



Basic Course Information

| | | | |
|-------------------|--------------------------------|------------------------|---|
| Semester: | SU25 | Instructor Name: | Jill Tucker |
| Course Title & #: | HE 102 Health Education | Email: | Jill.tucker@imperial.edu |
| CRN #: | 30274 | Webpage (optional): | |
| Classroom: | asynchronous | Office #: | 708 |
| Class Dates: | June 16 – July 24, 2025 | Office Hours: | https://imperial-edu.zoom.us/j/83705929988MW 12:30pm – 1:00pm |
| Class Days: | asynchronous | Office Phone #: | 760-355-6326 |
| Class Times: | asynchronous | Emergency Contact: | 760-355-6325 |
| Units: | 3 | Class Format/Modality: | Online 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)

None

Student Learning Outcomes

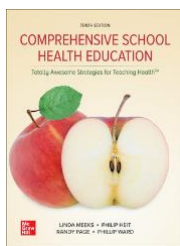
Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to: 1. Identify basic health terms. 2. Increase knowledge of how to properly execute a successful healthy behavior change.

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



ISBN 9781265276027

Course Requirements and Instructional Methods

Audio Visual, Online eBook, Online exams, Individual Assistance, Lecture/homework assignments, Distance Learning

Course Grading Based on Course Objectives

Letter grade only according to completion of assignments. 100-90% A 89-80% B 79-70% C 69-60% D 59-0 F

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.

Accessibility Statement

Imperial Valley College is committed to providing an accessible learning experience for all students, regardless of course modality. Every effort has been made to ensure that this course complies with all state and federal accessibility regulations, including Section 508 of the Rehabilitation Act, the Americans with Disabilities Act (ADA), and Title 5 of the California Code of Regulations. However, if you encounter any content that is not accessible, please contact your



instructor or the area dean for assistance. If you have specific accommodations through **DSPS**, contact them for additional assistance.

We are here to support you and ensure that you have equal access to all course materials.

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 course information, see Module O on our canvas class site.

Financial Aid

Your Grades Matter! In order to continue to receive financial aid, you must meet the Satisfactory Academic Progress (SAP) requirement. Making SAP means that you are maintaining a 2.0 GPA, you have successfully completed 67% of your coursework, and you will graduate on time. If you do not maintain SAP, you may lose your financial aid. If you have questions, please contact financial aid at finaid@imperial.edu.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

Anticipated Class Schedule/Calendar

| Date or Week | Activity, Assignment, and/or Topic | Pages/ Due Dates/Tests |
|------------------------------|--|------------------------|
| Week 1 June 16 | Syllabus & Introduction Orientation, posting introduction video, completing Orientation review quiz, obtaining eBook | See canvas |
| Week 2- 6 June 23-July 24 | Chapter 1-14 exams and 1 – 14 Smart book assignments | July 24, 2025 midnight |
| | | |

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