

# HED 0002 - HEALTH EDUCATION

## Catalog Description

Hours: 54 lecture

Description: Studies aspects of mental, emotional, and physical health. Emphasis placed on knowledge for development of attitude, understanding, and practice of a preventive life style for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, and illicit chemical use, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is stressed. (CSU, UC)

## Course Student Learning Outcomes

- CSLO #1: List six Dimensions of Health and how each affects a person's health.
- CSLO #2: Compare six different contraceptive choices and how each work.
- CSLO #3: Identify and analyze six of the controllable and uncontrollable risk factors for cardiovascular disease.
- CSLO #4: List three current recommendations for healthy eating and how to use food labels in making healthy choices.
- CSLO #5: List and analyze six of the controllable and uncontrollable risk factors for cardiovascular disease.

## Effective Term

Fall 2020

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Identify and explain, in writing, the dimensions of health and how they relate to total wellness;
2. Describe three causes of personal stress, especially stress factors experienced among students, and discuss how their effects can be prevented or minimized;
3. Identify five strategies for enhancing psychological well-being;
4. Describe the five components of physical fitness and five benefits of using exercise as a strategy for maintaining health and wellness;
5. Discuss three current recommendations for healthy eating and how to use food labels in making healthy choices;

6. Compare and contrast two behavioral expectations for friendship, dating, and mature love;
7. Identify six major options available for contraception and explain the advantages and risks of each;
8. Describe how different agents of infection spread disease;
9. Identify and describe six of the controllable and uncontrollable risk factors for cardiovascular disease;
10. Describe the signs of substance abuse and addiction.

## General Education Information

- Approved College Associate Degree GE Applicability
  - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
  - CSUGE - E1 Lifelong Learning and Self-Development
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable
- UC Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: Students will discuss the merits of their nutritional choices when dining out in restaurants. Students will collect the nutritional information and compare it to that which is recommended for their gender, age, body composition and activity level. This assignment will allow the instructor to assess the student's general nutritional knowledge as it relates to healthy eating.
- Objective Examinations
  - Example: Students will be required to take an objective exam after each unit of study and will achieve at least 70% accuracy. This exam will include definitions of terms related to the unit, application of concepts and ideas that demonstrate comprehension. Example: True or False - There are 5 strategies for enhancing psychological well-being.
- Projects
  - Example: Students will analyze and rank their individual six dimensions of health and identify ways to improve each dimension's ranking with lifestyle behavioral changes. This assignment will enable the student to demonstrate knowledge of the depth of the dimensions through their own personal examples.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. The course instructor will facilitate a class discussion on issues that cause stress for the college student. The impact of time management skills on stress will also be explored. Students will work in small groups to explore their individual experiences and design ways to

help themselves manage the different forms of stress by creating a calendar that maps out each week's work, school, and life schedules.

2. The course instructor will assign students to read the chapter on nutrition. Each student will complete a dietary analysis of their eating habits over a 5 day period of time by keeping a detailed food diary under the guidelines provided by the course instructor. The diaries will be evaluated by the instructor and students will receive individualized dietary goals to improve in one of the nutritional guideline areas recommended for their age, gender and activity level.

#### Distance Learning

1. The course instructor will present a PowerPoint lecture to describe how to read food labels. The students will practice reading food labels using examples of the processed food products brought from their home pantries. The students will analyze the strengths and weaknesses of their food choices in a nutritional template provided by the instructor to share in groups of five.

## Typical Out of Class Assignments

### Reading Assignments

1. The student will select two health-related articles from current newspapers or periodicals that focus on men's or women's health, disease prevention, or natural health in which the results of a recent research study are referenced regarding a health topic covered in the course. The student will defend or criticize the article based on the quality of the research that was cited.
2. The student will select and review three health-related articles from three different sources about the same health-related subject. The student will compare and contrast the information found in each of the three articles.

### Writing, Problem Solving or Performance

1. Based upon readings from the course textbook, the student will write a 2-page paper establishing a specific goal for behavioral change. The paper will identify current status, change objectives, describe factors that will reinforce and enable achievement. Identify possible barriers and reinforcements. The student will update and revise the paper throughout the semester and complete a final paper assessing the success of this behavioral change plan.
2. The student will participate in class discussions regarding various health-related issues such as obesity, diabetes and depression by analyzing various causes, treatments and prevention modalities. They will submit in writing the connections of these issues and how they affect the health of a person.

## Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- An Invitation To Health
  - Author: Dianne Hales
  - Publisher: Wadsworth Cengage Learning
  - Publication Date: 2019
  - Text Edition: 10th
  - Classic Textbook?:
  - OER Link:
  - OER:

## Other materials and-or supplies required of students that contribute to the cost of the course.