

## ABSE34 : Health and Guidance

### General Information

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| <b>Author:</b>                                     | • Jesus Carino   |
| <b>Course Code (CB01) :</b>                        | ABSE34   |
| <b>Course Title (CB02) :</b>                       | Health and Guidance  |
| <b>Department:</b>                                 | ABSE   |
| <b>Proposal Start:</b>                             | Spring 2025  |
| <b>TOP Code (CB03) :</b>                           | (4930.62) Secondary Education (Grades 9-12) and G.E.D.   |
| <b>CIP Code:</b>                                   | (53.0201) High School Equivalence Certificate Program.   |
| <b>SAM Code (CB09) :</b>                           | Non-Occupational   |
| <b>Distance Education Approved:</b>                | No   |
| <b>Will this course be taught asynchronously?:</b> | No   |
| <b>Course Control Number (CB00) :</b>              | CCC000328624   |
| <b>Curriculum Committee Approval Date:</b>         | 05/08/2024   |
| <b>Board of Trustees Approval Date:</b>            | 07/16/2024   |
| <b>Last Cyclical Review Date:</b>                  | 05/08/2024   |
| <b>Course Description and Course Note:</b>         | ABSE 34 presents guides to healthy life styles and positive health behaviors. It focuses on decisions regarding drugs, alcohol, tobacco, exercise, safety and nutrition and how these issues impact health and well-being. It meets the requirements for a high school diploma. Laboratory 100 hours. Note: This is a self-paced course in an open-entry, open-exit lab environment. Successful completion of the course results in 5 high school credits. |
| <b>Justification:</b>                              | Mandatory Revision   |
| <b>Academic Career:</b>                            | • Noncredit  |
| <b>Author:</b>                                     |  |

### Academic Senate Discipline

|                              |   |
|------------------------------|---|
| <b>Primary Discipline:</b>   | • Interdisciplinary-Basic: Skills: Non-Credit |
| <b>Alternate Discipline:</b> | • Health and Safety: Non-Credit               |
| <b>Alternate Discipline:</b> | No value                                      |

### Course Development

|  |   |  |
|--|---|--|
| <b>Basic Skill Status (CB08)</b><br>Course is a basic skills course.     | <b>Course Special Class Status (CB13)</b><br>Course is not a special class. | <b>Grading Basis</b><br>• Grade Only   |
| <input type="checkbox"/> Allow Students to Gain Credit by Exam/Challenge | <b>Pre-Collegiate Level (CB21)</b><br>Not applicable.                       | <b>Course Support Course Status (CB26)</b><br>Course is not a support course |

## Transferability & Gen. Ed. Options

### General Education Status (CB25)

Not Applicable

### Transferability

Not transferable

### Transferability Status

Not transferable

## Units and Hours

### Summary

|  |     |
|--|-----|
| <b>Minimum Credit Units (CB07)</b>           | 0   |
| <b>Maximum Credit Units (CB06)</b>           | 0   |
| <b>Total Course In-Class (Contact) Hours</b> | 100 |
| <b>Total Course Out-of-Class Hours</b>       | 0   |
| <b>Total Student Learning Hours</b>          | 100 |

### Credit / Non-Credit Options

#### Course Type (CB04)

Non-Credit

#### Noncredit Course Category (CB22)

Elementary and Secondary Basic Skills.

#### Noncredit Special Characteristics

No Value

#### Course Classification Code (CB11)

Other Non-Credit Enhanced Funding.

Variable Credit Course

#### Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

### Weekly Student Hours

|                  | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours    | 0        | 0            |
| Laboratory Hours | 100      | 0            |
| Studio Hours     | 0        | 0            |

### Course Student Hours

|  |     |
|--|-----|
| <b>Course Duration (Weeks)</b>         | 18  |
| <b>Hours per unit divisor</b>          | 54  |
| <b>Course In-Class (Contact) Hours</b> |     |
| Lecture                                | 0   |
| Laboratory                             | 100 |
| Studio                                 | 0   |
| <b>Total</b>                           | 100 |
| <b>Course Out-of-Class Hours</b>       |     |
| Lecture                                | 0   |
| Laboratory                             | 0   |
| Studio                                 | 0   |
| <b>Total</b>                           | 0   |

## Time Commitment Notes for Students

This is a self-paced course in an open-entry, open-exit lab environment.

## Units and Hours - Weekly Specialty Hours

| Activity Name | Type     | In Class | Out of Class |
|---------------|----------|----------|--------------|
| No Value      | No Value | No Value | No Value     |

## Pre-requisites, Co-requisites, Anti-requisites and Advisories

### Advisory

ESL40 - ENGLISH AS A SECOND LANGUAGE LEVEL 4

#### Objectives

- Write a three-paragraph composition that contains an introductory paragraph, a body, and a conclusion.
- Decode 3,000-word reading passages, identify main ideas and supporting details, make inferences, and summarize short passages.

## Entry Standards

Entry Standards

Demonstrate mastery of grammatical structures studied at a level sufficient to pass unit tests and the divisional grammar mastery test for ESL level 4 or equivalent.

