



COURSE OUTLINE : HLTH 104
D Credit – Degree Applicable
COURSE ID 003001
Cyclical Review: September 2021

COURSE DISCIPLINE : HLTH

COURSE NUMBER : 104

COURSE TITLE (FULL) : Personal Health and Wellness

COURSE TITLE (SHORT) : Personal Health and Wellness

CALIFORNIA STATE UNIVERSITY SYSTEM C-ID : PHS 100 – Personal Health and Wellness

ACADEMIC SENATE DISCIPLINE: Health

CATALOG DESCRIPTION

HLTH 104 focuses on the exploration of major health issues and behaviors in the various dimensions of health. The class emphasizes individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

CATALOG NOTES

Note: This course may not be taken for credit by students who have completed HLTH 106 or PSYCH 111.

Total Lecture Units:3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours:54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Recommended Preparation: ENGL 100 or ESL 151 and LIB 100.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
2	ENGL	100	Writing Workshop	read, analyze, and evaluate student compositions for unity, development, use of evidence, interpretation, coherence, and variety of sentence form;	Yes
3	ENGL	100	Writing Workshop	write a summary of a contemporary article or story with correct citation techniques;	Yes
4	ENGL	100	Writing Workshop	write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist;	Yes
5	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems.	Yes
6	LIB	100	Critical Approaches to Information Research	recognize the ethical use of information and proper attribution;	Yes
7	LIB	100	Critical Approaches to Information Research	formulate a research question of an appropriate scope for an assignment;	Yes
8	LIB	100	Critical Approaches to Information Research	recognize and apply evaluation criteria;	Yes
9	LIB	100	Critical Approaches to Information Research	articulate how the information process determines the nature of information sources;	Yes
10	LIB	100	Critical Approaches to Information Research	articulate how the process of information creation affects the veracity and reliability of sources;	Yes
11	LIB	100	Critical Approaches to Information Research	develop strategic search practices in order to locate the background and origin of a source;	Yes
12	LIB	100	Critical Approaches to Information Research	analyze a source for its value as a commodity that has economic, cultural, political, and social facets.	Yes



13	ESL	151	Reading and Composition V	Read and critically analyze various academic readings;	Yes
14	ESL	151	Reading and Composition V	summarize readings;	Yes
15	ESL	151	Reading and Composition V	employ basic library research techniques;	Yes
16	ESL	151	Reading and Composition V	compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.	Yes

EXIT STANDARDS

- 1 Describe the six dimensions of wellness 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 cardiorespiratory 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 strategies 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 interrelationship 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 their lifestyle from a wellness perspective, identify areas of personal behavioral change and develop strategies for behavioral change.
- 17 Demonstrate an understanding of the disease process and the most currently prevalent acute and chronic diseases
- 18 Consider the effects of social determinants, culture and historical experiences on the health of specific groups in society.
- 19 Develop Cultural Intelligence by understanding how culture shapes people's behaviors, values, and beliefs.



STUDENT LEARNING OUTCOMES

- 1 Explain the relationship between lifestyle behaviors and wellness
- 2 Identify risk factors and prevention methods for the most common chronic and infectious diseases
- 3 Analyze the reliability of multi-media delivered health information

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Introduction to Health Concepts <ul style="list-style-type: none"> • Holistic approach to health and wellness • Distinction between personal and public health • Dimensions in health and wellness 	3	0	3
2	Psychological health and wellness <ul style="list-style-type: none"> • Mental and emotional health, illness and wellness • Relationship between mind and body • Stress and stress management • Sleep health and hygiene 	6	0	6
3	Nutrition <ul style="list-style-type: none"> • Calories, macronutrients and micronutrients • Nutrition and dietary strategies that promote health outcomes • Weight management strategies • Eating disorders 	8	0	8
4	Physical Fitness Concepts <ul style="list-style-type: none"> • Relationships between physical fitness and dimensions of wellness • The 5 health-related components of fitness and strategies to improve them • Cardiorespiratory endurance • Muscular strength • Muscular endurance • Flexibility • Body composition 	3	0	3
5	Aging Concepts <ul style="list-style-type: none"> • Biological theories of aging • Socio-economic issues of aging • Death and grief processes 	2	0	2



6	<p>Human Reproduction Issues</p> <ul style="list-style-type: none"> • Biological factors of reproduction • Contraception options • Reproductive health, fertility and pregnancy 	6	0	6
7	<p>Relationships and Sexuality</p> <ul style="list-style-type: none"> • Sexual identity and orientation • Sexual health, consent and preventing sexual harassment and assault • Social health and healthy communication • Relationships and marriage • Parenthood and family dynamics 	6	0	6
8	<p>Drug Use and Abuse</p> <ul style="list-style-type: none"> • Bio-psycho-social determinants of health and addiction • Addictive and Compulsive Behaviors • Drug use and misuse • Alcohol and responsible drinking • Tobacco use • Treatment for addictions 	6	0	6
9	<p>Disease Processes</p> <ul style="list-style-type: none"> • Infectious disease • Sexually transmitted infections (STIs) and HIV/AIDS • Cardiovascular disease • Cancer • Diabetes • Prevention strategies for infectious and chronic diseases 	6	0	6
10	<p>Consumer Health Issues</p> <ul style="list-style-type: none"> • Health care issues • Consumer wellness • Identifying trustworthy sources and health misinformation 	3	0	3
11	<p>Environmental Health Issues</p> <ul style="list-style-type: none"> • Indoor and outdoor environmental hazards • Health, wellness and the environment • Population dynamic 	3	0	3



12	Violence and prevention <ul style="list-style-type: none"> • Categories of violence • Violence prevention strategies and personal safety 	2	0	2
				54

OUT OF CLASS ASSIGNMENTS

- 1 research projects (e.g. research presentation or paper describing the positive health effects of exercise);
- 2 group projects (e.g. class presentation summarizing current trends in public health statistics);
- 3 self-analysis (e.g. summary of individual dietary habits).

METHODS OF EVALUATION

- 1 quizzes;
- 2 written midterm exams;
- 3 written final exam.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Access to Health		Pearson	16	ebook	Donatelle, Rebecca J	9780135451564	2020
An Invitation to Health		Belmont: Wadsworth,	18	Print	Hales, Dianne	9781337671361	2019