



Basic Course Information

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|-------------------|--------------------------------|------------------------|---|
| Semester: | SP 2026 | Instructor Name: | Jill Tucker |
| Course Title & #: | HE 102 Health Education | Email: | jill.tucker@imperial.edu |
| CRN #: | 20380, 20381, 20382, | Webpage (optional): | |
| Classroom: | online | Office #: | 708 |
| Class Dates: | 02/17 – 4/17 - 2026 | Office Hours: | https://imperial-edu.zoom.us/j/83705929988 MW 12:30pm – 1:00pm TR 10:45am - 12:00pm face to face in office #708 in the 700 building |
| Class Days: | Asynchronous | Office Phone #: | 760-355-6326 |
| Class Times: | Asynchronous | Emergency Contact: | |
| Units: | 3.00 | Class Format/Modality: | Asynchronous |

Course Description

This course studies aspects of physical, intellectual, social, emotional, spiritual, and environmental health. Emphasis is placed on the development of attitudes and practices of a preventive lifestyle for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, illicit drug abuse, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is also emphasized. This course satisfies the State of California Health Education requirement for a teaching credential. (C-ID PHS 100) (CSU/UC)

Course Prerequisite(s) and/or Corequisite(s)

No requirements

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

1. Identify basic health terms.

Updated 02/2026



2. Increase knowledge of how to properly execute a successful healthy behavior change.

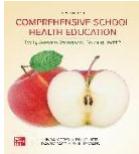
Course Objectives

MEASURABLE COURSE OBJECTIVES:

Upon satisfactory 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 cardio-respiratory 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.

Textbooks & Other Resources or Links



- Ebook mandatory to complete reading and online exams and smart book assignments.

Course Requirements and Instructional Methods

Audio Visual

Online textbook

Updated 02/2026



Online exams
Individual Assistance
Lecture/homework assignments
Distance Learning

Course Grading Based on Course Objectives

Letter Grade only. Completion of all assignments as posted on canvas.

Academic Honesty (Artificial Intelligence -AI)

IVC values critical thinking and communication skills and considers academic integrity essential to learning. Using AI tools as a replacement for your own thinking, writing, or quantitative reasoning goes against both our mission and academic honesty policy and will be considered academic dishonesty, or plagiarism unless you have been instructed to do so by your instructor. In case of any uncertainty regarding the ethical use of AI tools, students are encouraged to reach out to their instructors for clarification.

Course Policies

For a complete listing of course policies, see Module O on our canvas class site.

Other Course Information

For a complete listing of other course information, see Module O on our canvas class site.

IVC Student Resources

For a complete listing of IVC Student resources, See Module O on our canvas class site.

Anticipated Class Schedule/Calendar



| Date or Week | Activity, Assignment, and/or Topic | Pages/ Due Dates/Tests |
|----------------------|---|---------------------------|
| Week 1 | Syllabus & Introduction, online orientation, Video introduction, Orientation quiz, eBook purchase | Feb. 17- Feb 20, |
| Week 2 - Week 8 - | Chapter 1-14 Online Exams and smart book assignments | Complete by April 17,2026 |
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*****Subject to change without prior notice*****