COURSE OUTLINE
Revision: Greg Gillespie, February 2008

DEPARTMENT: Academic Programs

CURRICULUM: The Natural World

COURSE TITLE: Health and Human Sexuality

COURSE NUMBER: HEA 150

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: 35

PREREQUISITES: None

COURSE DESCRIPTION:

This course covers principles of personality development, body functioning, problems and solutions; human sexuality and family education relating to psychosexual development, behavior, problems and solutions.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
2. Critical Thinking and Problem Solving - Think critically in evaluating information, solving problems and making decisions.
HEA 150 Health and Human Sexuality
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STUDENT LEARNING OUTCOMES ADDRESSED: (cont.)

3. Information Literacy - Access and evaluate information from a variety of sources and contexts, including technology.

4. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Be aware of civic and environmental issues.

GENERAL COURSE OBJECTIVES:

At the end of the course the student will:

1. Identify the components of a health lifestyle during class discussion, course examination, or written assignments.

2. Identify and utilize, during class presentation and discussion, several techniques for stress management.

3. Identify specific risk factors, signs, and symptoms associated with both incommunicable and communicable diseases.

4. Identify the goals of Health People 2000, and how his/her lifestyle meets or fails to meet those goals.

5. Identify and evaluate lifestyle behaviors, which contribute to both poor and excellent states of health and wellness.

TOPICAL OUTLINE:                      APPROX. HOURS

I.  Introduction to personal health
II.  Personality and emotional stress
III.  Stress and health
IV.  Non-communicable diseases
V.  Cardiovascular diseases
VI.  Basic nutrition
VII.  Weight management
VIII. Health-related components of fitness
IX.  Tobacco and alcohol
X.  Psychoactive drugs
XI.  Personal relationship
XII. Human sexuality and reproduction
XIII. Communicable diseases
XIV. Aging, death and dying
XV.  Consumerism and environmental health

Total hours 55

REVISED BY: Greg Gillespie
DATE: February 2008
<table>
<thead>
<tr>
<th>SLO #</th>
<th>Included in Course Objective Number</th>
<th>SSCC Student Learning Outcomes</th>
</tr>
</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>
</tr>
<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>
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<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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<tr>
<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>
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<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>
</tr>
<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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