

C-ID Descriptor

Personal Health and Wellness (Archived - for reference only)

Descriptor Details

- **Descriptor Title:** Personal Health and Wellness (Archived - for reference only)
- **C-ID Number:** 100
- **Units:** 3.0
- **Date of Last Revision:** 10/12/2017 04:44:12 PM PDT

General Description

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100) and reading a course with an exiting skill of ability to read a college level text.

Content

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 Activities

No information provided

Objectives

Upon successful completion of the course, students will be able to:

1. Describe the six dimensions of wellness (physical, emotional intellectual, social, spiritual, and environmental) and their interrelationship.
2. Distinguish the difference between personal health and public health.
3. Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
4. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
5. Describe the role of stress and mental health in health promotion and disease prevention.
6. Recognize the stimulus leading to violence and be able to minimize its occurrence.

7. 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.
8. Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.
9. Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.
10. Examine the physiological, emotional, psychological and sexual aspects of aging.
11. Describe the inter-relationship between human beings and their environment.
12. Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.
13. Analyze the health care delivery system, including inequities and discrepancies
14. Interpret and evaluate health and medical information from general and subject specific library and web sources.
15. Communicate orally and in writing in the scientific language of the discipline.
16. Analyze his/her lifestyle from a wellness perspective. In response, areas of personal behavior change will be identified and ideally, health-enhancing behaviors adopted.

Evaluation Methods

May include:

Exams
Quizzes
Written Assignments
Projects

Textbooks

Donatelle, *Access to Health*

Insel and Roth, *Core Concepts in Health*

Lynch, Elmore and Kotecki, *Health, Making Choices For Life*