



## Basic Course Information

Semester:	SPR 2024	Instructor Name:	<b>Jill Tucker</b>
Course Title & #:	<b>HE 102 Health Education</b>	Email:	<b>jill.tucker@imperial.edu</b>
CRN #:	<b>20380, 20381, 20382</b>	Webpage (optional):	
Classroom:	<b>online</b>	Office #:	<b># 708 Building 700 (gym)</b>
Class Dates:		Office Hours:	<a href="https://us06web.zoom.us/j/82859373802">https://us06web.zoom.us/j/82859373802</a> <b>M, W 11:30am – 12:00pm</b> <b>FTF T, R 10:45am -12:00pm</b>
Class Days:	Asynchronous	Office Phone #:	<b>760-355-6326</b>
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.
2. Increase knowledge of how to properly execute a successful healthy behavior change.

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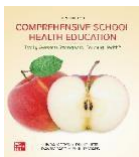
## Course Objectives

### 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



## Course Requirements and Instructional Methods

Audio Visual

Online textbook

Online exams

Individual Assistance

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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 Orientation.	Feb 13, 2024 11:00am
Week 2-16 - -	Chapter 1-14 Online Exams	Due June 7, 2024

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**\*\*\*Subject to change without prior notice\*\*\***