

SOUTHEAST COMMUNITY COLLEGE
DIVISION OF ARTS AND SCIENCES
Social Science
Revision Date: 07-01-24

I. CATALOG DESCRIPTION

Course Number: PHED1015
Course Title: Introduction to Health
Prerequisite(s): None
Catalog Description: Survey of major health problems, diseases, and their prevention; drug and alcohol abuse; family planning and birth control; mental health; consumer protection and physical fitness. Issues of health choices.
Credit Hours: 3.0
Class Hours: 45
Lab Hours: 0
Total Contact Hours: 45

II. COURSE OBJECTIVES: *Course will:*

- A. Acquaint Students with introductory level of health concepts.
- B. Acquaint students with research methods of health concepts.
- C. Encourage students to develop critical thinking skills.
- D. Encourage students to apply health concepts to personal, social, and organizational issues.

III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES

- A. Student Learning Outcomes: *Student will be able to:*
 - 1. Understand philosophy, objectives, and disciplines involved in the field of health.
 - 2. Visualize how the current field evolved and developed from the past.
 - 3. Become aware of the importance of mental and physical benefits of health. They will develop an appreciation for the importance of health concepts.
 - 4. Understand the physical and sociological benefits of health to individual development.
- B. General Education Learning Outcomes
 - 1. GELO #3: Critical Thinking & Problem Solving
 - Outcome: Collect, identify, interpret and analyze data.
 - Outcome: Synthesize information to arrive at reasoned solutions to problems.
 - Outcome: Evaluate ideas presented in writing, media, speech, or artistic presentations.
 - Outcome: Evaluate the validity of arguments, alternatives, data, outcomes, and/or impacts of actions.
 - Outcome: Acquire and integrate knowledge and construct relationships across disciplines.
 - 2. GELO #6: Career and Life Skills
 - Outcome: Employ effective interpersonal and intrapersonal communication skills.
 - Outcome: Acquire entrepreneurial skills and attitudes.
 - Outcome: Demonstrate financial literacy.
 - Outcome: Use digital technology effectively to access, manage, integrate, evaluate, and present information.
 - Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.
 - Outcome: Develop skills that will support positive and fulfilling relationships with others.

Outcome: Demonstrate choices that reflect personal responsibility in one's academic, civic, social, and vocational/professional life.

IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)

- A. Taking Charge of your Health
- B. Stress: The Constant Challenge
- C. Psychological Health
- D. Sleep
- E. Intimate Relationships and Communication
- F. Sex and Pregnancy
- G. Contraception and Abortion
- H. Drug Use and Addiction
- I. Alcohol and Nicotine
- J. Nutrition Basics
- K. Exercise for Health and Fitness
- L. Weight Management
- M. Cardiovascular Health and Cancer
- N. Immunity and Infection
- O. Environmental Health
- P. Conventional and Complementary Medicine
- Q. Personal Safety
- R. The Challenge of Aging

V. INSTRUCTIONAL MATERIALS

- A. Required Text(s):
 - 1. Insel, Paul M. and Roth, Walton T. *Core Concepts in Health*. 18th edition. New York: McGraw Hill, 2024. ISBN: 9781264427925
- B. Other Resources:
 - 1. As assigned

VI. METHODS OF PRESENTATION/INSTRUCTION

- A. Methods of presentation typically include a combination of the following:
 - 1. Lecture
 - 2. Classroom discussion
 - 3. Group Activities
 - 4. Videos
 - 5. Demonstrations

VII. METHODS OF EVALUATION

- A. Methods of evaluation typically include a combination of the following:
 - 1. Quizzes and exams
 - 2. Assigned homework and group projects
 - 3. Attendance and participation

B. SCC STANDARD GRADING SCALE POLICY

A+	95-100	C+	75-79	F	59 or less
A	90-94	C	70-74		
B+	85-89	D+	65-69		
B	80-84	D	60-64		

VIII. SPECIFIC COURSE REQUIREMENTS

- A.** Attendance
- B.** Examinations/Quizzes
- C.** Writing Assignments