## Course Limitations

Cross Listed or Equivalent Course

## Specifications

Methods of Instruction

Methods of Instruction

Independent Study

Methods of Instruction

Multimedia

**Methods of Instruction**

Collaborative Learning

**Out of Class Assignments**

N/A

**Methods of Evaluation****Rationale**

Other

Completion of individualized contract

Exam/Quiz/Test

Unit tests

**Textbook Rationale**

No Value

**Textbooks**

| Author          | Title          | Publisher   | Date | ISBN              |
|-----------------|----------------|-------------|------|-------------------|
| Mary H. Bronson | Glencoe Health | McGraw Hill | 2022 | 978-1-26-432021-9 |

**Other Instructional Materials (i.e. OER, handouts)****Description**

Instructor-generated materials covering discipline topics, along with duplicate handouts from books obtained with copyright permission.

**Author**

No value

**Citation**

No value

**Online Resource(s)**

No value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

Describe ways to increase self-awareness and improve interpersonal relationships.

Name the systems of the human body and explain their functions.

Identify good nutrition and describe the ways it can benefit the human body.

State the benefits of physical exercise and how to set up an effective exercise program.

List the effects of drug, alcohol abuse and smoking on the body.

Compare and contrast causes and effects of communicable and non-communicable diseases.

Specify ways people can control factors that affect their safety.

Define environmental health factors.

## SLOs

**Describe and discuss ways to increase self-awareness and improve interpersonal relationships.**

Expected Outcome Performance: 70.0

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*ABSE* Apply the skills that the Common Core Standards have identified for each course.  
Core  
PLOs

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*ILOs* Practice ethical and responsible behavior within personal, academic, professional, social, and societal contexts; recognize and welcome diverse lifestyle choices that promote physical, intellectual, psychological, and social well-being.  
Core  
ILOs

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**Name the systems of the human body and explain their functions.**

Expected Outcome Performance: 70.0

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*ABSE* Apply the skills that the Common Core Standards have identified for each course.  
Core  
PLOs

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*ILOs* Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.  
Core  
ILOs

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**Identify and discuss nutrition, exercise, and environmental factors that contribute to physical health.**

Expected Outcome Performance: 70.0

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*ABSE* Apply the skills that the Common Core Standards have identified for each course.  
Core  
PLOs

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*ILOs* Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.  
Core  
ILOs

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Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

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**List and analyze the effects of drug, alcohol abuse and smoking on the body.**

Expected Outcome Performance: 70.0

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*ILOs* Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.  
Core  
ILOs

---

Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

---

*ABSE* Apply the skills that the Common Core Standards have identified for each course.  
Core  
PLOs

---

**Recognize, compare and contrast causes and effects of communicable and noncommunicable diseases.**

Expected Outcome Performance: 70.0

ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Core

ILOs

Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

ABSE Apply the skills that the Common Core Standards have identified for each course.

Core

PLOs

## Course Content

### Lecture Content

No value

### Laboratory/Studio Content

#### A Healthy Foundation (15 hours)

- Living a healthy life
  - assessing health and wellness
  - promoting a healthy lifestyle
  - reducing health risks
- Building health skills and character
  - building health skills
  - making responsible decisions and setting goals
  - building character

#### Physical Activity and Nutrition (15 hours)

- Nutrition
  - nutrients
  - guidelines for healthful eating
- Managing weight and body composition
  - maintaining a healthy weight
  - fad diets and eating disorders
  - nutrition for individual needs

#### Mental and Emotional Health (20 hours)

- Achieving good mental health
  - Defining mental and emotional health
  - Developing a positive identity
  - Understanding emotions
  - Managing emotions
- Managing stress and anxiety
  - Effects of stress
  - Managing stress
  - Anxiety and depression
- Mental and emotional problems
  - Mental disorders
  - Suicide prevention
  - Understanding death and grief

#### Promoting Safe and Healthy Relationships (15 hours)

- Skills for healthy relationships
  - Foundations of healthy relationships
  - Communicating effectively
  - Resolving conflict
- Family relationships
  - The role of the family
  - Change and the family
  - Dealing with family crises
  - Understanding culture and cultural expectations
  - Community support systems
- Peer relationships
  - Safe and healthy friendships
  - Peer pressure and refusal skills

- Dating and setting limits
- Violence prevention
  - Personal safety
  - Preventing and overcoming abuse

**Tobacco, Alcohol, and Other Drugs (15 hours)**

- Tobacco
  - The effects of tobacco use on the human body
  - The effects of tobacco use on the environment
- Alcohol
  - The effects of alcohol use
  - The societal effects of alcohol abuse
- Medicines and drugs
  - The role of medicines
  - The effects of marijuana, inhalants and steroids
  - The effects of psychoactive drugs

**Diseases and Disorders (20 hours)**

- Communicable Diseases
  - Common communicable diseases
  - Prevention of communicable diseases
- Sexually transmitted diseases/infections and HIV/AIDS
  - The effects of STDs
  - Common STDs
  - HIV and AIDS
  - Treatment for HIV and AIDS
- Non-communicable diseases and disabilities
  - Cardiovascular diseases
  - Cancer
  - Allergies, asthma, diabetes and arthritis
  - Physical and mental challenges

**Total hours: 100**

**Additional Information**

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

**GCC Major Requirements**

No Value

**GCC General Education Graduation Requirements**

No Value

**Repeatability**

Repeatable

**Justification (if repeatable was chosen above)**

Non-credit courses

**Resources**

Did you contact your departmental library liaison?

No

**If yes, who is your departmental library liason?**

No Value

**Did you contact the DEIA liaison?**

No

**Were there any DEIA changes made to this outline?**

No

**If yes, in what areas were these changes made:**

No Value

**Will any additional resources be needed for this course? (Click all that apply)**

- No

**If additional resources are needed, add a brief description and cost in the box provided.**

No Value