**COURSE OUTLINE OF RECORD**

**Number:** HLED G100  
**TITLE:** Personal Health

**ORIGINATOR:** Leilani Johnson  
**EFF TERM:** Fall 2011

**DATE OF OUTLINE/REVIEW:** 10-05-2016

**CROSS LISTED COURSE:**

**SEMESTER UNITS:** 3.0

**HRS LEC:** 54.0  
**HRS LAB:** 0.0  
**HRS OTHER:** 0.0

**CONTACT HRS TOTAL:** 54.0

**STUDY NON-CONTACT HRS RECOMMENDED:** 108.0

**CATALOG DESCRIPTION:**
This course is designed to provide students with the knowledge to lead a healthy life. Areas covered include wellness, emotional health, stress management, aging, physical well-being, nutrition and weight control, drugs, reproduction and parenting, prevention of diseases and consumer health.

**JUSTIFICATION FOR COURSE:**

**PREREQUISITES:**

**COREQUISITES:**

**ADVISORIES:**

**ASSIGNED DISCIPLINES:**
- Health
- Nursing
- Physical education

**MATERIAL FEE:** Yes [ ] No [X] Amount: $0.00

**CREDIT STATUS:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**GRADING POLICY:** Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**OPEN ENTRY/OPEN EXIT:** Yes [ ] No [X]

**TRANSFER STATUS:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**BASIC SKILLS STATUS:** Yes [ ] No [X]  
**LEVELS BELOW TRANSFER:** Not Applicable

**CALIFORNIA CLASSIFICATION CODES:** Y - Not Applicable

**NON CREDIT COURSE CATEGORY:** Y - Not applicable, Credit Course

**OCCUPATIONAL (SAM) CODE:** E

**REPEATABLE ACCORDING TO STATE GUIDELINES:** No [X] Yes [ ] NUMBER REPEATS:

**REQUIRED FOR DEGREE OR CERTIFICATE:** No [ ] Yes [X]

Associate of Arts: Liberal Arts: Emphasis in Social and Behavioral Sciences (Associate in Arts)  
Physical Education and Health (Associate in Arts)

**GE AND TRANSFER REQUIREMENTS MET:**
- CSU GE Area E: Lifelong Understanding and Self-Development  
  E1 - Lifelong Understanding and Self-Development

**COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:**
HLED G100-Personal Health

1. explain stress management techniques and how to apply them to everyday life.
2. evaluate life choices in achieving personal health including nutrition, stress, weight, and personal relationships.
3. apply knowledge of the Myplate Plan to create a well-rounded nutrition plan that will promote a healthy lifestyle.

COURSE OBJECTIVES:
1. Demonstrate knowledge of healthy living and health in society
2. Explain stress management techniques and how to apply them to everyday life
3. Explain the role of exercise and physical activity for health and well being
4. Evaluate life choices in achieving personal health including nutrition, stress, weight, and personal relationships

COURSE CONTENT:

LECTURE CONTENT:

A. Achieving Personal Health
   1. Mind and body communications to maintain wellness
      a. The autonomic nervous system
      b. Hormones
      c. Meditation
      d. Taking time to quiet the mind
   2. Stress Management: Restoring Mind-Body Harmony
      a. Environmental, emotional and physiological components of stress
      b. Stress management
      c. College student stress
      d. Mental Health and Mental Illness
      e. Fears, phobias, and anxiety
      f. Depression
      g. Mental disorders

B. Balanced Nutrition
   1. Nutrition, Diet and Making Healthy Food Choices
      a. Dietary guidelines for eating right
      b. The food guide pyramid
      c. Food labels
      d. Functions of food
   2. Healthy Weight Management
      a. Sensible weight management
      b. Fads and fallacies of weight control
      c. Body image
      d. Eating disorders
   3. Physical Activity for Health and Well-being
      a. Health benefits of physical activity
      b. Physiological and psychological benefits of physical activity
      c. Physical activity for health and enjoyment
      d. Creation of a plan for fitness

C. Relationships
   1. Sexuality and Intimate Relationships
      a. The physical dimension of sexuality
      b. The psychological dimension of sexuality
      c. Communication in intimate relationships
   2. Understanding Pregnancy and Parenthood
      a. The choice of parenthood
      b. Pregnancy
c. Health habits during pregnancy  
d. Adoption  

3. Protecting against sexually transmitted diseases and AIDS  
a. Risk factors of STDs  
b. Common STDs  
c. Reduction of the STD epidemic in the United States  
d. Prevention  

D. Knowledge Encourages Prevention  
1. Cancer: Understanding risks and means of prevention  
a. Causes of cancer  
b. Environmental factors  
c. Diet and cancer risk  
d. Cancer treatments  
2. Cardiovascular Diseases: Understanding risks and measures of prevention  
a. The heart and blood vessels  
b. Risk factors for cardiovascular disease  
c. Diet and cardiovascular disease  
d. Cardiovascular disease prevention  
3. Heredity and Diseases  
a. Chromosomal abnormalities  
b. Congenital defects  
c. Hereditary disease prevention  

E. Health and Society  
1. Health care decisions and options  
a. Health care providers  
b. Health insurance  
c. The federal government and health care  
d. Health care costs  
2. Exploring Alternative Medicines  
a. Alternative medicine definition  
b. Alternative medicines; (homeopathy, chiropractic, osteopathy, acupuncture)  
3. Understanding Aging and Dying  
a. Theories of aging  
b. Alzheimer’s disease and senile dementia  
c. End-of-life decisions  
d. Healthy aging and a healthy lifestyle  
4. Working Towards and Healthy Environment  
a. Outdoor air pollution  
b. Carbon dioxide and global warming  
c. Land and water pollution  
d. Effects of human growth population  

F. Drugs, Alcohol and Tobacco  
1. Use and abuse of drugs  
a. Overmedication  

METHODS OF INSTRUCTION:  

A. Lecture:  
B. Online:  
C. Independent Study:  

INSTRUCTIONAL TECHNIQUES:  

COURSE ASSIGNMENTS:

Writing Assignments
Students will participate in discussions, writing activities and problem solving activities to promote healthy living, for example; understanding healthy relationships and creating personal health plans.

Reading Assignments
Text Websites Articles provided by instructor

Out-of-class Assignments
The following are required homework assignments where the learner will: Apply knowledge gained in course towards a positive contribution to the health of the society.

METHODS OF STUDENT EVALUATION:
Final Exam
Short Quizzes
Written Assignments
Essay Examinations
Report
Projects (ind/group)

Demonstration of Critical Thinking:
1. Students will evaluate health care options and make educated decisions based on insurance options, federal government and health care costs. 2. Students will understand the functions of food and the affects of negative food choices. 3. Students will create a personal plan for lifelong fitness.

Required Writing, Problem Solving, Skills Demonstration:
Students will participate in discussions, writing activities and problem solving activities to promote healthy living, for example; understanding healthy relationships and creating personal health plans.

TEXTS, READINGS, AND RESOURCES:
TextBooks:

LIBRARY:
Adequate library resources include: Non-Print Materials

Comments:

Attachments:
Attached Files