

ABE 391A: HEALTH ISSUES I

Originator

cmcguire

Co-Contributor(s)**Name(s)**

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Justification / Rationale

Add online component
Add the textbook's ISBN number
Correct the Flesch-Kincaid level of the text

Effective Term

Fall 2022

Credit Status

Noncredit

Subject

ABE - Adult Basic Education

Course Number

391A

Full Course Title

Health Issues I

Short Title

HEALTH ISSUES I

Discipline**Disciplines List**

Interdisciplinary-Basic Skills: Noncredit

Modality

Face-to-Face
100% Online

Catalog Description

This course provides information on health issues with emphasis on methods for coping and guidelines for planning good health.

Schedule 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.

Non-credit Hours

80

Lecture Units

0

Lab Units

0

In-class Hours

80

Out-of-class Hours

0

Total Course Units

0

Total Semester Hours

0

Override Description

Noncredit

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Pruitt, B.E., J.P. Allegrante, D. Prothrow-Stith

Title

Health

City

Boston, MA

Publisher

Pearson

Year

2014

College Level

No

Flesch-Kincaid Level

10.2

ISBN #

13-978-0-13-327030-3

For Text greater than five years old, list rationale:

The general and fundamental information presented in this text has not changed.

Class Size Maximum

50

Course Content

1. Wellness
2. Emotional health
3. Nutrition
4. Personal health
5. Safety and first aid
6. Consumer health

Course Objectives

Objectives	
Objective 1	Recognize facts from myths regarding health
Objective 2	Identify personal needs for good health
Objective 3	Develop personal guidelines for good health

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Define mental, social, nutritional, and physical health.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Individualized Study	Textbooks are provided in class, online, and at the reference desk at the COD library. Students read, take notes at their own pace, with their own methods and, when ready, test.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Tests/Quizzes/Examinations	When the class is face-to-face, 100% of text reading, study, and chapter exams happens in class. When the class is 100% online, 100% of text reading, study, and chapter exams are done outside of class; testing is online. In either mode, tests are immediately graded.	In and Out of Class

Assignments

Other In-class Assignments

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

Other Out-of-class Assignments

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

Grade Methods

Pass/No Pass Only

Distance Education Checklist

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

N/A

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Discussion forums with substantive instructor participation

Online quizzes and examinations
Private messages
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Weekly announcements

External to Course Management System:

Direct e-mail
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Teleconferencing
Telephone contact/voicemail

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

Students have access to the instructor through discussion forums, weekly virtual office hours (morning and evening), private virtual office hours by appointment, Canvas email, direct email, zoom teleconferencing, and personal telephone when necessary. Additional discussion boards are attached to short subject videos.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

For online classes, there will not be any mandatory additional interactions with students outside the LMS.

Other Information**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

The students enrolled in the Adult Basic Education High School or GED noncredit programs are most often working adults supporting families. The online version allows these students, who would otherwise find it difficult to attend scheduled in-class time slots, to continue their education. In this way, they can accommodate their educational goals during the hours that suit them best, while also meeting the needs of family and work schedules. There has been a noticeable jump in Course Completions (completed courses) since the online option became available.

MIS Course Data**CIP Code**

53.0201 - High School Equivalence Certificate Program.

TOP Code

493062 - High School Diploma Program/GED

SAM Code

E - Non-Occupational

Basic Skills Status

Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Other Non-credit Enhanced Funding

Approved Special Class

Not special class

Noncredit Category

Elem/Secondary Basic Skills

Program Status

Program Applicable

Transfer Status

Not transferable

Allow Audit

No

Repeatability

Yes

Repeatability Limit

NC

Repeat Type

Noncredit

Justification

Noncredit

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

11/18/2021

Academic Senate Approval Date

12/09/2021

Board of Trustees Approval Date

01/21/2022

Chancellor's Office Approval Date

06/15/2011

Course Control Number

CCC000178019

Programs referencing this courseAdult High School Diploma (<http://catalog.collegeofthedesert.eduundefined/?key=188>)