

# C-ID Descriptor

## Personal Health and Wellness

### Descriptor Details

- **Descriptor Title:** Personal Health and Wellness
- **C-ID Number:** 100
- **Units:** 3
- **Date of Last Revision:** 9/18/2023 10:47:33 AM PDT

### General Description

This course will require students to explore, analyze, personalize, and discuss the following issues as they relate to the essential components of health and wellness: nutrition, physical activity/exercise/fitness, weight control, eating disorders and body image, media influences, mental health, stress, violence, substance use/abuse, sexuality and sexual orientation, sexually transmitted infections, reproductive choices/contraception, relationships, disease prevention, environment, health care, aging, and general public health issues. Students will be taught the knowledge and skills necessary to implement lifestyle behaviors that can improve their health and well-being.

### 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
  - a. Physical
  - b. Emotional
  - c. Intellectual
  - d. Social
  - e. Spiritual
  - f. Environmental
2. Distinction between personal and public health
3. Nutrition
  - a. Throughout the lifecycle
  - b. Importance to physical fitness
  - c. Role in weight management
  - d. Disease prevention
4. Exercise/Physical activity/Fitness
  - a. Fitness principles
  - b. Program components
  - c. Cardiorespiratory endurance
  - d. Muscular strength and endurance
  - e. Flexibility
  - f. Body composition
5. Weight management
  - a. Role of nutrition
    1. Hunger versus appetite
  - b. Role of physical activity/exercise
  - c. Genetic predisposition
    1. Basal Metabolic Rate (BMR)
    2. Resting Metabolic Rate (RMR)
  - d. Lean muscles tissue versus body fat
    1. Fat distribution
    2. Hyperplasia
    3. Hypertrophy
  - e. Disease risk
  - f. Healthy weight loss and gain
    1. Fad diets
6. Mental health
  - a. Disorders spectrum
  - b. Genetic predisposition
  - c. Dual Diagnosis/Co-Occurring Disorders
    1. Substance abuse
  - d. Resiliency, hardiness, learned optimism
7. Stress
  - a. General Adaptation Syndrome

1. Fight or Flight
  - a. Sympathetic division
2. Resistance
  - a. Parasympathetic division
3. Exhaustion
- b. Disease risk
- c. Eustress versus distress
- d. Psychosomatic response
- e. Stress management techniques
8. Body image and eating disorders
  - a. Media influences
9. Sexuality
  - a. Reproductive health
    1. Reproductive anatomy and physiology
    2. Contraception
    3. Pregnancy
    4. Parenting
    5. Adoption
    6. Abortion
  - b. Relationships
    1. Sexual orientation
    2. Marriage
    3. Cohabitation
    4. Open relationships
    5. Divorce
10. Violence
  - a. Rape and sexual assault
  - b. Intimate partner violence
  - c. Sexual harassment
11. Substance use, misuse, abuse, and addiction
  - a. Alcohol
  - b. Tobacco/Vapes
  - c. Other drugs
12. Disease, illness, and injury
  - a. Chronic disease
  - b. Infectious conditions
  - c. Intentional injuries
  - d. Unintentional injuries
  - e. Risk factors
  - f. Prevention strategies
13. Aging
  - a. Physical changes
  - b. Mental changes
  - c. Sexual changes

- 14. Environment
  - a. Climate change
  - b. Pollution
  - c. Overpopulation
  - d. Reduce, reuse, recycle
  - e. Natural disasters
    - 1. Safety measures
- 15. Health care delivery and medical care
- 16. Health and wellness information
  - a. Credible sources
- 17. Behavior change
  - a. Personal analysis
  - b. Cognitive-behavioral techniques

### **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 physical fitness, 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. Analyze the inter-relatedness of eating disorders and body image, and the impact of the media.
7. Analyze personal and family health behaviors as they relate to human sexuality, relationships, sexual orientation, and parenthood.
8. Describe the stimulus leading to violence and strategies to minimize its occurrence.

9. Describe the role of substance use, misuse, and abuse in our society and its impact on the individual, family, community, economy, and social structure.
10. Identify specific preventative measures to reduce the risk of developing various diseases, contracting infections, and experiencing unintended pregnancies, violence, and addiction.
11. Identify common practices and attitudes that contribute to intentional and unintentional injuries on a personal and community level and strategies that would reduce their occurrences.
12. Examine the physiological, emotional, psychological, and sexual aspects of aging.
13. Describe the inter-relationship between human beings and their environment.
14. Analyze the health care delivery system, including inequities and discrepancies.
15. Interpret and evaluate health and medical information from general and subject-specific library and credible Internet sources.
16. Communicate orally and in writing in the scientific language of the discipline.
17. Analyze one's lifestyle from a wellness perspective. In response, areas of personal health needing behavior change will be identified and (ideally) incorporated into a lifestyle.

## **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*