



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	AHSD
Course Number:	551
Descriptive Title:	High School Health
Division:	Adult High School Diploma
Department:	Adult High School Diploma
Course Disciplines:	Adult High School Diploma
Catalog Description:	This high school level course provides students with an informed use of health-related information and an overview of positive attitudes and responsible behaviors for making decisions to promote lifelong health. Successful completion of this course contributes to progress toward a high school diploma or equivalent. From 1-10 high school credits can be earned in 15-hour modules. Note: This course is open entry/open exit.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	.83 to 8.33
Hours Laboratory (per week):	0
Outside Study Hours:	1.66 to 16.66
Total Course Hours:	15 to 150
Course Units:	0
Grading Method:	Pass/No Pass/SP
Credit Status:	Noncredit
Transfer CSU:	No
Effective Date:	
Transfer UC:	No
Effective Date:	
General Education:	ECC
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	

Other:	
Cal-GETC:	
Term:	
Other:	
Student Learning Outcomes:	Upon completion of the course, students will be able to: 1. evaluate how diet and exercise promote physical and mental well-being. 2. analyze the risks and long-term effects of substance abuse on well-being. 3. develop a written plan for practicing a healthy lifestyle.
Course Objectives:	1. Compile resources to determine how diet and exercise affect personal health. 2. Read food labels and product ingredients to determine healthy food choices. 3. Create a monthly plan to support good nutrition, physical activity, and weight management for a healthy lifestyle. 4. Evaluate resources to determine the short- and long-term effects of substance abuse and addiction on mental and physical health. 5. List healthy alternatives to alcohol, tobacco, and drug use. 6. Identify decision-making practices that lead to a drug-free lifestyle. 7. Compile resources to determine how internal and external influences affect well-being. 8. Identify behavior that reduces risk and promotes a healthy lifestyle. 9. Create an list of decision-making skills that enhance healthy life choices. 10. Develop a monthly plan to practice healthy lifestyle choices. 11. Compile resources to determine what constitutes a medical emergency. 12. Create a list of common medical emergencies and their level of severity. 13. Create a list of safety practices to reduce risk of injury to self and other. 14. Utilize rescue breathing and lifesaving techniques.
Major Topics:	Note that this is high school level content: I. Quality of Life A. Personal and community health needs B. Laws to protect health and consumer rights C. Global health concerns overview D. Environmental conditions that benefit health

II. Making Responsible Decisions

A. Personal health behavior and responsible decision-making for healthy living

B. Social influences on health choices

III. Physical Fitness

A. Staying active with exercise and physical activity guidelines

B. Cardiovascular health

1. Aerobic and anaerobic exercises

C. Exercise for weight loss and maintenance

D. Sleep's role in physical fitness

E. Personal physical activity plan

IV. Nutrition

A. Food choices and personal barriers

1. Influences and nutritional choices

2. Nutritional components of food and food labels and products

3. Guidelines for a nutritionally balanced diet

B. Personal nutrition plan

C. Education and the community

D. Disease prevention and safe food handling practices

V. Stress Management

A. Personal stress points at home and work

1. Managing stress for lifelong health

2. Depression, anxiety, grief and coping mechanisms

B. Seeking help

1. Family and friends; professional services; community services

VI. Substance Abuse and Addiction

A. Alcohol

1. Short- and long-term effects on health

2. Alcoholism

3. Intervention, recovery, and a sober lifestyle

	B. Smoking 1. Physical dangers for smokers and others and effects on the body 2. Factors affecting decisions to smoke 3. Intervention, recovery, and a tobacco free lifestyle C. Medicine and other drug abuse 1. Drug abuse and addiction 2. The effects of drug abuse on brain function and behavior 3. Treatment for dependency and a drug free lifestyle VII. Injury Prevention and Safety A. First aid basics B. Injury emergencies C. Safety practices to reduce risk of injury to self and others D. Medical emergencies 1. Breathing and choking problems 2. Allergic reactions 3. Heart attack and stroke 4. Seizures and shock E. Adult, child, and infant CPR F. Environmental Emergencies and natural disasters 1. Home and community disaster preparedness 2. Developing a disaster plan
Total Lecture Hours:	15 to 150
Total Laboratory Hours:	0
Total Hours:	15 to 150
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	

A.2. Primary Method of Evaluation (Part 2 - all courses; choose one):	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	Complete an analysis of your daily dietary intake over one week. Compare your results to the 2020-2025 Dietary Guidelines for Americans. Present your findings in a multi-media presentation on how you would adjust and improve your dietary intake to meet healthy nutritional goals.
Critical Thinking Assignment 1:	Create a flyer listing the reasons to avoid drug use. Your flyer should contain health benefits, effects of drug use on the individual, family and friends, healthy alternatives, and strategies for resisting peer pressure. You must present your flyer to your class.
Critical Thinking Assignment 2:	Create a weekly exercise plan based on the knowledge you have learned from our class readings. Include a fitness goal and week-long exercise schedule. Write 3- to 5-paragraphs explaining why you created this specific workout plan.
Other Evaluation Methods:	Completion, Essay Exams, Journal kept throughout course, Matching Items, Multiple Choice, Performance Exams, Presentation, Quizzes, Term or Other Papers, True/False, Written Homework
Instructional Methods:	Discussion, Group Activities, Lecture, Multimedia presentations, Demonstration
If other:	
Work Outside of Class:	Answer questions, Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	Corbin, Charles et al. <i>Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach</i> , 13th edition. McGraw-Hill, 2022.
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	

Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Matthew Kline
Date:	04/01/2024
Original Board Approval Date:	01/13/2025
Last Reviewed and/or Revised by:	Matt Kline
Date:	03/06/2026
Last Board Approval Date:	05/20/2026
Effective Term:	FA 2026