

COURSE OUTLINE
Revision: Greg Gillespie, 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:

This course is an introduction to current health topics: health promotion and prevention, stress management, psychological health, the role of diet and exercise, lifestyle diseases, sexually transmitted diseases, relationship skills, communication and nutrition. Emphasis will be placed on personal assessment, implementation and behavior change to achieve a higher level of wellness.

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

PREPARED BY: Greg Gillespie

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