GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 03/22/2022

GCCCD Governing Board Approval: 04/19/2022

HEALTH EDUCATION 120 – PERSONAL HEALTH AND LIFESTYLES

1. Course Number Course Title Semester Units

HED 120 Personal Health and Lifestyles 3

Semester Hours: 3 hours lecture 48-54 hours 96-108 outside-of-class hours 144-162 total hours

1. Course Prerequisites

None

Corequisite

None

Recommended Preparation

None

1. Catalog Description

A course emphasizing the information required to make important decisions concerning lifestyle and total health. This course examines stress, drugs, major diseases, nutrition, weight control, sexuality, aging, environmental issues, and other topics related to health and fitness with an emphasis on applying the information to personal behaviors. This course challenges the student to assume responsibility for, and take charge of their own health and well-being.

1. Course Objectives

The student will:

* 1. Investigate the most significant contemporary determinants of optimal health.
  2. Review the aspects of mental health and its ramifications to overall wellness.
  3. Explore the area of stress and stress management.
  4. Explore the importance of sleep hygiene
  5. Assess personal health status and influences of lifestyle on future well-being.
  6. Analyze the effects of use and abuse of medications, drugs, alcohol, and tobacco on health.
  7. Acquire knowledge on the prevention and treatment of major diseases.
  8. Construct a personalized physical health program based on information from the areas of nutrition, diet and weight control, and exercise.
  9. Examine the concept of human sexuality, pregnancy, aging, and consumerism as they relate to health and fitness.
  10. Evaluate the relationships between environmental concerns and the future health and of well-being of society and the individual.
  11. Examine the relationship between technology use and health.

1. Instructional Facilities

Standard classroom for lecture and discussion.

1. Special Materials Required of Student
   1. Testing forms
   2. Internet Access
2. Course Content
   1. Concepts of health.
      1. Self-evaluation and assessment of health and personal risk factors.
      2. Health disparities in differing cultures, races and socioeconomic factors.
   2. Stress and its effects on health and well-being.
      1. Defining stress.
      2. Types and sources of stress.
      3. Stress response patterns.
      4. Stress and illness.
      5. Managing stress and preventing distress.
   3. Sleep hygiene and the relationship to health and well-being.
      1. Sleep cycles and stages
      2. The importance of getting enough sleep
      3. Factors that influence sleep
      4. Sleep disorders
3. Medications.
   1. A society of drug users.
   2. Sources and types of drugs.
   3. Drug effects.
   4. Drugs and health.
4. Substance abuse.
   1. Classification of abused substances.
   2. Causes of substance abuse.
   3. Treatment.
   4. Substance abuse and the law.
5. Prevention and treatment of major health problems.
   1. Cardiovascular diseases.
   2. Cancer.
   3. Other major disorders (arthritis, etc.).
   4. Accidents and accident prevention.

g Infectious diseases.

1. Pathogens – the invaders.
2. Spread of infectious disease.
3. The immune system.
4. Common infectious diseases.
5. Sexually transmitted diseases.
6. Physical health and wellness through nutrition and exercise.
   1. Definition of physical fitness.
   2. Physiological and psychological effects of exercise.
   3. Types of programs.
   4. Developing a personalized fitness program for life.
   5. Importance of sleep and rest.
   6. The hazards of exercise and common problems.
   7. Nutrition and health.
7. Human sexuality.
   1. Sexuality.
   2. Conception and contraception.
   3. Pregnancy and childbirth.
8. The aging process.
   1. Maturation.
   2. Myths about aging.
   3. Characteristics of aging.
   4. Aging related to health and fitness.
9. Environmental health.
   1. Effects of population on environment.
   2. Pollution (air, water, chemical, and noise).
   3. Global warming and climate change

4) Going green-ecology and health

**5)** Health in the future (including the impact to health from epidemics)**.**

1. Method of Instruction
2. Lecture
3. Films
4. Class discussions (for example: current and relevant health events/issues resented in the media)
5. Group work (students work in small groups that are interactive with the main discussion or topic)
6. Demonstrations (reproductive kit, pig lungs, drug board)
7. Guest speakers (experts to discuss issues such as living with AIDS, being transgender, meditation practices, and the science of nutrition.
8. Methods of Evaluating Student Performance
9. Written examinations, including a final exam.
10. Written assignments and projects.
11. Class participation, such as involvement in small group work, interactive class activities (games etc.).
12. Outside Class Assignments
    1. Required text reading assignments
    2. Supplemental publisher material.
    3. Written reports (such as: chapter study guides).
    4. Research assignments (such as a critique of various health articles, strategies for personal health goals.
    5. Personal health summary and health goal setting (such as SMART goal plan-students will complete a goal setting assignment where they will apply the five SMART goal criteria to create an actionable plan for improving one of their health parameters
13. Representative Texts
    1. Representative Text(s):

Lynch, April. *Choosing Health*, 3rd edition. New York, NY: Pearson Publishing. 2019

* 1. Supplementary texts/workbooks/software
     1. Self-Assessment plan provided by instructor
     2. Publisher supplemental program – (optional)

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Students will be able to describe, and explain the breadth of personal health in the 7 dimensions of wellness: Physical, Psychological, Social, Spiritual, Intellectual, Occupational, and Environment.
2. Students will recognize and identify preventative actions that can maximize an individual’s level of health.