GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 03/22/2022

GCCCD Governing Board Approval: 04/19/2022

HEALTH EDUCATION 105 – HEALTH EDUCATION FOR TEACHERS

1. Course Number Course Title Semester Units

HED 105 Health Education for Teachers 1

Semester Hours: 1 hour lecture 16-18 total hours 32-36 outside-of-class hours 48-54 total hours

1. Prerequisites

None

Corequisite

None

Recommended Preparation

None

1. Catalog Description

This course provides the background information and skills teachers need to implement comprehensive school health education at the grade levels in which they are certified. The course includes information on the six categories of risk behavior identified by the Centers for Disease Control and Prevention. It includes the objectives for Healthy People 2030; how to access CDC School Health Guidelines to Promote Healthy Behavior Among Children and Adolescents, and a discussion of the Safe and Drug-Free School Program. It examines the eight components of a coordinated school health program and the National Health Education Standards. State-of-the art information is provided on school health services, a healthful and safe school environment, the comprehensive school health education curriculum, and instructional strategies and technologies. A review of the ten content areas of health is included.

1. Course Objectives

The student will:

* 1. Analyze risk and preventive factors for health problems that affect youth in the United States, including: stress management; nutrition and disordered eating; exercise; sexuality, teen pregnancy and contraception; sexually transmitted diseases; substance abuse, including alcohol and tobacco; violence; and school safety.
  2. Discuss and design appropriate grade-level curriculum, lesson planning and teaching methods that will effectively influence youth to embrace healthy lifestyle choices.
  3. Evaluate community resources, programs, services and networks that are available to assist in health promotion in students and their families.
  4. Discuss the legal issues of health education in the public schools in California.
  5. Analyze social and cultural influences that can impact health and lifestyle choices.
  6. Compare and contrast the effects of optimal health and poor health on student learning and academic performance.

1. Instructional Facilities

None

1. Special Materials Required of Student

None

1. Course Content
   1. Stress Management.
      1. Symptoms and causes of the adaptive stress response.
      2. Techniques for stress reduction and management.
   2. Nutrition.
      1. Carbohydrates, fats, proteins, vitamins, minerals and water.
      2. How to read labels, the food pyramid and make educated choices.
      3. Nutrition’s role in disease causation or prevention.
      4. Disordered eating patterns and eating disorders.
   3. Exercise.
      1. Anaerobic and aerobic exercise.
      2. Health benefits of exercise as “medicine”.
      3. Weight management.
      4. Strength, flexibility and body composition.
      5. Cardiovascular exercise.
      6. Incorporating regular exercise into one’s lifestyle.
   4. Sexuality and Teen Pregnancy.
      1. Pregnancy prevention**/**contraception.
      2. Making educated choices in sexual expression.
      3. “Safe” sex.
   5. Sexually Transmitted Diseases.
      1. Bacterial infections: Chlamydia, Syphilis, Gonorrhea.
      2. Viral Infections: HPV, Herpes (HSV), HIV.
      3. Prevention and treatment.
   6. Substance Abuse.
      1. Process of addiction development.
      2. Alcohol and tobacco.
      3. Potential abuse of over the counter and prescription drugs.
      4. Illicit drug use.
      5. Prevention and treatment of substance abuse.
   7. Violence.
      1. Gang issues.
      2. Rape/sexual assault, including acquaintance/date abuse.
      3. Domestic violence.
   8. School Safety.
      1. Recognizing and reporting suspicious behavior.
      2. Safety in the classroom and on campus.
   9. Curriculum Development.
      1. Lesson planning.
      2. Teaching methods.
      3. Age appropriate curriculum that will effectively influence youth to embrace healthy lifestyle choices.
   10. Community Resources.

1) How to identify programs, services and networks that are available to assist in health promotion.

* 1. Legal Issues.
     1. Laws specific to the providing of health education in the public schools in California.
  2. Social and Cultural Influences.
     1. Investigate differences that can impact health and lifestyle choices.

1. Method of Instruction
   1. Lecture and discussion.
   2. Group projects and interaction.
   3. Research projects and hands-on lesson planning.
2. Methods of Evaluating Student Performance
   1. Quizzes- including the final exam.
   2. Individual and group projects.
   3. Lesson plan development and presentation.
3. Outside Class Assignments

Reading and writing assignments which may include investigation of Health Law, curriculum design, lesson planning and infusion of health-related topics within the framework of the student’s future area of

1. Representative Texts
   1. Representative Text(s):

Meeks, L, P. Heit, P. Page. *Customized Comprehensive School Health Education*. 9th edition. New York: McGraw-Hill, 2020.

* 1. Supplementary texts and workbooks:

None

Addendum: Student Learning Outcomes

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

1. Demonstrate risk and preventative factors for health problems that affect youth in the United States including nutrition, exercise, school safety and violence.
2. Discuss and design appropriate grade-level curriculum, lesson planning and teaching methods that will effectively influence youth to embrace healthy nutritional choices and exercise.