



Contra Costa College Course Outline

Department & Number	Health Education 120	Number of Weeks	18
Course Title	Education for Healthful Living	Lecture Hours	54
Prerequisite		Lab Hours	
Co-requisite		Hours By Arrangement	
		Activity Hours	
		Units	3

COURSE/CATALOG

This course introduces the student to a new broad understanding of health, not as the absence of disease, but as an experience of well-being or wellness. Major concepts and issues pertaining to health will be presented and analyzed. Each student will be expected to explore his/her present lifestyle, and through the use of various classroom techniques, participants will be encouraged to establish behavior leading to improving the following: interpersonal relationships, physical fitness, reaction to stress, nutritional status, practice of safe sex, family planning, prevention of heart disease, drug abuse, cancer and efficient utilization of the health care system. Not repeatable.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

1. Identify and explain the concepts of health that influence and determine their health and wellness.
2. Explain the concept of stress, lists common sources of stress daily living and practice various stress management techniques. Describe and utilize some basic skills necessary for the maintenance of wellness, and stress reduction, such as, coping skills, progressive relaxation, meditation, biofeedback, time conflict management, assertive and visualization techniques. Discuss and enumerate some factors affecting mental and emotional health and various ways to deal with emotional distress, fear, depression, phobias, and conflict resolution management.
3. Discuss the role of physical activity as it relates to exercise, fitness, weight management, and body composition.
4. Discuss concepts of human sexuality, family relationships, and reproduction.
5. List and discuss the factors associated with cardiovascular disease and the ways to prevent its manifestation. Discuss the role of viruses, radiation, and communicable diseases and means of prevention.
6. List and explain various concepts pertaining to the use and abuse of substances, such as psychoactive drugs, drug tolerance, and alcoholism.
7. List and explain the stages of aging, death, and dying.
8. List and discuss some of the personal, economical, social, and cultural factors influencing the right utilization of health care services in the U.S. and some of the alternatives to traditional medical care.
9. Discuss the environment as it relates to human health issues.

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

10	%	Concepts of Health
15	%	Stress, Emotional Health, and Mental Well-being
15	%	Physical Activity, Exercise, Fitness, Diet, Nutrition, Weight Management, Body composition
15	%	Human sexuality, Marriage, Family, Relationships, Reproduction
15	%	Communicable Diseases, Cardiovascular Health, and Cancer
15	%	Drug use and Abuse, Alcohol, and Tobacco

5	%	Growing Older, Death, and Dying
5	%	Medical Care in America
5	%	Health and the environment

METHODS OF INSTRUCTION

Lecture/ Discussion
Multimedia Presentations
Cooperative Learning/ Guest speakers

INSTRUCTIONAL MATERIALS

Textbook Title: Access to Health
Author: Rebecca J. Donatelle
Publisher: Benjamin Cummings
Edition/Date: 12th Edition, 2013

COURSE EXPECTATIONS (List estimated average number of hours per week)

Writing: 2 hours per week
Reading: 2 hours per week
Other assignments: 2 hours per week

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

50	%	Exams (objective chapter exams)
25	%	Research Project (5-7 page research paper)
25	%	Written Assignments (i.e. Diet analysis and fitness evaluation write ups)
	%	

GRADING POLICY (Choose LR, CR/NC, or SC)

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F

70% and above = Credit
Below 70% = No Credit

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Prepared by:

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Date: Semester/Year

Spring 2014