

ABSE34 : Health and Guidance

General Information

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|---|---|
| Author: | <ul style="list-style-type: none">Kimberli Perner |
| Course Code (CB01) : | ABSE34 |
| Course Title (CB02) : | Health and Guidance |
| Department: | ABSE |
| Proposal Start: | Fall 2025 |
| TOP Code (CB03) : | (4930.62) Secondary Education (Grades 9-12) and G.E.D. |
| CIP Code: | (53.0201) High School Equivalence Certificate Program. |
| SAM Code (CB09) : | Non-Occupational |
| Distance Education Approved: | No |
| Will this course be taught asynchronously?: | Yes |
| Course Control Number (CB00) : | CCC000328624 |
| Curriculum Committee Approval Date: | 04/09/2025 |
| Board of Trustees Approval Date: | 07/16/2024 |
| Last Cyclical Review Date: | 05/08/2024 |
| Course Description and Course Note: | ABSE 34 is a high school course designed to give an overview of healthy lifestyles 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. 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. |
| Justification: | Content Change |
| Academic Career: | <ul style="list-style-type: none">Noncredit |
| Mode of Delivery: | <ul style="list-style-type: none">Online |
| Author: | No value |
| Course Family: | No value |

Academic Senate Discipline

| | |
|-----------------------|---|
| Primary Discipline: | <ul style="list-style-type: none">Interdisciplinary-Basic: Skills: Non-Credit |
| Alternate Discipline: | <ul style="list-style-type: none">Health and Safety: Non-Credit |
| Alternate Discipline: | No value |

Course Development

Basic Skill Status (CB08)

Course is 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 Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours

Summary

Minimum Credit Units (CB07) 0

Maximum Credit Units (CB06) 0

Total Course In-Class (Contact) Hours 100

Total Course Out-of-Class Hours 0

Total Student Learning Hours 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

| | |
|--|-----|
| Course Duration (Weeks) | 18 |
| Hours per unit divisor | 54 |
| Course In-Class (Contact) Hours | |
| Lecture | 0 |
| Laboratory | 100 |
| Studio | 0 |

Total 100

Course Out-of-Class Hours

| | |
|--------------|----------|
| Lecture | 0 |
| Laboratory | 0 |
| Studio | 0 |
| Total | 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 |

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

Advisory

ESL30 - ENGLISH AS A SECOND LANGUAGE LEVEL 3

Objectives

- Write paragraphs at the low-intermediate level with sufficient unity.
- Develop coherence and mechanical accuracy.
- Demonstrate mastery of grammatical structures studied at a level sufficient to pass unit tests and the divisional grammar mastery test for this level.
- Converse at a functional level adequate for everyday use on the campus and in the community.
- Respond to questions about recorded and live speeches, dialogues, role plays, and lectures.
- Decode 2,500-word reading passages, respond to inference and recall questions, and utilize a monolingual English dictionary to advantage.

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 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

Learning Outcomes

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

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

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

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

Expected Outcome Performance: 70.0

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

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

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

Describe effects of drug usage and 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

Additional SLO Information

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

No

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

No

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

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

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No

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

Yes

What term(s) will this course be offered?

Fall/Winter/Spring/Summer

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