

# Lassen Community College Course Outline

## HLTH-2 Personal Health

3.0 Units

### I. Catalog Description

A study of personal and community health today, emphasizing behavioral and sociological aspects of health, nutrition, weight control, diseases, drugs and narcotics, family life and environmental health. This course has been approved for online, hybrid and correspondence delivery.

**Recommended Preparation:** Successful completion of ENGL105 or equivalent multiple measures placement.

Transfers to both UC/CSU  
General Education Area: E1  
CSU GE Area: E  
51 Hours Lecture  
Scheduled: Fall, Spring, Summer

### II. Coding Information

Repeatability: Not Repeatable, Take 1 Time  
Grading Option: Graded or Pass/No Pass  
Credit Type: Credit - Degree Applicable  
TOP Code: 083700

### III. Course Objectives

#### A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:  
Analyze information available regarding risk factors to a healthy lifestyle as well as behaviors that promote a healthy lifestyle; understand the impact of positive and negative factors on one's own health; and make lifestyle choices and changes to best promote a wellness balance for one's own life.

#### B. Course Objectives

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

1. Explain the multiple dimensions of wellness.
2. Demonstrate knowledge of nutrition for wellness.
3. List recommended methods of weight control.
4. Explain cancer and cardiovascular disease risk management.
5. Explain risks and prevention for drugs, alcohol and tobacco use.
6. Explain family life and sexually transmitted diseases.

### IV. Course Content

1. Wellness as a concept.
2. Nutrition, weight control, fitness potentials.
3. Sexual behavior and life-style choices, human reproductive system and sexual response, birth control and pregnancy and parenting.
4. Drugs, alcohol and tobacco use.
5. Cancer, cardiovascular disease and stress management.
6. Health - care consumerism, health, environment and aging.

## V. Assignments

### A. Appropriate Readings

"Core Concepts in Health", Insel/Roth

"Fitness for Life", Allsen/Harrison/Vance

Students will be expected to read college level materials which will include the textbook and supplemental reading assignments, and may include professional journals in the area.

### B. Writing Assignments

Written assignments, projects, exams and quizzes.

### C. Expected Outside Assignments

Includes reading supplemental handouts, writing short essay responses critiquing, summarizing, analysis and/or evaluation of course content.

### D. Specific Assignments that Demonstrate Critical Thinking

Critical thinking will be required of students in such assignments and activities as written self-analysis and completion of handouts, readings, and/or classroom materials, class discussions of lectures, comments, ideas and observations.

## VI. Methods of Evaluation

### Traditional Classroom Evaluation

1. Grading of performance on all completed assignments and projects.
2. Participation in classroom activities and discussions.
3. Written quizzes and exams

### Online Delivery

A variety of methods will be used, such as: research papers, asynchronous and synchronous discussions (chat/forum), online quizzes and exams, postings to online website, and email communications.

### Hybrid Evaluation

A combination of traditional classroom and online evaluations will be used. Traditional Classroom: exercises/assignments, objective examinations and essay examinations. Online delivery: exercises/assignments, online quizzes and exams, essay forum postings, and chat rooms.

### Correspondence Delivery

Same as face to face with the exception of the desired use of proctored exams and exclusion of participation in classroom activities. Students will be expected to complete assignments and activities equivalent to in-class assignments and activities. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

## VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery  Correspondence Delivery

Hybrid Delivery

Online Delivery

**Traditional Classroom Delivery**

Lecture, demonstration, individual and group activities.

**Online Delivery**

Online written lectures. Participation in forum-based discussions. Online exercises/assignments contained on website. Discussion papers, email communications, postings to forums, and web-links will comprise the method of instruction.

**Hybrid Delivery**

A combination of traditional classroom and online instruction will be utilized. A minimum of 17 hours will be taught face-to-face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

**Correspondence Delivery**

Assigned readings, instructor-generated typed handouts, typed lecture materials, exercises and assignments equal to face to face instructional delivery. Written correspondence and a minimum of six opportunities for feedback will be utilized to maintain effective communication between instructor and student.

**VIII. Representative Texts and Supplies**

Insel & Roth, *Core Concepts in Health*, 16<sup>th</sup> Edition, 2019, McGraw-Hill, ISBN 9781260500646 (rental) 9781260074093 (purchase-looseleaf)

Supplementary texts and workbooks

**IX. Discipline/s Assignment**

Health, Biological Sciences

**X. Course Status**

Current Status: Active

Original Approval Date: 6/25/1990

Revised By: Carrie Nyman

Curriculum/Academic Standards Committee Revision Date: 11/05/2019

Reviewed for IPR with no change: 03/15/2022