

Las Positas College
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Course Outline for HLTH 1

INTRODUCTION TO HEALTH

Effective: Fall 2008

I. CATALOG DESCRIPTION:

HLTH 1 — INTRODUCTION TO HEALTH — 3.00 units

Physiological, psychological, and social perspectives of health. Emphasis on knowledge, attitudes, and behaviors that will contribute to a healthy individual.

3.00 Units Lecture

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. Identify behaviors and attitudes that contribute to optimal health;
2. Describe the components of health;
3. Identify methods for maintaining psychological health;
4. Evaluate his/her personal health status;
5. Develop, implement and assess personal strategies for psychological wellness, physical fitness, diet/nutrition, reduction of chronic disease risk, and prevention of infectious diseases;
6. Describe risk factors and risk reduction strategies for chronic conditions including cancer, diabetes, cardiovascular disease, and other diseases;
7. Describe health issues with correct use of anatomical and physiological terms;
8. Identify strategies for effective communication in healthy relationships;
9. Identify and evaluate fertility management techniques;
10. Describe the consequences and risk reduction strategies of sexually transmitted infections, HIV/AIDS, and other infections;
11. Explain the consequences associated with OTC medications, alcohol, tobacco and other drugs;
12. Critically evaluate various sources of information about health and wellness;
13. Describe how to become an informed health care consumer;
14. Identify ways of preventing injury, violent situations, and victimization;
15. Explain aging and dying as a culmination of life choices;
16. Describe effective steps individuals can take toward improving personal and environmental health.

V. CONTENT:

- A. Definition of health
 1. Health viewed as a state of wellness influenced by physical, psychological, social, environmental and spiritual behaviors
- B. Healthy behaviors
 1. Epidemiology of modern illness and disease
 2. Behaviors that lead to health and wellness
 3. Family health history
 4. Modifiable and unmodifiable risk factors for health
- C. Psychological Health
 1. Foundations of psychological health
 2. Recognizing psychological issues including suicide, depression, anxiety, sleep patterns
 3. Concept of psychoneuroimmunology
 4. Definition of stress
 5. Stress management
- D. Physical Fitness
 1. Physical activity and fitness
 2. Components of fitness
 3. Recommended frequency, intensity, duration, and mode for components of fitness
 4. Target Heart Rate and methods of measuring exercise intensity
- E. Nutrition and Eating Patterns

1. Basic nutrient needs
2. Caloric needs
3. Tools for making healthy nutrition choices
4. Principles of weight management
- F. Causes and prevention of Cardiovascular Disease
 1. Definition of cardiovascular disease, atherosclerosis, stroke, hypertension
 2. Risk reduction strategies
- G. Causes and prevention of other Chronic Diseases
 1. Cancer
 - a. Unregulated cell proliferation, causes
 2. Diabetes
- H. Infectious Diseases
 1. Modes of transmission
 2. Definitions and pathogenic agents
 3. Common infectious diseases
 4. Sexually transmitted infections
 5. HIV/AIDS
 6. Prophylaxis, treatment, immunizations
 7. Risk reduction strategies
- I. Sexual Health
 1. Biology of reproductive system
 2. Self exams
 3. Fertility management
- J. Drugs and Drug Use/Abuse
 1. Alcohol
 2. Tobacco
 3. Illegal drugs
 4. Legal and OTC drugs
 5. Substance use and addiction
- K. Environmental Impact on Health
 1. Pollution, global warming, land, water, air
 2. Personal behaviors that affect the environment
- L. Life Transitions
 1. Biology of aging, ageism, successful aging, stages of dying
 2. Grief and loss
- M. Health Care Consumerism
 1. Consumer awareness
 2. Evaluating the credibility of health information – written, verbal, web
 3. Accessing health care
 4. Health care delivery system – insurance, HMOs, fee-for-service
 5. Alternative/ Complementary care
 6. Patient rights and responsibilities

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Audio-visual Activity** -
- C. Individual and group skill building exercises and activities
- D. Assigned readings
- E. Large and small group discussions
- F. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

A. Participate in lecture/discussions 1. Students work in small groups to diagram biology of the reproductive system to review previous lecture and check for understanding B. Reading 1. Read chapter on Nutrition and Healthy Eating in the text C. Skill-building exercises and projects 1. Practice meditation for 20 minutes per day for 6 consecutive days. Write an assessment of the experience. 2. Research the nutrient content of your favorite fast food meal and provide an analysis of its nutritional value using the federal standards as a guideline. 3. Keep a two-day food diary and compare your food consumption patterns to that recommended by the Food Guide Pyramid D. Written assessment of a health issue 1. Provide a written analysis for this issue: A crusading nutrition journalist points out that the food label on a soup company's best-selling product indicates that a serving of the product is 32 percent fat. Fearing that consumers will stop buying the product, the company responds, and within weeks the label indicates that the product is 16 percent fat. The company has changed nothing in the product. Why does the label show that the product contains half the fat? E. Course Project 1. Design, carry out, and evaluate a project for changing a personal health behavior (i.e., stop smoking, learn a relaxation method to alter diet, begin an exercise plan).

VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**

IX. TYPICAL TEXTS:

1. Edlin, Golanty and Brown *Health and Wellness*. 9th ed., Jones and Bartlett., 2007.
2. Hales *An Invitation to Health*. 12th ed., Thomson Wadsworth, 2007.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access