KIN 53 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KIN 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:	KINES 53

Catalog Description:
Students will engage in a personal approach to health and wellness through personal reflection, critical thinking, and practical application of behavior change strategies to improve their health and wellness. This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will engage in a personal approach to health and wellness through personal reflection, critical thinking, and practical application of behavior change strategies to improve

their health and wellness. This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards, and safety. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**		Effective:	Inactive:
	L8	Student Success and Wellness	Fall 2025	
CSU GE:	**Transfer Area**		Effective:	Inactive:
	E	Lifelong Learning and Self Development	Spring 2011	
IGETC:	**Transfer Area**		Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Spring 2011	Inactive:
UC Transfer:		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. Analyze diet and compare to components of healthy eating and current nutritional guidelines.
2. Analyze personal health and develop a behavior change plan, based on research from credible sources, to improve one's health and wellness.

Objectives:
At the conclusion of this course, the student should be able to:
1. Describe the six dimensions of wellness (physical, emotional intellectual, social, spiritual, and environmental) and their interrelationship.
2. Distinguish the difference between personal health and public health.
3, Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
4. Identify fitness principles and exercise program components to improve cardiorespiratory.
5. Describe the role of stress and mental health in health promotion and disease prevention.
6. Recognize the stimulus leading to violence and be able to minimize its occurrence.
7. Describe the role of substance use and abuse in our society and its impact on the individual, the community, the economy, and the social structure.
8. Analyze personal and family health as it relates to human sexuality, relationships, sexual

orientation, and parenthood.
9. Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
10. Examine the physiological, emotional, psychological, and sexual aspects of aging.
11. Describe the inter-relationship between human beings and their environment.
12. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
13. Analyze the health care delivery system, including inequities and discrepancies
14. Interpret and evaluate health and medical information from general and subject specific library and web sources.
15. Communicate orally and in writing in the scientific language of the discipline.
16. Analyze personal lifestyle from a wellness perspective. In response, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

Topics and Scope:

I. Dimensions of Health and Wellness
- A. Dimensions of wellness
- B. Health disparities
- C. Influences of personal behaviors, environment, family history, and access to health care
- D. Evidence-based behavior change strategies and motivation
- E. Health and medical information from general and subject-specific libraries and web sources
- F. Determining credibility of health and wellness sources
- G. Personal and public health distinction

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 and Mental 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. Preventing, 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
D. Environmental hazards and safety
XVI. Conventional and Complementary Medicine
A. Self-care and professional care
B. Conventional medical care
C. Integrative medicine
D. Health care delivery system
E. Health inequities and disparities
F. Personal versus public health
XVII. Personal Safety
A. Violence
B. Prevention
C. Intentional and unintentional injuries
D. Emergency care
XVIII. Aging
A. Social, physical, and psychological changes
B. Issues and challenges facing older adults
C. Healthy strategies

Assignment:

1. Reading (average of 20-30 pages per week)
2. Written assignments including:
   A. Written personal health behavior change project with scientific research and language
   B. Personal health summary project - oral or written using scientific language of the discipline
   C. Credible source written article review and discussions
   D. Physical fitness testing results
   E. Health product review - how to spot a scam product
   F. Psychoactive drug research
   G. Written assignments based on analysis of various topics and scope
   H. Class discussions orally or written based on credible sources and using scientific language
3. Nutritional analysis based on evidence-based nutritional guidelines
4. 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.

Written assignments; nutritional analysis project	Writing 20 - 50%

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	Other Category 5 - 20%

Representative Textbooks and Materials:
Core Concepts in Health. 18th ed. Brief. Insel, Paul and Roth, Walton. McGraw Hill. 2024.
Instructor prepared materials