness worksheets, Video, Article, or Product Reviews, Drug Research, Personal Health Summary, physical fitness testing results

Writing  
20 - 40%

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

Nutritional Analysis Project

Problem solving  
5 - 20%

**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.

Quizzes and/or Exams

Exams  
40 - 60%

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

Attendance and Participation, Discussions

Other Category  
5 - 20%

### **Representative Textbooks and Materials:**

Core Concepts in Health. 16th ed. Brief. Insel, Paul and Roth, Walton. McGraw Hill. 2020  
Instructor prepared materials