

CATALOG INFORMATION

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Dept & Nbr: HLH 200 Title: HEALTH EDUCATION  
Full Title: Health Education

Units	Course Hours	Per Week	Nbr of Weeks	Course Hours	Total
Max: 3.0	Lecture	3.0	17	Lecture	51.0
Min: 3.0	Lab	0.0		Lab	0.0
	Contact DHR	0.0		Contact DHR	0.0
	Contact Total	3.0		Contact Total	51.0
	Non-contact DHR	0.0		Non-contact DHR	0.0

Title 5 Category: 01 AA Degree Applic  
Grading: GC Credit course for grade or CR/NC  
Repeatability: 00 No repeatability allowed or defined  
Also listed as:

CATALOG DESCRIPTION:

The study of lifelong human health that explores the relationships between the psychological, sociological, biological, legal, and moral/ ethical dimensions leading to optimal health and wellness. Topics include nutrition, physical fitness, substance abuse, reproductive health, infectious and non-infectious diseases; aging, dying and death; injury prevention; environmental, and consumer health.

PREREQUISITES:

COREQUISITES:

RECOMMENDED PREPARATION:

ENG 80

LIMITS ON ENROLLMENT:

SCHEDULE OF CLASSES INFORMATION:

Recommended: ENG 80  
Application of the theoretical basis of health behavior to every day life. Critical thinking skills such as writing and small group discussions are used to emphasize lifelong learning concerning health decisions. (Grade or CR/NC)  
Transfer Credit: CSU; UC.

ARTICULATION and CERTIFICATE INFORMATION

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ASSOCIATE DEGREE: Effective: Inactive:  
Area:

CSU GE: Effective: FALL 1981 Inactive:  
Transfer area: E LIFELONG UNDERSTANDING & SELF-DEVELOPMNT

IGETC: Effective: Inactive:

Transfer area:

CSU TRANSFER: TRANSFERABLE Effective: FALL 1981 Inactive:

UC TRANSFER: TRANSFERABLE Effective: FALL 1981 Inactive:

CAN:

CERTIFICATE APPLICABLE: N NOT CERTIFICATE/MAJOR APPLICABLE

#### APPROVAL AND DATES

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Version 02 Submitted by: CATHERINE INDERMILL Date: 03/27/2003

Department approved: Date:

Curriculum approved: 06/01/1981 Version approved: 04/02/2003

Prerequisites approved: 06/01/1981 Last reviewed: 04/02/2003

Term effective: FALL 2003 Last taught: FALL 2008 Inactive:

#### COURSE CONTENT

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##### OUTCOME AND OBJECTIVES:

1. Develop skills in analyzing health behaviors based on current and valid health information.
2. Understand how the various aspects of biology, sociology, politics, economics, and ethics influence our health.
3. Know how health needs are affected by age, gender, and culture.
4. Critically assess individual health status and needs.
5. Know how local, regional, national, and world populations are affected by health decisions.
6. Develop intellectual and decision making skills concerning individual health and the health of others.
7. Use writing as a tool to explore questions about their individual health and the health of others.
8. Articulate orally and in writing their position concerning personal, cultural and social health issues.

##### TOPICS AND SCOPE:

1. Introduction to the concept of wellness
2. Nutrition
3. Weight management
4. Physical Fitness
5. Sexuality, reproductive health, parenting and population control
6. Aging, dying, and death
7. Environmental health
8. Substance use and abuse
9. Communicable and non-communicable diseases
10. Psychosocial aspects of health and wellness
11. Personal safety and injury prevention
12. Consumer health
13. Use of the health care delivery system

##### ASSIGNMENTS:

###### READING ASSIGNMENTS:

Students will be required to read and study the assigned chapters in the textbook as well as selected readings from journals. Journal readings will be used as the basis for regular writing assignments.

###### WRITING ASSIGNMENTS:

Students will be required to participate in regular writing exercises, e.g., free-write assignments, informal speculative writing, problem solving, analytical writing.

OUTSIDE ASSIGNMENTS:

Outside assignments will vary but may include a variety of writing exercises, personal and community observations, development of personal behavior plans, and reading exercises.

ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING:

Each assignment is designed to have students utilize critical thinking in the process of completing the assignment. Students are asked to analyze their own writing and decision making processes as well as the writings and opinions stated by others.

METHOD OF INSTRUCTION:

METHODS OF EVALUATION:

Required examinations, writing assignments, class participation, use of internet and other electronic resources relevant to course material and assignments designated by the instructor.

BASIS FOR GRADING:

The assignment of a grade is based on the level of achievement of the outcomes and objectives of the course outline and is reflected in quantifiable terms in the course syllabus.

REPRESENTATIVE TEXTBOOKS:

ACCESS TO HEALTH, Donatelle, R.J.; CORE CONCEPTS IN HEALTH, Insel and Roth McGraw Hill, current editions