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Independent Living Skills (ILS) 0061 Personal Health Level 2 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0060

Prerequisite knowledge and skills: Before entering the class, the student should 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 in emergency,
9. identify the components of the food pyramid, and
10. discuss healthy eating habits and lifestyles.

Total Hours: 16 hours lecture

Catalog Description: The first unit will cover essentials of maintaining a healthy lifestyle as they transition into their sophomore year. Emphasis will be on good dental hygiene, following the food pyramid, portion size, reading food labels, benefits of vitamins and maintaining healthy eating habits, sleep habits, and incorporating exercise into students' lives. The second unit will cover basic knowledge regarding autism, mental retardation, epilepsy, cerebral palsy, and how a healthy, thoughtful lifestyle will help to minimize the physical and cognitive issues associated with disabilities.

Type of Class/Course: Non Credit

Texts: none

Additional Required Materials: worksheets created by instructor, Brooke Squires & the following websites: www.nlm.nih.gov/medlineplus/viralinfections.html, <http://sfsu.edu/archives/news/004915.html>, <http://www.nalsuda.gov/fnic/Fpyr/pyramid.gif> & recipe books

Course Objectives:

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

1. demonstrate good dental care,
2. identify healthy and unhealthy fats,

3. discuss and demonstrate how to use the food pyramid including the proper serving size of,
4. read food labels,
5. identify healthy alternatives and benefits of vitamins,
6. identify the physical and cognitive effects of autism, mental retardation, epilepsy, and cerebral palsy, including the various disabilities, and
7. explain how a healthy lifestyle can enhance intellectual and emotional health.

Course Scope, Content, and Student Learning Outcomes:

Unit I Healthy Lifestyles

Learning Outcomes	Assessment
Understand and use:	
A. Products that are necessary to take good care of your teeth	In class exercise, homework, exams
B. Healthy and unhealthy fats	In class exercise, homework, exams
C. Drinking water to keep hydrated	
C. The pyramid to eat a balanced meal including the proper serving sizes of food	In class, homework, exams
D. Food labels to determine nutrition value and fat content	In class exercise, homework, exams
B. Vitamins to accompany their daily meals	In class exercise, homework, exams
C. Exercise to maintain a healthy body	In class exercise, homework, exams

Unit II Developmental Disabilities

Learning Outcomes	Assessment
Understand:	
A. Basic cognitive and physical symptoms of autism, mental retardation, epilepsy, and cerebral palsy	In class exercises, assignments, exams
B. Basic cognitive and physical symptoms associated with depression and anxiety	In class exercises, assignments, exams
C. Explain how a healthy lifestyle is significant in enhancing intellectual and emotional health	In class exercises, assignments, 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