

Course Outline of Record

1. Course Code: ABE-391A
2.
 - a. Long Course Title: Health Issues I
 - b. Short Course Title: HEALTH ISSUES I
3.
 - a. Catalog Course Description:
This course provides information on health issues with emphasis on methods for coping and guidelines for planning good health.
 - b. Class Schedule Course Description:
The student will learn how to improve their own health. They will learn how to handle feelings, solve problems, setting goals and keeping their body strong and healthy.
 - c. Semester Cycle (if applicable): Course is offered Fall, Spring and Summer sessions
 - d. Name of Approved Program(s):
 - SECONDARY EDUCATION (High School Diploma)
4. Total Units: 0 Total Semester Hrs: 90.00
 Lecture Units: 0 Semester Lecture Hrs: 0
 Lab Units: 0 Semester Lab Hrs: 90.00
 Class Size Maximum: 50 Allow Audit: No
 Repeatability Repeatable 3 Times
 Justification Noncredit course
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. Bernstein, V. (1993). *Decisions for Health, Book One* Austin, Texas Steck-Vaughn Co..
 College Level: No
 Flesch-Kincaid reading level: 5.2
7. Entrance Skills: *Before entering the course students must be able:*

8. Course Content and Scope:

Lecture:

1. Wellness
2. Emotional Health
3. Nutrition
4. Personal Health
5. Safety and First Aid
6. Consumer Health

Lab: (if the "Lab Hours" is greater than zero this is required)

1. Wellness
2. Emotional Health
3. Nutrition
4. Personal Health
5. Safety and First Aid
6. Consumer Health

9. Course Student Learning Outcomes:

ABE 391A-Health Issues I

1. Students will differentiate between facts and myths regarding the most common health issues.
2. Students will recognize the importance of a balanced nutrition to improve personal health.
3. Student will design personal health profiles.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Recognize facts from myths regarding health issues
- b. Identity personal needs for good health
- c. Develop personal guidelines for good health

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Individualized Study
- b. Laboratory

Other Methods:

Individual, independent work on a self-paced program

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 90.00

Outside Class Hours: 0

- a. Out-of-class Assignments

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- b. In-class Assignments

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1. Vocabulary development
2. Critical thinking exercises
3. Comprehension activities as needed per individual

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Self-paced testing
- True/false/multiple choice examinations
- Mid-term and final evaluations

14. Methods of Evaluating: Additional Assesment Information:

- a. Tests
- b. Final exam
- c. Demonstrate understanding and application of material as it affects personal life

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-BS Independent Study Skills

Recognize that the responsibility for learning and growth is their own.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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ABE 391A-Health Issues I

19. Provide Reasons for the Substantial Modifications or New Course:

UPDATE

20. a. Cross-Listed Course (Enter Course Code): N/A
b. Replacement Course (Enter original Course Code): N/A

21. Grading Method (choose one): Pass/No Pass Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000178019
b. T.O.P. Code [CB03]: 493062.00 - Secondary Education (Grad
c. Credit Status [CB04]: N - Noncredit
d. Course Transfer Status [CB05]: C = Non-Transferable
e. Basic Skills Status [CB08]: 1B = Course is a basic skills course
f. Vocational Status [CB09]: Not Occupational
g. Course Classification [CB11]: K - Other Noncredit Enhanced Funding
h. Special Class Status [CB13]: N - Not Special
i. Course CAN Code [CB14]: N/A
j. Course Prior to College Level [CB21]: Y = Not Applicable
k. Course Noncredit Category [CB22]: C - Elementary and Secondary Basic Skills
l. Funding Agency Category [CB23]: Y = Not Applicable
m. Program Status [CB24]: 1 = Program Applicable
Name of Approved Program (if program-applicable): SECONDARY EDUCATION (High School Diploma)
Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 0
Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

- a. Sufficient Faculty Resources: Yes
b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (Explain:)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Tyrone Thomas Origination Date 10/25/12