



El Camino College

COURSE OUTLINE OF RECORD - Official

I. GENERAL COURSE INFORMATION

Subject and Number: Contemporary Health 1
Descriptive Title: Personal and Community Health Issues

Course Disciplines: Physical Education
AND Health
or Nursing

Division: Health Sciences and Athletics

Catalog Description: This course is designed to provide a critical analysis of factors, which affect personal and community health. Primary emphasis is placed upon self-empowerment and disease prevention in a culturally diverse community. General topics include infectious and non-infectious diseases; physical fitness, weight management, and nutrition; human reproduction and sexuality; stress management and mental health; drug use and abuse; and environmental health.

Note: This course satisfies Section A, Area 5 of the associate degrees' requirements.

Note: The maximum UC credit allowed for students completing Contemporary Health 1 and Contemporary Health 5 is one course.

Conditions of Enrollment: Recommended Preparation

English 84
AND
English B

Course Length: Full Term Other (Specify number of weeks):
Hours Lecture: 3.00 hours per week TBA
Hours Laboratory: 0 hours per week TBA
Course Units: 3.00

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Prior to July 1992

General Education:
El Camino College: 5 – Health and Physical Education

Term:

Other: Approved

CSU GE:

E - Lifelong Understanding and Self-Development

Term:

Other: Approved

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. The student will identify the seven warnings signs of cancer.
2. The student will identify the risk factors of cardiovascular disease.
3. Students will define the 5 components of physical fitness and explain how to improve each component.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Compare and contrast the dimensions of health and wellness.
Essay exams
2. Analyze the causes, prevention and treatments of chronic and infectious disease.
True/False
3. Examine the components of fitness and the benefits of physical activity as they relate to overall health and wellness.
True/False
4. Assess total caloric intake and output as they relate to total energy balance and body composition.
True/False
5. Compare and contrast birth control methods and how each affects conception.
Essay exams
6. Analyze the effects of stress on the body and evaluate various stress management techniques.
True/False
7. Compare and contrast drug use, misuse, and abuse and major drug classifications and their effects on the body.
True/False
8. Examine overpopulation, pollution and global warming as they relate to the overall wellness and health of the human race.
True/False
9. Examine and analyze the major types of Cardiovascular Disease and Cancer as they relate to overall health and wellness.
Essay exams

10. Examine the use of tobacco and alcohol as they relate to the overall health and wellness.

Essay exams

11. Examine the Male and Female reproductive systems.

Matching Items

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	4	I	Orientation and Introduction to Health Education A. Dimensions of health B. Assessing your health C. Recent health trends and concerns
Lecture	9	II	Infectious and Non-Infectious Diseases A. Infectious diseases including sexually transmitted disease and HIV/AIDS B. Causes, prevention, and treatment of infectious disease C. Major forms, causes, and risks of cardiovascular disease D. Major forms, causes, and risks of cancer
Lecture	9	III	Fitness, Weight Management, and Nutrition A. Benefits of regular activity B. Components of physical fitness C. Creating a fitness program D. Essential nutrients for a healthy lifestyle E. Eating healthy and food safety F. Managing your weight and caloric balance G. Eating disorders
Lecture	9	IV	Human Reproduction and Sexuality A. Reproductive systems of the male and female B. Conception C. Pregnancy and childbirth D. Basic principles and types of birth control E. Building healthy relationships F. Expressing and understanding sexuality and gender
Lecture	9	V	Stress Management and Mental Health A. Promoting and preserving your psychosocial health B. Coping with life challenges C. Managing stress D. Improving your sleep E. Preventing violence and injury

Lecture	9	VI	Drug Use and Abuse A. Drug use, prevention, and treatment B. Drug classifications, categories, and terminology C. Marijuana and other cannabinoids D. Drug dependency and addiction E. Alcohol and your health F. Tobacco use and effects
Lecture	5	VII	Environmental Health and Life Challenges A. Environmental toxins and global warming B. Overpopulation and pollution C. Preparing for aging D. Death and dying E. Health care choices F. Complimentary and alternative medicine
Total Lecture Hours		54	
Total Laboratory Hours		0	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Substantial writing assignments

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Using the most current methods of birth control as specified in the textbook/lecture, write a two-three page essay which examines how each method relates to each other in effectiveness, usage and side effects. Include a summary of which method you feel would best fit your individual adult lifestyle.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Calculate the percentage of calories from the three major nutrients (carbohydrate, protein, and fat) for a food based upon the food label information provided on the package.
2. Write a two-three page essay that examines your current level of fitness and develop a specific individualized exercise-training program using textbook/lecture information. Include a summary of your physical fitness goals.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Essay exams
Reading reports
Written homework
Term or other papers
Multiple Choice
Completion
Matching Items
True/False

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Guest Speakers
Lecture
Multimedia presentations
Other (please specify)

Student presentations, dietary analysis, wellness center visit, fitness self assessments

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

Study
Answer questions
Required reading
Problem solving activities
Written work
Observation of or participation in an activity related to course content

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

Rebecca Donatelle. Health: The Basics. 10th ed. Pearson/Benjamin/Cummings, 2013.

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Course Recommended Preparation AND English-84	
Course Recommended Preparation English-B	

D. Recommended Skills

Recommended Skills
Ability to write thesis driven essays. ENGL B - Apply appropriate strategies from the writing process to create, compose, revise, and edit drafts. ENGL B - Plan, write, and revise paragraphs based on personal experience and observations, including a topic sentence and supporting details, and avoiding grammatical and mechanical errors that interfere with meaning. ENGL B - Compose a variety of sentence types and edit them for correct grammar, appropriate word choice, and accurate spelling.
Read and comprehend college level textbook. ENGL 84 - Select and employ reading strategies to interpret the content of a college-level textbook, with special focus on constructing a thesis statement and providing valid support. ENGL 84 - Compare and contrast college-level texts to evaluate content.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Ken Swearingen on 05/01/1962.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 02/17/2016

Last Reviewed and/or Revised by Tom Hicks on 10/16/2015