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Health Education (HLED) 1510 Principles of Healthful Living (3 Units) CSU:UC
 [formerly Health Education 10]

Prerequisite: None

Total Hours: 48 hours lecture

Catalog Description: The course includes the meaning and significance of physical, mental and social health as related to the individual and society. Topics include mental health, physical fitness, health services, personal relationships, diseases, alcohol, drugs, tobacco, narcotics and nutrition.

Type of Class/Course: Degree Credit

Text: Donatelle, Rebecca J. *Health: The Basics, The Mastering Health Edition*. 12th edition. Pearson, 2013.

Edlin, Golanty, Brown. *Essentials for Health and Wellness*. 2nd ed. Sudbury, Massachusetts: Jones and Bartlett, 1999. Print.

Course Objectives:

By the end of the course, a successful student will be able to

1. understand the concept of preventive medicine or wellness,
2. identify the major health problems and concerns of the American people, and
3. identify personal health problems and find ways to promote better health.

Course Scope, Content, and Student Learning Outcomes:

Unit I Understanding Health

- A. Definition of health
- B. Factors determining health
- C. Characteristics of healthy individuals
- D. Health care in America

Learning Outcomes	Assessment
Ability to understand the characteristics of a healthy person and to determine the factors that produce a healthy lifestyle.	Chapter quizzes, unit tests
Evaluate the nature of health care in America.	Chapter quizzes, unit tests

Unit II Developing Healthy Personality

- A. Stress and stress management

1. nature of stress
 2. the stress response
 3. the impact of stress
 4. managing stress
- B. Emotional health and intellectual well being
1. emotions
 2. emotional disorders
 3. the intellect

Learning Outcomes	Assessment
Identify the causes of stress and the methods to control it.	Self assessment on stress, chapter quizzes, unit tests
Knowledge of where our emotions originate and how to deal with them.	

Unit III Developing and Maintaining Health (Wellness)

- A. Activity, exercise, and physical fitness
1. physical fitness
 2. principles of exercise
 3. developing a plan
- B. Nutrition
1. basic food components
 2. balanced diet
 3. food pyramid
 4. food labels
- C. Communicable diseases
1. nature of infectious disease
 2. agents of disease
 3. defense against disease
 4. sexually transmitted disease
- D. Cardiovascular health and disease
1. the heart and circulatory system
 2. causes of cardiovascular disease
 3. types of cardiovascular disease
 4. preventing cardiovascular disease
- E. Cancer
1. what is cancer?
 2. risk factors
 3. treating cancer
 4. preventing cancer

Learning Outcomes	Assessment
Ability to understand the importance of wellness and how the concept helps in the prevention of diseases.	Chapter quizzes, unit tests

Unit IV Building Healthful Relationships

- A. Healthy sexual relationships

1. gender identity and role
 2. sexual arousal and response
 3. overcoming unhealthy relationships
 4. building healthy relationships
- B. Understanding Pregnancy and Parenthood
1. choosing to become a parent
 2. pregnancy
 3. childbirth and postpartum transition
- C. Choosing a fertility control method
1. methods of fertility control
 2. using fertility control responsibly
 3. the legality and morality of abortion

Learning Outcomes	Assessment
Analyze the factors that determine our ideas on sexual identity and roles.	Chapter quizzes, unit tests
Understand the sexual response theory.	Chapter quizzes, unit tests
Understand how to build a healthy relationship, the importance of parenthood, and pregnancy.	Chapter quizzes, unit tests

Unit V Avoiding Danger - Health and Common Sense

- A. Drug use and abuse
1. drug use in America
 2. effects of drugs
 3. dealing with drugs
- B. Alcohol
1. alcohol use and effect on the body
 2. alcohol and destructive behavior
 3. alcoholism
 4. dealing with alcohol abuse
- C. Tobacco
1. tobacco's effect on the body
 2. tobacco and disease
 3. tobacco effects on non-smokers
 4. giving up tobacco

Learning Outcomes	Assessment
Analyze the danger of drug, alcohol, and tobacco use.	Chapter quizzes, unit tests

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Problem solving activity or exercise
5. Written work

6. Observing or participating in an activity related to the course content

Methods of Instruction:

1. Assigned readings from text and selected references
2. Lectures, demonstrations, and films
3. Self evaluation of students health with plan for improvement

Methods of Evaluation:

1. Chapter quizzes and unit tests.
2. Reports and/or projects.

Supplemental Data:

TOP Code:	083700 Health Education
SAM Priority Code:	E: Non-Occupational
Funding Agency:	Y: Not Applicable
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Not Applicable
Prior to College Level:	Y: Not Applicable
Cooperative Work Experience:	N: Course is not a part of a cooperative education program
Eligible for Credit by Exam:	Yes
Eligible for Pass/No Pass:	Yes