

# SPED C052N: HEALTH CONCEPTS

Item	Value
Top Code	493031 - Living Skills, Handicapped
Units	0 Total Units
Hours	16-108 Total Hours (Lab Hours 16-108)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	No
Basic Skills	Basic Skills (B)
Repeatable	Yes; Repeat Limit 99
Open Entry/Open Exit	No
Grading Policy	P/NP/SP Non-Credit (D)

## Course Description

This course is designed for students with intellectual disabilities who are interested in building their health knowledge of health concepts and skills. Topics include emotions, self-care, body health, personal safety, human sexuality, reproduction, and overall health. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Demonstrate measurably increased proficiency in understanding of the 4 core emotions, emotional needs of self and others, importance of good self-image, self-confidence, and self-control.
2. Demonstrate measurably increased proficiency in identifying major human body organs and systems.
3. Demonstrate measurably increased proficiency in understanding of human sexuality concepts and reproduction.
4. Demonstrate measurably increased proficiency in understanding and developing a plan for nutrition, weight control, and healthy lifestyle.

## Course Objectives

- 1. Identify and describe the four core emotions.
- 2. Demonstrate understanding of emotional needs of self and others.
- 3. Describe why good self-image is important to stable emotional health.
- 4. Demonstrate self-confidence and control of emotions.
- 5. Identify and describe the levels of relationships.
- 6. Identify stress factors and coping skills.
- 7. Identify major body organs and their functions.
- 8. Identify common communicable diseases and means of prevention.
- 9. Identify healthy foods and plan a balanced diet.
- 10. Formulate optimum weight for self and develop weight-control plan.
- 11. Demonstrate appropriate hygiene for good grooming and health.
- 12. Demonstrate the ability to select the appropriate action for a specific type of illness.
- 13. Identify hazardous situations in the home and/or community.
- 14. Identify and describe the male and female reproductive systems.

- 15. Identify and describe the types of sexual activity and reproduction.
- 16. Identify the pros and cons of family planning.
- 17. Explain the effects of drugs and the reasons for using caution in drug usage.
- 18. Describe a plan of remediation appropriate to a situation requiring first aid.

## Lecture Content

See Lab Content

## Lab Content

Mental Health and Emotional Adjustment Four core emotions Emotional needs of self and others Self-image Identification of feelings Respect for other's feelings Dealing with emotions Self-control Consequences of uncontrolled emotions Understanding and dealing with fears Self-confidence Problem-solving skills Relationships Professional Friendships Love Marriage Stress and health Types of stress Coping with stress Options for getting help with emotional problems Bodily Functions, Health, and Disease Body organs and their functions Disease prevention Communicable diseases Common communicable diseases Sexually transmitted diseases Non-communicable diseases Infection Body defenses Coping with illness Identifying illness Care of self and others when ill Knowing when to call a doctor Taking medications Nutrition Basic food groups Balanced diet Nutrition and health Weight management Optimum weights Causes of overweight Methods of weight control Physical fitness Importance of exercise Planning for fitness Types of exercise Flexibility Strength Cardiovascular Hygiene Body care and grooming Cleanliness Accident prevention and first aid Maintaining a safe home Care in the use of equipment First aid Basic skills Gettin g help quickly Sexuality and Reproduction Human sexuality Gender identity and sexuality The male reproductive system Structure and function of male reproductive organs The role of the male in the reproductive cycle The female reproductive system Structure and function of the female reproductive organs Menstruation Menopause The role of the female in reproduction Alternative lifestyles Gender identity Sexual preferences Options regarding sexual activity The physiology of sexual response Sexual responsibility Family planning Responsibilities of parenthood Contraceptives Abortion Adoption Reproduction Conception Pregnancy The importance of proper nutrition during pregnancy Symptoms of pregnancy Seeing a doctor The development of the fetus Labor and birth Breastfeeding Substance Use and Abuse Types of drugs Prescription Non-prescription Physiological and psychological effects Use and abuse Recognizing dependency and seeking help

## Method(s) of Instruction

- Regular NC Lab (NC4)
- Live Online Reg NC Lab (NCC)

## Instructional Techniques

Discussion of concepts. Discussion of current issues and areas of interest Evaluation Self-Evaluation Questionnaires

## Reading Assignments

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## Out-of-class Assignments

TBD

## **Demonstration of Critical Thinking**

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## **Required Writing, Problem Solving, Skills Demonstration**

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## **Eligible Disciplines**

Special education: Minimum qualifications for these faculty members are specified in title 5, section 53414. Master's degree required. Title 5, section 53414

## **Other Resources**

1. Coastline Library