

HLTH104 : Personal Health and Wellness

General Information

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Course Code (CB01) :	HLTH104
Course Title (CB02) :	Personal Health and Wellness
Department:	HLTH
Proposal Start:	Spring 2026
TOP Code (CB03) :	(1201.00) Health Occupations, General
CIP Code:	(51.0000) Health Services/Allied Health/Health Sciences, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000231774
Curriculum Committee Approval Date:	04/09/2025
Board of Trustees Approval Date:	Pending
Last Cyclical Review Date:	09/01/2021
Course Description and Course Note:	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. Note: This course may not be taken for credit by students who have completed HLTH 106 or PSYCH 111.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	<ul style="list-style-type: none">In-PersonRemoteHybridOnline
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Health
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

D-Social Sciences

Social Sciences

Denied

08/28/2023

C-ID

PHS

Area

Public Health Science

Status

Approved

Approval Date

08/29/2022

Comparable Course

PHS 100 - Personal Health and Wellness

IGETC Area

4-Social Sciences

Area

Social Sciences

Status

Denied

Approval Date

08/28/2023

Comparable Course

No Comparable Course defined.

C-ID

PH

Area

Public Health

Status

Approved

Approval Date

08/29/2022

Comparable Course

PH 100 - Personal Health and Wellness

Units and Hours

Summary

Minimum Credit Units (CB07) 3

Maximum Credit Units (CB06) 3

Total Course In-Class (Contact) Hours 54

Total Course Out-of-Class Hours 108

Total Student Learning Hours 162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

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	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Studio	0
Total	54
Course Out-of-Class Hours	
Lecture	108
Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

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

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

Advisory

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings;
- Summarize readings;
- employ basic library research techniques;
- compose one research paper (1,000 words) or two short research papers (500-700 words each) with citations.

OR

Advisory

ABSE186 - Essentials in Reading and Paragraph Writing (in-development)

Objectives

- Comprehend both literature and information-based texts at a high school level.
- Utilize various strategies to develop active reading habits.
- Read and locate details in a passage and identify the stated or unstated main idea.
- Articulate answers to comprehension and analysis questions.
- Demonstrate sentence variation, coherence, and unity within a paragraph.

AND

Advisory

LIB100 - Critical Approaches to Information Research

Objectives

- Recognize the information cycle as a community conversation that may include primary, secondary, popular, peer-reviewed, and other source types.
- Formulate a research question to guide inquiry.
- Design and use search strategies by brainstorming key words, refining search terms, and using advanced limiters in different systems.
- Distinguish between different source types, understanding the characteristics of various publication practices, purposes, audiences, and formats.
- Assess sources for credibility, considering indicators such as authority, currency, accuracy, point of view, purpose, evidence and the context of how information is produced.
- Recognize that critical assessment of information is an empowering practice that furthers civic engagement in a democratic society.
- Use citation and attribution to give credit to the ideas and work of others.
- Recognize underlying factors (racial, ethnic, gendered, linguistic, and socioeconomic) that impact inequities in the access to and the creation of information sources.

Entry Standards

Entry Standards

Description

No value

No value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)

No Value

Specifications

Methods of Instruction

Methods of Instruction	Lecture
Methods of Instruction	Discussion
Methods of Instruction	Multimedia
Methods of Instruction	Collaborative Learning
Methods of Instruction	Demonstrations
Methods of Instruction	Guest Speakers
Methods of Instruction	Presentations

Out of Class Assignments

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

Methods of Evaluation	Rationale
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Exam/Quiz/Test quizzes;
Exam/Quiz/Test written midterm exams;
Exam/Quiz/Test written final exam.

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Hales, Dianne	An Invitation to Health	Belmont: Wadsworth,	2019	9781337671361
Donatelle, Rebecca J.	Access to Health	Pearson	2020	978013545 1564

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

No Value

Learning Outcomes

Course Objectives

Describe the six dimensions of wellness and their interrelationship.

Distinguish the difference between personal health and public health.

Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.

Describe the role of stress and mental health in health promotion and disease prevention.

Recognize the stimulus leading to violence and strategies to minimize its occurrence.

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.

Analyze personal and family health as it relates to human sexuality, relationships, sexual orientation, and parenthood.

Identify and discuss specific preventative measures to reduce the risk of various diseases and infections, unintended pregnancies, violence, and addiction.

Examine the physiological, emotional, psychological and sexual aspects of aging.

Describe the interrelationship between human beings and their environment.

Identify common practices and attitudes that contribute to accidents on a personal and community level and strategies that would reduce their occurrence.

Analyze the health care delivery system, including inequities and discrepancies.

Interpret and evaluate health and medical information from general and subject specific library and web sources.

Communicate orally and in writing in the scientific language of the discipline.

Analyze their lifestyle from a wellness perspective, identify areas of personal behavioral change and develop strategies for behavioral change.

Demonstrate an understanding of the disease process and the most currently prevalent acute and chronic diseases.

Consider the effects of social determinants, culture and historical experiences on the health of specific groups in society.

Develop Cultural Intelligence by understanding how culture shapes people's behaviors, values, and beliefs.

Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

SLOs

Explain the relationship between lifestyle behaviors and wellness

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
Core creativity that leads to innovative ideas.
ILOs

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

HLTH Identify and apply theories of health, disease and wellbeing in the planning, implementation, assessment and evaluation of health interventions.
Core
PLOs

Identify risk factors and prevention methods for the most common chronic and infectious diseases

Expected Outcome Performance: 70.0

HLTH Communicate health information in oral and written forms through a variety of media and technology.
Core

PLOs Identify and apply theories of health, disease and wellbeing in the planning, implementation, assessment and evaluation of health interventions.

Recognize how socio-economic, cultural, behavioral, biological and other factors impact human health and contribute to health disparities.

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

Analyze the reliability of multi-media delivered health information

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

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

HLTH Communicate health information in oral and written forms through a variety of media and technology.
Core

PLOs Recognize how socio-economic, cultural, behavioral, biological and other factors impact human health and contribute to health disparities.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No Value

Is this proposal submitted in response to learning outcomes assessment data?

No Value

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Health Concepts (3 hours)

- Holistic approach to health and wellness
- Distinction between personal and public health
- Dimensions in health and wellness

Psychological health and wellness (6 hours)

- Mental and emotional health, illness and wellness
- Relationship between mind and body
- Stress and stress management
- Sleep health and hygiene

Nutrition (8 hours)

- Calories, macronutrients and micronutrients
- Nutrition and dietary strategies that promote health outcomes
- Weight management strategies
- Eating disorders

Physical Fitness Concepts (3 hours)

- 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

Aging Concepts (2 hours)

- Biological theories of aging
- Socio-economic issues of aging
- Death and grief processes

Human Reproduction Issues (6 hours)

- Biological factors of reproduction
- Contraception options
- Reproductive health, fertility and pregnancy

Relationships and Sexuality (6 hours)

- 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

Drug Use and Abuse (6 hours)

- 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

Disease Processes (6 hours)

- Infectious disease
- Sexually transmitted infections (STIs) and HIV/AIDS
- Cardiovascular disease
- Cancer
- Diabetes
- Prevention strategies for infectious and chronic diseases

Consumer Health Issues (3 hours)

- Health care issues
- Consumer wellness
- Identifying trustworthy sources and health misinformation

Environmental Health Issues (3 hours)

- Indoor and outdoor environmental hazards
- Health, wellness and the environment
- Population dynamic

Violence and prevention (2 hours)

- Categories of violence
- Violence prevention strategies and personal safety

Total hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No Value

What term(s) will this course be offered?

No Value

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

No Value

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

No Value