Health Education

Overview

Courses in Health Education are designed to provide students the essential information for the evaluation, protection and maintenance of individual health.

HEED 300 Health Science

The aim of this course is to help people achieve a high level of wellness and prevent disease by assisting them to maximize both their personal lifestyles and their environments. This course will help you to identify the various factors influencing your current and future levels of wellness. Information presented will include, but not be exclusive to: mental health, stress management, nutrition, weight control, fitness, sexuality, addictive substances, and disease.

Upon completion of this course, the student will be able to:

- **SLO #1:** Examine and be able to utilize critical thinking skills to assess health information presented through health products, fitness endeavors and other sources.
- - Explain the basic concepts of Health and Wellness.
- - Identify all dimensions of the individual and relate them to overall health.
- - Evaluate their current status of Health in all dimensions of the individual.
- - Identify characteristics of mental illness and understand treatment options for specific illnesses.
- - Recognize the components of a healthy diet and avoid diet misconceptions.
- - Apply training principles to a fitness program and avoid fitness misconceptions.
- - Interpret and recognize signs of anorexia and bulimia.
- - Distinguish between healthy and unhealthy behaviors in relationships.
- - Identify structures and functions of the male and female reproductive anatomy.
- - Identify the phases of human sexual response.
- - Appraise the various birth control methods for effectiveness and understand how they work.
- - Illustrate knowledge of pregnancy and birth.
- - Recognize various drug properties and the effects of specific drugs on the body.
- - Analyze the ways in which disease can be transmitted and treated.
- - Recognize symptoms of sexually transmitted diseases.
- - Relate the differences between viruses and bacteria.
- - Describe the effects of alcohol and the dangers to health.
- - Recognize symptoms and treatments for cancer and heart disease.
- **SLO #2:** Articulate the importance of lifestyle choices as a determinant toward disease prevention and leading a happier, healthier life.
- - Measure and assess the effects of negative health habits and positive health habits on both short and long term health.
- - Relate specific negative health habits to the health problems that they create.
- **SLO #3:** Employ goal-setting and motivational techniques to one's own health objectives to affect behavioral changes for improvement in one's life.
- - Create short term, medium, and long term goals geared toward behavioral changes for improved health.
- - Evaluate and apply motivational techniques when implementing a behavioral change plan.

HEED 350 Personal Wellness

KINES 301
This course takes a personal approach to lifetime healthy habits. The students will relate their own lives to topics that include: fitness, weight management, nutrition, stress management, risky behaviors and prevention of diseases. Evaluation, plans for change and reinforcement will be applied through the use of journals, projects, written assignments, physical assessments and exams. This course is the same as KINES 301, and only one may be taken for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO #1: Utilize critical thinking skills to assess health information presented through lectures, assignments and other sources.
- Define the basic concepts of health and wellness.
- Identify the components of fitness.
- Describe the recommendations of nutrition guidelines and assessments useful in selecting a proper diet.
- Evaluate the different ways to assess body composition.
- Distinguish between unhealthy and healthy stress.
- Analyze strategies useful in coping with stress.
- Evaluate and assess methods toward making responsible decisions.
- SLO #2: Evaluate their current personal health status and devise programs designed to improve and/or maintain that status.
- Evaluate their current status of Wellness.
- Apply training principles to a fitness program and avoid fitness misconceptions.
- SLO #3: Articulate the importance of lifestyle choices as a determinant toward disease prevention and leading a healthier, happier life.
- Measure and assess the effects of negative health habits and positive health habits on both short and long term health.
- SLO #4: Apply goal setting techniques to produce behavioral changes for improvement in their lives.
- Recognize the distinct stages for changing a behavior.
- Create short term, medium and long term goals geared toward behavioral changes for improved health.
- Evaluate and apply motivational techniques when implementing a behavioral change plan.

HEED 495 Independent Studies in Health Education

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of “Special Studies” for full details of Independent Studies.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- SLO #1: Actively engage in intellectual inquiry beyond that required in order to pass a course of study (College Wide Learning Outcome – Area 4).
- Discuss and outline a proposal of study (that can be accomplished within one semester term) with a supervising instructor qualified within the discipline.
- Design an independent study (to be completed individually or by collaboration of a small group) to foster special knowledge, skills, and experience that are not available in any one regularly scheduled course.
- Use information resources to gather discipline-specific information.
- SLO #2: Utilize modes of analysis and critical thinking to apply theoretical perspectives and/or concepts in the major discipline of study to significant problems and/or educational activities (College Wide Learning Outcome – Area 3).
- Analyze and apply the knowledge, skills and experience that are involved in the independent study to theoretical perspectives and/or concepts in the major discipline of study.
- Explain the importance of the major discipline of study in the broader picture of society.
- SLO #3: Communicate a complex understanding of content matter of the major discipline of study (College Wide Outcome – Area 3).
- Demonstrate competence in the skills essential to mastery of the major discipline of study that are necessary to accomplish the independent study.
- SLO #4: Identify personal goals and pursue these goals effectively (College Wide Outcome – Area 4).
- Utilize skills from the “academic tool kit” including time management, study skills, etc., to accomplish the independent study within one semester term.

HEED 499 Experimental Offering in Health Education

Units: 0.5 - 4
Prerequisite: None.
Transferable: CSU
Catalog Date: June 1, 2020