

HED M07: PERSONAL HEALTH

Originator

ablack

College

Moorpark College

Discipline (CB01A)

HED - Health Education

Course Number (CB01B)

M07

Course Title (CB02)

Personal Health

Banner/Short Title

Personal Health

Credit Type

Credit

Start Term

Spring 2021

Catalog Course Description

Introduces components and skills of health and wellness, reviewing positive behavioral changes and their effect on life. Emphasizes self-responsibility based on self-analysis and assessment.

Additional Catalog Notes

Course Credit Limitations: UC (HED M01, M02, and M07 combined: maximum credit, one course)

Taxonomy of Programs (TOP) Code (CB03)

0837.00 - Health Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

52.5

Maximum Contact/In-Class Lecture Hours

105

Activity

Laboratory

Total in-Class

Total in-Class

Total Minimum Contact/In-Class Hours

52.5

Total Maximum Contact/In-Class Hours

105

Outside-of-Class

Internship/Cooperative Work Experience

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Minimum Outside-of-Class Hours

105

Maximum Outside-of-Class Hours

105

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|-----------------------------------------------------------------------------|
| 1 | explain, compare, and contrast the dimensions of health and wellness. |
| 2 | identify personal risk factors and create a plan to improve in those areas. |
| 3 | demonstrate improvement in one dimension of personal health. |

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|----|------------------------------------------------------------------------------------------------------|
| 1 | interpret the concepts of "health" and "wellness" and apply these to one's own life. |
| 2 | identify the risk factors related to heredity and lifestyle choices that negatively impact wellness. |
| 3 | assess the individual's responsibility for actions that affect wellness. |
| 4 | describe the warning signs for mental, physical and behavioral disease. |
| 5 | describe a healthy diet. |
| 6 | analyze the values and components of exercise. |
| 7 | recognize the responsibility of physical relationships. |
| 8 | analyze and describe disease prevention. |
| 9 | identify sources of environmental health hazards and explain their harm. |
| 10 | analyze the U.S. health care system. |
| 11 | identify health problems of the elderly. |

Course Content

Lecture/Course Content

1. (10%) Mental and emotional health including stress, depression, and suicide
2. (10%) Environmental health

3. (10%) Infectious and non-infectious diseases
4. (10%) Chronic diseases including cancer, heart disease diabetes and obesity.
5. (10%) Reproduction, birth, fertility management.
6. (10%) Social health.
7. (10%) Fitness/Exercise including components, programs, equipment
8. (10%) Weight management including calories in/out, metabolism, genetics, psycho/social
9. (10%) Nutrition for health and disease prevention
10. (10%) Substance abuse including addiction, depressants, hallucinogens', alcohol, and tobacco

Laboratory or Activity Content

N/A

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Essay exams
Group projects
Individual projects
Journals
Objective exams
Oral presentations
Projects
Problem-solving exams
Portfolios
Quizzes
Reports/Papers/Journals
Reports/papers
Research papers
Skills demonstrations
Written creation (poem, screenplay, song)

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Collaborative group work
Class activities
Class discussions
Distance Education
Group discussions
Guest speakers
Internet research
Small group activities

Describe specific examples of the methods the instructor will use:

1. Use of power point to deliver lectures.
2. Classroom discussion to facilitate peer learning.

Representative Course Assignments

Writing Assignments

1. Write reflections and opinions on current health topics in the news.
2. Write a paper that identifies the risk factors related to heredity and lifestyle choices and how they negatively impact wellness

Critical Thinking Assignments

1. Create and maintain a personal health portfolio.
2. Design and implement a behavior change project.

Reading Assignments

1. Read articles from the internet on essential nutrients and discuss the American diet and how most people are lacking certain nutrients.
2. Read information from the internet on supplements and be able to suggest which ones would be helpful.

Skills Demonstrations

1. Assess resting, working, and recovery heart rates.
2. Complete a 12 minute Cooper aerobic fitness test and take their heart rates.
3. Research and perform mindfulness exercises and present them to the class.

Outside Assignments**Representative Outside Assignments**

1. Complete assigned readings from text and internet other sources.
2. Conduct field observations of topics appropriate to the course, such as food labels and other consumer tools.
3. Attend/visit fitness, health, nutrition, stress management and/or behavior modification venues.
4. Participate in cooperative group planning for oral presentations.
5. Watch current health videos online on various websites, such as: Frontline, PBS, and YouTube.

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Los Angeles	PH 150	Health and Wellness	4
CSU Fullerton	PUBH 101	Personal Health	3
CSU Northridge	HSCI 131	Health & Society	3

Comparable Courses within the VCCCD

HED R104 - Personal Health and Wellness

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Irvine Valley College	HLTH 1	Health Education	3
Orange Coast College	HLED A100	Personal Health	3

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****E1. Health Education**

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F1995

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development

Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA

Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type

Textbook

Description

Teague, Michael, Sara Mackenzie, and David Rosenthal. *Your Health Today: Choices in a Changing Society*. 7th ed., McGraw-Hill, 2018.

Resource Type

Textbook

Classic Textbook

Yes

Description

Fahey, Thomas, et al. *Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness*. 14th ed., McGraw-Hill, 2020.

Library Resources**Assignments requiring library resources**

Research, using the Library's print and online resources, for a report on a personal health topic such as the psycho/social elements involved in weight management.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Using EBSCOHost through the library's database research a peer-reviewed article on the effects exercise has on stress and anxiety.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact**Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.

Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

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Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.

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Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

HEALTH

Review and Approval Dates

Department Chair

11/2/2020

Dean

11/3/2020

Technical Review

11/5/2020

Curriculum Committee

11/17/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/20/2020

Control Number

CCC000433478

DOE/accreditation approval date
MM/DD/YYYY