



Course Outline

2026-2027 Catalog

HLTH 2 - Health and Wellness

Catalog Description

Transfer Status: CSU/UC

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. Graded only. (C-ID PH 100).

Objectives

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

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 life cycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
4. Identify fitness principles and exercise program components to improve cardio respiratory 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. Recognize the stimulus leading to violence and be able to minimize its occurrence.
7. Describe the role of substance use and abuse in our society and its impact on the individual, the community, the economy and the social structure
8. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
9. Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
10. Examine the physiological, emotional, psychological and sexual aspects of aging.
11. Describe the inter-relationship between human beings and their environment.
12. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
13. Analyze the health care delivery system, including inequities and discrepancies.
14. Interpret and evaluate health and medical information from general and subject specific library and web sources.
15. Communicate orally and in writing in the scientific language of the discipline.
16. Analyze his/her lifestyle from a wellness perspective. In response, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

Course Content

Topic Titles / Suggested Time Topic

Lecture

<u>Topics</u>	<u>Lec Hrs</u>
Dimensions of health and wellness	3.00
Distinction between personal and public health	3.00
Nutrition	3.00
Exercise/Physical activity	3.00
Weight management	3.00
Mental health and disorders	5.00
Stress management	2.00
Alcohol, tobacco and other drugs	6.00
Violence and prevention	5.00
Reproductive health	3.00
Disease and prevention	5.00
Aging and the later years	3.00
Health care delivery and medical care	1.50

<u>Topics</u>	<u>Lec Hrs</u>
Environmental hazards and safety	1.50
Health and wellness information	4.00
Total Hours:	51.00

Methods of Instruction

- A. Class Activities
- B. Collaborative Group Work
- C. Demonstrations
- D. Discussion
- E. Guest Speakers
- F. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- G. Lecture
- H. Multimedia Presentations

Methods of Evaluation

- A. Oral Presentation
- B. Projects
- C. Journal
- D. Group Participation (Inactive)
- E. Class participation
- F. Written or Oral Examinations
- G. Essays and research papers

Examples of Assignments

Reading Assignments

1. Review and evaluate information specific to various mental disorders that college students may face during their college career and be prepared to share in class.
2. Read the chapter on stress management techniques and highlight strategies that you think might work for you. Be prepared to share with the class.

Writing Assignments

1. Maintain a semester long journal noting behavioral changes specific to diet, social life and college strategies and success. Journal will be checked by the instructor throughout the semester.
2. Perform a series of short writes based on the current topics being discussed in class and share in small groups.

Out-of-Class Assignments

1. Perform a stress test at an outside agency and present all findings to the class.
2. Develop and distribute a drug/alcohol use and abuse survey to college age students, friends and random students.

Recommended Materials of Instruction

Sparling, Phillip B., Redican, Kerry J. (2017). iHealth: An Interactive Framework. *McGraw-Hill, 3rd*.
 Insel, Paul M., Roth, Walton T. (2017). Core Concepts in Health, Brief. *McGraw-Hill, 15th*.

Minimum Qualifications

Health (Masters Required)
 Physical Education (Masters Required)

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