



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	CH
Course Number:	1
Descriptive Title:	Personal and Community Health Issues
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Health, Nursing, Physical Education
Catalog Description:	<p>This course is designed to provide a critical analysis of factors which affect personal and community health. Primary emphasis is placed upon self-empowerment and disease prevention in a culturally diverse community. General topics include infectious and non-infectious diseases; physical fitness, weight management, and nutrition; human reproduction and sexuality; stress management and mental health; drug use and abuse; and environmental health.</p> <p>Note: This course satisfies Section A, Area 5 of the associate degrees' requirements.</p> <p>Note: The maximum UC credit allowed for students completing Contemporary Health 1 and Contemporary Health 5 is one course.</p>
Prerequisite:	
Co-requisite:	
Recommended Preparation:	English 1 or eligibility for English 1A or qualification by appropriate assessment.
Enrollment Limitation:	
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	

Other:	
IGETC:	
Term:	
Other:	
Student Learning Outcomes:	<p>SLO #1 Components</p> <p>Students will define the 5 components of physical fitness and explain how to improve each component.</p> <p>SLO #2 Warning Signs of Cancer</p> <p>The student will identify the seven warnings signs of cancer</p> <p>SLO #3 Risk Factors of CV Disease</p> <p>The student will identify the risk factors of cardiovascular disease</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Compare and contrast the dimensions of health and wellness. 2. Analyze the causes, prevention and treatments of chronic and infectious disease. 3. Examine the components of fitness and the benefits of physical activity as they relate to overall health and wellness. 4. Assess total caloric intake and output as they relate to total energy balance and body composition. 5. Compare and contrast birth control methods and how each affects conception. 6. Analyze the effects of stress on the body and evaluate various stress management techniques. 7. Compare and contrast drug use, misuse, and abuse and major drug classifications and their effects on the body. 8. Examine overpopulation, pollution and global warming as they relate to the overall wellness and health of the human race. 9. Examine and analyze the major types of Cardiovascular Disease and Cancer as they relate to overall health and wellness. 10. Examine the use of tobacco and alcohol as they relate to the overall health and wellness.

	11. Examine the Male and Female reproductive systems.
Major Topics:	<p>I. Orientation and Introduction to Health Education (4 hours, lecture)</p> <ul style="list-style-type: none"> A. Dimensions of health B. Assessing your health C. Recent health trends and concerns <p>II. Infectious and Non-Infectious Diseases (9 hours, lecture)</p> <ul style="list-style-type: none"> A. Infectious diseases including sexually transmitted disease and HIV/AIDS B. Causes, prevention, and treatment of infectious disease C. Major forms, causes, and risks of cardiovascular disease D. Major forms, causes, and risks of cancer <p>III. Fitness, Weight Management, and Nutrition (9 hours, lecture)</p> <ul style="list-style-type: none"> A. Benefits of regular activity B. Components of physical fitness C. Creating a fitness program D. Essential nutrients for a healthy lifestyle E. Eating healthy and food safety F. Managing your weight and caloric balance G. Eating disorders <p>IV. Human Reproduction and Sexuality (9 hours, lecture)</p> <ul style="list-style-type: none"> A. Reproductive systems of the male and female B. Conception C. Pregnancy and childbirth D. Basic principles and types of birth control E. Building healthy relationships F. Expressing and understanding sexuality and gender <p>V. Stress Management and Mental Health (9 hours, lecture)</p> <ul style="list-style-type: none"> A. Promoting and preserving your psychosocial health B. Coping with life challenges C. Managing stress D. Improving your sleep E. Preventing violence and injury <p>VI. Drug Use and Abuse (9 hours, lecture)</p> <ul style="list-style-type: none"> A. Drug use, prevention, and treatment B. Drug classifications, categories, and terminology C. Marijuana and other cannabinoids D. Drug dependency and addiction E. Alcohol and your health F. Tobacco use and effects <p>VII. Environmental Health and Life Challenges (5 hours, lecture)</p> <ul style="list-style-type: none"> A. Environmental toxins and global warming B. Overpopulation and pollution C. Preparing for aging D. Death and dying E. Health care choices F. Complimentary and alternative medicine
Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54

Primary Method of Evaluation:	1) Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	Using the most current methods of birth control as specified in the textbook/lecture, write a two-three page essay which examines how each method relates to each other in effectiveness, usage and side effects. Include a summary of which method you feel would best fit your individual adult lifestyle.
Critical Thinking Assignment 1:	Calculate the percentage of calories from the three major nutrients (carbohydrate, protein, and fat) for a food based upon the food label information provided on the package.
Critical Thinking Assignment 2:	Write a two-three page essay that examines your current level of fitness and develop a specific individualized exercise-training program using textbook/lecture information. Include a summary of your physical fitness goals.
Other Evaluation Methods:	Completion, Essay Exams, Matching Items, Multiple Choice, Reading Reports, Term or Other Papers, True/False, Written Homework
Instructional Methods:	Demonstration, Discussion, Guest Speakers, Lecture, Multimedia presentations
If other:	Student presentations, dietary analysis, wellness center visit, fitness self assessments
Work Outside of Class:	Answer questions, Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Problem solving activity, Required reading, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Textbooks:	Rebecca Donatelle. Health: The Basics. 10th ed. Pearson/Benjamin/Cummings, 2013.
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	

Requisite course:	English 1
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Read and comprehend college level textbook. English 1 - Summarize, analyze, evaluate, and synthesize college-level texts.</p> <p>Ability to write thesis driven essays. English 1 - Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.</p>
Requisite Skill:	eligibility for English 1A or qualification by appropriate assessment
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	<p>Read and comprehend college level textbook. Summarize, analyze, evaluate, and synthesize college-level texts.</p> <p>Ability to write thesis driven essays. Write a well-reasoned, well-supported expository essay that demonstrates application of the academic writing process.</p>
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Ken Swearingen
Date:	05/01/1962
Original Board Approval Date:	
Last Reviewed and/or Revised by:	Tom Hicks
Date:	10/15/2021