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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*. 10th edition. Pearson, 2013.

Course Objectives:

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

1. describe the six dimensions of wellness (physical, emotional, intellectual, social, spiritual, and environmental) and their interrelationship.
2. identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence and addiction.
3. analyze his/her lifestyle from a wellness perspective. In responses, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.
4. describe the role of substance use and abuse in our society and its impact on the individual, the community and the social structure.

Course Scope, and Content:

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

- 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
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- 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
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- 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

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 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. In class and online 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.
3. Final Exam

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