**HLE 5 Course Outline as of Spring 2019**

# CATALOG INFORMATION

Dept and Nbr: HLE 5 Title: HEALTH AND WELLNESS
Full Title: Personal Health and Wellness
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

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| 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: | HLE 50 |

**Catalog Description:**
Examination of current health issues and application of health behavior change theories to every day life situations and decisions. Topics such as fitness, diet, stress, substance abuse, sexuality, personal safety, as well as environmental health are explored and discussed. Focus on student evaluation of practices and attitudes that affect their health status throughout life. (Formerly: HLE 50)

**Prerequisites/Corequisites:**

**Recommended Preparation:**
Eligibility for ENGL 1A or equivalent

**Limits on Enrollment:**

**Schedule of Classes Information:**
Description: Examination of current health issues and application of health behavior change theories to every day life situations and decisions. Topics such as fitness, diet, stress, substance abuse, sexuality, personal safety, as well as environmental health are explored and discussed. Focus on student evaluation of practices and attitudes that affect their health status throughout

life. (Formerly: HLE 50) (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 1A or equivalent
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

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|---|---|---|---|---|---|
| **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:**
Both Certificate and Major Applicable

## COURSE CONTENT

**Student Learning Outcomes:**
At the conclusion of this course, the student should be able to:
1. Examine the process of health behavior change and initiate a plan to improve one's personal health behavior.
2. Analyze current health issues concerning lifestyle and total health and recognize how they impact the individual, the environment, and society as a whole.
3. Apply health behavior change theories to life situations and decisions related to fitness, stress, mental health, substance use, physical fitness, nutrition, environmental issues, and other health topics.

**Objectives:**
Upon completion of this course, students will be able to:
1. Explain health behavior theories and their application to everyday life situations and decisions.
2. Investigate the most significant contemporary determinants of optimal health.
3. Describe various dimensions of health.
4. Review aspects of mental health, adverse childhood experiences, and their impact on overall wellness.
5. Discuss the nature of stress, stress management, and diseases related to stress.
6. Assess personal health status and influences of lifestyle on current and future well-being.
7. Analyze the effects of use, abuse and addiction to medications, drugs, alcohol, and tobacco on health.
8. Demonstrate knowledge of the prevention and treatment of chronic and infectious diseases.
9. Demonstrate knowledge of the principles of nutrition and physical fitness and their relationship to safe and effective weight control.

10. Describe effective methods of communication and the role communication plays in relationships.
11. Relate concepts of human sexuality to, reproductive choices, aging, health and wellness.
12. Evaluate the relationships between environmental concerns and the future health and well being of the individual and society.

**Topics and Scope:**

I. Health and Wellness
- A. The six dimensions of health
- B. Health disparities
- C. Health care decisions
- D. Behavior change theories and application
- E. Health Profile

II. Emotional and Spiritual Health
- A. Characteristics of emotionally healthy persons
- B. Emotional intelligence
- C. Understanding needs and feelings
- D. Clarifying values
- E. Coping mechanisms
- F. Self-esteem
- G. Dealing with anxiety, guilt, depression, shyness, loneliness, anger, and sleep problems
- H. Spiritual health

III. Stress Management
- A. The nature of stress and stressors
- B. Reacting to and coping with stress
- C. Stress and physical health
- D. Stress and psychological health
- E. Time management

IV. Mental Health
- A. Mental disorders
- B. Depressive disorders
- C. Suicide
- D. Attention disorders
- E. Schizophrenia
- F. Anxiety disorders
- G. Seeking help
- H. Types of therapy

V. Relationship of Adverse Childhood Experiences to Adult Health Status
- A. Childhood abuse and neglect
- B. Growing up with domestic violence
- C. Growing up with substance abuse
- D. Growing up with parental loss
- E. Growing up with crime and/or an imprisoned household member

VI. Nutrition
- A. Six essential nutrients
- B. Eating guidelines
- C. Planning for optimal nutrition
- D. Nutrition and the consumer
- E. Food Safety

VII. Weight Management
- A. Causes of obesity

B. Body image
C. Successful weight management techniques
D. Undesirable weight control techniques
E. Psychology of losing weight
F. Eating disorders and unhealthy eating behaviors

VIII. Physical Fitness
A. Health benefits
B. Principles of exercise
C. Muscular fitness
D. Cardio respiratory 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

IX. Communication and Relationships
A. Verbal and non-verbal communication
B. Gender differences
C. Forming relationships
D. Healthy relationships
E. Living arrangements and families
F. Dysfunctional relationships

X. Sexuality
A. Sexual development and gender identity
B. Human sexual response, behavior, and diversity
C. Male and female reproductive systems and health
D. Sexual preferences
E. Sexual dysfunction
F. Atypical sexual behavior and therapy
G. Responsibility, risks , and consequences

XI. Addiction
A. Gambling
B. Drugs and their effects
C. Treating substance abuse and dependence
D. Abuse of over the counter medication and prescription drugs
E. Illicit drugs

XII. Alcohol
A. Use and misuse
B. Alcohol and the physical body
C. Alcohol, gender and race
D. Alcoholism treatments
E. Impact on relationships

XIII. Tobacco
A. Use and health effects
B. Why people start
C. Ways of quitting
D. Environmental smoke

XIV. Preventing Major Disease
A. Risk factors and family history
B. Cancer
C. Diabetes
D. Hypertension

E. Cardiovascular disease
F. Other major illnesses

XV. Infectious Diseases
A. Agents of infection
B. Immune response
C. Common infectious diseases
D. Prevention and treatment

XVI. Sexually Transmitted Infections
A. Risk factors
B. Common diseases and infections
C. Safe sex

XVII. Traditional and Nontraditional Health Care
A. Personalizing your health care
B. Medical rights
C. Elective treatments
D. Quality nontraditional health care
E. Health care system

XVIII. Personal Safety
A. Unintentional injury
B. Work and home safety
C. Intimate partner and family violence

XIX. Environmental Health
A. Climate change
B. Pollution
C. Sustainability
D. Water quality
E. Indoor pollutants
F. Chemical and electromagnetic risks
G. Hearing health

XX. Aging
A. Challenges of age
B. Preparation for medical crisis and the end of life
C. Death and Dying
D. Suicide
E. Grief

**Assignment:**

1. Read an average of 50-100 pages per week
2. Individual and group oral presentations on health topics such as mental health, fitness, or nutrition
3. Personal health profile analysis and four to six surveys
4. Written health behavior change contract, plan, activity log, and two to three updates
5. Computer analysis of nutritional status and personal plan for improvement of nutritional choices
6. One 5-8 page research report on a community or personal health issue
7. Two to three exams, including final exam

**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.

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| Six 1-2 page written assignments, research report | Writing<br>20 - 30% |

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

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| Personal health profile and surveys, computer analysis of nutritional status and personal improvement plan. | Problem solving<br>10 - 20% |

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

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| None | Skill Demonstrations<br>0 - 0% |

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

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| Two to three exams | Exams<br>40 - 60% |

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

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| Attendance and participation, oral presentations. | Other Category<br>5 - 10% |

**Representative Textbooks and Materials:**

Connect Core Concepts in Health. 14th ed. Insel, Paul and Roth, Walton. McGraw Hill. 2015