COURSE OUTLINE
Revision: Alicia Morgan, June 2008

DEPARTMENT: Academic Programs
CURRICULUM: The Natural World
COURSE TITLE: Health and Wellness
COURSE NUMBER: HEA 125
TYPE OF COURSE: Academic Transfer
   Special Requirement Met: None
AREA(S) OF KNOWLEDGE: The Living World
COURSE LENGTH: 1 quarter
CREDIT HOURS: 5
LECTURE HOURS: 55
LAB HOURS: 0
CLASS SIZE: 30
PREREQUISITES: None

COURSE DESCRIPTION:
Overview of health as an individual and community-based social construct. Analyzes health determinants and health outcomes as a function of genetics, culture, the environment and personal health behaviors. Emphasizes a holistic model and intellectual inquiry into what constitutes health and well-being.
HEA 125 Health and Wellness
June 2008

STUDENT LEARNING OUTCOMES ADDRESSED:
1. Communication- Read and listen actively to learn to communicate
2. Computation – Apply quantitative skills for personal, academic and career purposes. Use arithmetic and other basic mathematical operations as required.
3. Human Relations – Use social interactive skills to work in groups effectively. Learn to work in teams with others to achieve goals.
5. Technology – Select and use appropriate technological tools for academic and career tasks. Students will use the internet to locate health related resources.
6. Personal Responsibility – be motivated and able to continue learning and adapt to change. Be aware of environmental issues. Recognize different health values and practices of other cultures.
7. Information Literacy – Access and evaluate information from a variety of sources and contexts, including technology.

GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Recognize the necessary tools and guidelines for a commitment to a healthful lifestyle.
2. Understand the basic components of fitness and nutrition and the need to go beyond these components to achieve well-being.
3. Thoroughly discuss topics such as: behavior modification, health promotion, self-care and prevention, nutrition, weight management, stress management, cardiovascular disease, cancer risk reduction, sexually transmitted disease prevention, and substance abuse control.
4. Develop and regularly update your lifetime program to improve personal wellness.
5. Take control of your own personal health and lifestyle habits so that you can make a continuing, deliberate effort to stay healthy and achieve the highest potential for well-being.
6. Understand the issues affecting healthcare decisions.
7. Develop an understanding of basic medical terms and health related testing.
8. Identify risk factors for chronic disease.
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TOPICAL OUTLINE:

I. Health Promotion and Strategies for Behavior Change
II. Nutrition
III. Weight management/ fitness
IV. Drugs and violence
V. Chronic disease
VI. Sexuality and relationships
VII. Community Health

Total hours 55

REVISED BY: Alicia Morgan
DATE: June 2008
<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
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</thead>
<tbody>
<tr>
<td>SLO 1.1</td>
<td>1</td>
<td>Communication - Read and listen actively</td>
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<tr>
<td>SLO 1.2</td>
<td>1</td>
<td>Communication - Speak and write effectively</td>
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<tr>
<td>SLO 2.1</td>
<td>2</td>
<td>Computation - Use mathematical operations</td>
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<tr>
<td>SLO 2.2</td>
<td>2</td>
<td>Computation - Apply quantitative skills</td>
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<tr>
<td>SLO 2.3</td>
<td>2</td>
<td>Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills</td>
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<tr>
<td>SLO 3.1</td>
<td>3</td>
<td>Human Relations - Use social interactive skills to work in groups effectively</td>
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<tr>
<td>SLO 3.2</td>
<td>6</td>
<td>Human Relations - Recognize the diversity of cultural influences and values</td>
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<td>SLO 4.1</td>
<td>4</td>
<td>Critical Thinking and Problem Solving -</td>
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<tr>
<td>SLO 5.1</td>
<td>5</td>
<td>Technology - Select and use appropriate technological tools</td>
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<td>SLO 6.1</td>
<td>6</td>
<td>Personal Responsibility - Be motivated and able to continue learning and adapt to change</td>
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<tr>
<td>SLO 6.2</td>
<td>6</td>
<td>Personal Responsibility - Value one’s own skills, abilities, ideas and art</td>
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<tr>
<td>SLO 6.3</td>
<td>6</td>
<td>Personal Responsibility - Take pride in one’s work</td>
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<td>SLO 6.4</td>
<td>6</td>
<td>Personal Responsibility - Manage personal health and safety</td>
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<td>SLO 6.5</td>
<td>6</td>
<td>Personal Responsibility - Be aware of civic and environmental issues</td>
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<tr>
<td>SLO 7.1</td>
<td>7</td>
<td>Information Literacy - Access and evaluate information</td>
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<tr>
<td>SLO 7.2</td>
<td>7</td>
<td>Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society</td>
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