

PUBH A100: PERSONAL HEALTH

Item	Value
Curriculum Committee Approval Date	10/16/2024
Top Code	083700 - Health Education
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

Course Description

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is on positive health behaviors and personal responsibility. Topics include mental health, stress, drugs, alcohol, smoking, exercise, nutrition, weight control, chronic and infectious diseases, sexuality, consumer health, violence, aging and environmental health. Enrollment Limitation: HLED A100; students who complete PUBH A100 may not enroll in or receive credit for HLED A100. ADVISORY: Eligibility for ENGL C1000. Transfer Credit: CSU; UC. C-ID: PHS 100.C-ID: PHS 100.

Course Level Student Learning Outcome(s)

1. Develop a personal concept of health incorporating mental, physical, social, intellectual, occupational and spiritual aspects.
2. Evaluate their personal level of health in the different dimensions of health and identify how behaviors affect their health.
3. Utilize health information resources from a variety of sources, such as print, media and electronic, and discern credibility.
4. Design a strategy for making a behavior change that improves lifelong wellness and practice implementation of the new behavior.

Course Objectives

- 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 physical fitness, 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. Analyze the inter-relatedness of eating disorders and body image, and the impact of the media.
- 7. Analyze personal and family health behaviors as they relate to human sexuality, relationships, sexual orientation, and parenthood.
- 8. Describe the stimulus leading to violence and strategies to minimize its occurrence.
- 9. Describe the role of substance use, misuse, and abuse in our society and its impact on the individual, family, community, economy, and social structure.
- 10. Identify specific preventative measures to reduce the risk of developing various diseases, contracting infections, and experiencing unintended pregnancies, violence, and addiction.
- 11. Identify common practices and attitudes that contribute to intentional and unintentional injuries on a personal and community level and strategies that would reduce their occurrences.
- 12. Examine the physiological, emotional, psychological, and sexual aspects of aging.
- 13. Describe the inter-relationship between human beings and their environment.
- 14. Analyze the health care delivery system, including inequities and discrepancies.
- 15. Interpret and evaluate health and medical information from general and subject-specific library and credible Internet sources.
- 16. Communicate orally and in writing in the scientific language of the discipline.
- 17. Analyze one's lifestyle from a wellness perspective. In response, areas of personal health needing behavior change will be identified and (ideally) incorporated into a lifestyle.

Lecture Content

Dimensions of health and wellness Physical Emotional Intellectual Social Spiritual Environmental Distinction between personal and public health Nutrition Throughout the lifecycle Importance to physical fitness Role in weight management Disease prevention Exercise/Physical Activity/Fitness Fitness principles Program components Cardiorespiratory endurance Muscular strength and endurance Flexibility Body composition Weight management Role of nutrition Hunger versus appetite Role of physical activity/exercise Genetic predisposition Basal Metabolic Rate (BMR) Resting Metabolic Rate (RMR) Lean muscle tissue versus body fat Fat distribution Hyperplasia Hypertrophy Disease risk Healthy weight loss and gain Fad diets Mental health Disorders spectrum Genetic predisposition Dual Diagnosis/Co-Occurring Disorders Substance abuse Resiliency, hardiness, learned optimism Stress General Adaptation Syndrome Fight or Flight Sympathetic division Resistance Parasympathetic division Exhaustion Disease risk Eustress versus distress Psychosomatic response Stress management techniques Body image and eating disorders Media influences Sexuality Reproductive health Reproductive anatomy and physiology Contraception Pregnancy Parenting Adoption Abortion Relationships Sexual orientation Marriage Cohabitation Open relationships Divorce Violence Rape and sexual assault Intimate partner violence Sexual harassment Substance use, misuse, abuse, and addiction Alcohol Tobacco/Vapes Other drugs

Disease, illness, and injury Chronic disease Infectious conditions
Intentional injuries Unintentional injuries Risk factors Prevention
strategies Aging Physical changes Mental changes Sexual changes
Environment Climate change Pollution Overpopulation Reduce, reuse,
recycle Natural disasters Safety measures 15. Health care delivery and
medical care 16. Health and wellness information Credible sources 17.
Behavior change Personal analysis Cognitive-behavioral techniques

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture, discussion, media, computer demonstration, Internet exploration

Reading Assignments

Students will spend 3-4 hours a week reading assigned chapters from the textbook and researching health topics online using credible websites such as those maintained by the Center for Disease Control and Prevention (CDC), American Heart Association (AHA), American Public Health Association (APHA), etc.

Writing Assignments

Students are required to complete a weekly written assignment, including a behavior change plan and journal that includes barriers and strategies.

They are also required to complete a critical review of health information assignment and other written assignments.

Out-of-class Assignments

Students will spend approximately 2 - 3 hours a week working on various web site searches, fitness profile, nutritional assessment, heart risk assessment, cancer risk assessment, health goal, over-the-counter label study, insurance project, topical behavior change action plans and critical review of health information project.

Demonstration of Critical Thinking

Objective written exams, skill demonstration, class projects, problem solving exercises, Internet assignments, and attendance

Required Writing, Problem Solving, Skills Demonstration

Class or online discussions provide opportunities for students to collaborate in problem solving and skill demonstration. Students are required to complete behavior change plans that require them to take topics from weekly content and develop d actions plans that will positively affect their lifestyle choices. They are also required to identify barriers to the actions plan steps along with strategies to overcome the barriers.

Eligible Disciplines

Health: Master's degree in health science, health education, biology, nursing, physical education, kinesiology, exercise science, dietetics, or nutrition OR bachelor's degree in any of the above AND master's degree in public health, or any biological science OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Donatelle, R. . Health: The Basics, 13 ed. Pearson, 2018

Other Resources

1. Instructor handouts as needed.