

Course Outline of Record

1. Course Code: KINE-010
2.
 - a. Long Course Title: Personal & Community Health
 - b. Short Course Title: PERS&COMM HEALTH
3.
 - a. Catalog Course Description:

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health with implications for individuals and societies. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.
 - b. Class Schedule Course Description:

A survey course that focuses on the exploration of major topics involved with the maintenance of optimum health for the individual and society.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - LIBERAL ARTS with emphasis in Recreation & Leisure and Sports Management AA Degree and Transfer Preparation
 - LIBERAL ARTS with emphasis in Health Education and Nutrition AA Degree and Transfer Preparation
4. Total Units: 3.00 Total Semester Hrs: 54.00
 Lecture Units: 3 Semester Lecture Hrs: 54.00
 Lab Units: 0 Semester Lab Hrs: 0
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)

 Advisory: ENG 070
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. Teague, M., L. Mackenzie, S., L. Rosenthal, D., M (2016). Your health today: Choices in a changing society (6th/e). New York McGraw-Hill.
 College Level: Yes
 Flesch-Kincaid reading level: 13.9
7. Entrance Skills: *Before entering the course students must be able:*
 - a. Identify and employ prewriting activities.
 - ENG 070 - Identify and employ prewriting activities.
 - b. Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using two or three paragraphs.
 - ENG 070 - Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using multiple paragraphs.
 - c. Demonstrate the ability to apply standard rules of grammar, punctuation and spelling in academic writing.
 - ENG 070 - Demonstrate through the writing process the ability to apply standard rules of grammar, punctuation and spelling in academic writing.
 - d. Participate thoughtfully and critically in peer review, as well as self-evaluate, edit and revise
 - ENG 070 - Improve editing and revision strategies both individually and in peer review.
 - e. Recognize and explain patterns of idea development in short readings and academic writing.
 - ENG 070 - Recognize and explain patterns of idea development in readings.

8. Course Content and Scope:

Lecture:

1. Dimensions of health and wellness
2. Distinction between personal and public health
3. Nutrition
4. Exercise/Physical activity
5. Weight management
6. Mental health and disorders
7. Stress management
8. Alcohol, tobacco and other drugs
9. Violence and prevention
10. Reproductive health
11. Disease and prevention
12. Aging and the later years
13. Health care delivery and medical care
14. Environmental hazards and safety
15. Health and wellness information

Lab: *(if the "Lab Hours" is greater than zero this is required)*

9. Course Student Learning Outcomes:

1.

Critically evaluate, research, and analyze sources of health information that promote a healthy lifestyle for individuals and societies.

2.

Demonstrate the ability to recognize and practice healthy behaviors, including the six dimensions of wellness.

3.

Evaluate the interrelationship between human beings and their environment.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Describe the six dimensions of wellness and their relationship.
- b. Distinguish the difference between personal health and public health.
- c. Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
- d. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- e. Describe the role of stress and mental health in health promotion and disease prevention.
- f. Recognize the stimulus leading to violence and be able to minimize its occurrence.
- g. Describe the role of substance use and abuse in our society and its impact on the individual, the community, the economy and the social structure.
- h. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
- i. Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
- j. Examine the physiological, emotional, psychological and sexual aspects of aging.
- k. Describe the inter-relationship between human beings and their environment.
- l. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
- m. Analyze the health care delivery system, including inequities and discrepancies.
- n. Interpret and evaluate health and medical information from general and subject specific library and web sources.
- o. Communicate orally and in writing in the scientific language of the discipline.

KINE 010-Personal & Community Health

p. Analyze his/her lifestyle from a wellness perspective. In response, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Collaborative/Team
- b. Discussion
- c. Distance Education
- d. Lecture
- e. Participation

Other Methods:

a. Lecture/ PowerPoint presentation, with question and answer segments involving students b. Utilization diet analysis tool c. Reading textbook and supplementary assignments, including research articles d. Optional: Community Nutrition Lectures e. Audio/visual presentations. f. Online format (see distance learning addendum).

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 54.00

Outside Class Hours: 108.00

a. Out-of-class Assignments

a. Reading assignments b. Research paper/Journal article review c. Health and wellness case study analysis d. Create collaborative PSA on relevant health topic

b. In-class Assignments

journal article reviews and discussions, collaborative projects, exams, case study evaluation

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
- Critiques
- Term or research papers
- Laboratory projects
- Field/physical activity observations
- Computational/problem solving evaluations
- Presentations/student demonstration observations
- Student participation/contribution

14. Methods of Evaluating: Additional Assessment Information:

a. Essays b. Multiple Choice Exams c. Evaluative comments on materials presented during class, as well as extra-class assignments. d. Required projects e. Term paper/Journal article abstract.

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

CSU GE Area E: Lifelong Understanding and Self-Development

E - Lifelong Understanding and Self-Development

PO-GE C2 - Social and Behavioral Sciences

Examine the biological, psychological, and sociological factors that influence the personalities and behaviors of females and males from a multicultural perspective.

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
CSU	CSU Long Beach	HSC 210	Contemporary Health Issues	

17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Due to changes made through the C-ID alignment process, the textbook needs to be updated. The Teague textbook was reviewed by department faculty and was found to cover all of the components.

20. a. Cross-Listed Course (Enter Course Code): N/A
 b. Replacement Course (Enter original Course Code): HE-001

21. Grading Method (choose one): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000559808
- b. T.O.P. Code [CB03]: 127000.00 - Kinesiology
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special
- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (if program-applicable): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 40
 Third Year: 40

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
- b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Courtney Doussett Origination Date 11/02/16