

## 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.

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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 |

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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: G. Gillespie  
 DATE: October 2008