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Independent Living Skills (ILS) 0060 Personal Health Level 1 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture

Catalog Description: This course covers how to maintain a healthy lifestyle. Basic health and hygiene will be explored. Symptoms, remedies, and accessing medical help will be covered.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

Stanfield, James. *The Hygiene and Grooming*. Videos

Lobb, Nancy. *How to Stay Healthy & How to Get Well When You are Sick or Hurt*

Course Objectives:

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

1. demonstrate good hygiene,
2. demonstrate how to take a temperature,
3. identify the symptoms of the common cold and flu,
4. identify over the counter medication that cures a headache and other ailments,
5. read labels on medications,
6. use prescription medication appropriately,
7. demonstrate when and what questions to answer when choosing a doctor,
8. identify medical emergencies and demonstrate the steps that are necessary to take when in an emergency,
9. identify the components of the food pyramid, and
10. discuss healthy eating habits and lifestyles.

Course Scope, Content, and Student Learning Outcomes:

Unit I Personal Hygiene

Learning Outcomes	Assessment
Understand and Use:	
A. The type of products that are available to help students maintain good personal care	In class exercise, homework, exams
B. Good personal care techniques	In class exercise, homework, exams

Unit II Symptoms and Remedies of Different Ailments

Learning Outcomes	Assessment
Understand :	
A. Common symptoms of the flu and cold	In class exercise, homework, exams
B. The use of a thermometer	In class exercise, homework, exams
C. Remedies for headaches and other ailments (over-the counter medication)	In class exercise, homework, exams
D. Prescription medications	In class exercise, homework, exams
E. The various types of hospitals	In class exercise, homework, exams

Unit III Nutrition

Learning Outcomes	Assessment
Understand:	
A. The negative consequences of eating fast food and making healthy choices	In class exercise, homework, exams
B. The food pyramid	In class exercise, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Assigned exercises from textbook/workbook
2. Lecture
3. Group work
4. Discussion

5. Individual conference

Methods of Evaluation:

1. Class participation
2. Written homework
3. Quizzes
4. Oral evaluations
5. Exams
6. Midterm and final