

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

Health Education 120 – Personal Health and Lifestyles

3 hours lecture, 3 units

Catalog Description

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

Prerequisite

None

Course Content

- 1) Dimensions of health and wellness
- 2) Distinction between personal and public health
- 3) Nutrition
- 4) Exercise/physical activity
- 5) Weight management
- 6) Mental health and disorders
- 7) Stress management
- 8) Alcohol, tobacco and other drugs
- 9) Violence and prevention
- 10) Reproductive health
- 11) Disease and prevention
- 12) Aging and the later years
- 13) Health care delivery and medical care
- 14) Environmental hazards and safety
- 15) Health and wellness information

Course Objectives

Students will be able to:

- 1) Describe the six dimensions of wellness (physical, emotional intellectual, social, spiritual, and environmental) and their interrelationship.
- 2) Distinguish the difference between personal health and public health.
- 3) Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
- 4) Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- 5) Describe the role of stress and mental health in health promotion and disease prevention.
- 6) Recognize the stimulus leading to violence and be able to minimize its occurrence.
- 7) Describe the role of substance use and abuse in our society and its impact on the individual, the community, the economy and the social structure.
- 8) Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
- 9) Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.

- 10) Examine the physiological, emotional, psychological and sexual aspects of aging.
- 11) Describe the inter-relationship between human beings and their environment.
- 12) Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
- 13) Analyze the health care delivery system, including inequities and discrepancies
- 14) Interpret and evaluate health and medical information from general and subject specific library and web sources.
- 15) Communicate orally and in writing in the scientific language of the discipline.
- 16) Analyze their lifestyle from a wellness perspective. In response, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of healthy lifestyle habits in order to increase quality and quantity of life.
- 2) Goal setting behavior change assignment that measures students' ability to identify the risks of unhealthy habits (i.e., smoking, poor diet, lack of exercise, etc.) and develop personal goals for modifying personal behavior to improve personal health and wellness.
- 3) Literature review assignment that measure students' ability to conduct research on current health and wellness issues, and write short papers summarizing their findings.

Special Materials Required of Student

None

Minimum Instructional Facilities

Smart classroom

Method of Instruction

- 1) Lecture and discussion
- 2) Multimedia
- 3) Study guides
- 4) Assigned readings

Out-of-Class Assignments

- 1) **Reading:** review course materials, online resources, websites, and other course related multimedia.
- 2) **Writing:** a behavior change assignment identifying the risk of unhealthy habits and developing personal goals for modifying personal behavior to improve personal health.
- 3) **Other:** research project.

Texts and References

- 1) Required (representative example): Sparling & Redican, *iHealth*, 5th edition, McGraw Hill, 2024.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Explain the six dimensions of wellness to improve personal health.
- 2) Explain the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
- 3) Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
- 4) Analyze health care delivery systems, including inequities and discrepancies.