

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

HEAL 520

COURSE TITLE

HEALTH EDUCATION – FAMILY

ALTERNATE TITLE(S):

CONTEMPORARY HUMAN MEDICINE;
HOW TO BREASTFEED YOUR BABY

TYPE COURSE

NON-FEE

CATALOG COURSE DESCRIPTION

Health related problems as they affect individuals and the family. (FT)

LECTURE HOURS

2 hours per week
(for 4 weeks)

LABORATORY HOURS

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

Ability to comprehend aurally and communicate orally in English.

INSTITUTIONAL STUDENT LEARNING OUTCOMES

1. Social Responsibility
SDCE students demonstrate interpersonal skills by learning and working cooperatively in a diverse environment.
2. Effective Communication
SDCE students demonstrate effective communication skills.

INSTITUTIONAL STUDENT LEARNING OUTCOMES (CONTINUED)

3. Critical Thinking
SDCE students critically process information, make decisions, and solve problems independently or cooperatively.
4. Personal and Professional Development
SDCE students pursue short term and life-long learning goals, mastering necessary skills and using resource management and self-advocacy skills to cope with changing situations in their lives.

COURSE GOALS

1. Improve his/her inter-personal communication and problem solving skills. (Particularly as they apply to family relationships).

COURSE OBJECTIVES

Upon completion of the course goals the student will be able to:

1. Speak with “I – messages”.
2. Use active listening skills.
3. De-escalate conflicts.
4. Compromise and negotiate problem areas.
5. Anticipate and deal with future “relapses”.

SECTION II

COURSE CONTENT AND SCOPE

1. Introduction to the Course and Definition of “Communication”
2. Active Listening Skills
3. Expression of Caring
4. Use of “I-Messages”
5. Conflict Containment
6. Negotiating and Compromising
7. Problem – Solving
8. Leveling and Editing
9. Identifying and Changing Automatic Thoughts
10. “Relapse” Prevention
11. Review
12. Course Evaluation

APPROPRIATE READINGS

NONE

WRITING ASSIGNMENTS

NONE

OUTSIDE ASSIGNMENTS

NONE

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

NONE

EVALUATION

Students' learning will be evaluated through the use of a questionnaire and instructor observations of their communication skills.

METHOD OF INSTRUCTION

The primary methods of instruction will include, but not be limited to: lectures, modeling through role-playing, classroom exercises, readings and homework exercises.

TEXTS AND SUPPLIES

The recommended textbook is:

Communication and Problem Solving: Reading for Couples, Ellen Quick, Ph. D.

Supplies:

The instructor will supply a course syllabus and any appropriate handouts.

Marketable course description:

This class will teach methods to improve interpersonal communication among family members, primarily the husband-wife relationship. Class participants will learn speaking and listening skills, how to contain conflict, problem-solving skills, relapse prevention, and other topics. Lecture, modeling through role-play, classroom exercises, readings, and homework exercises will be utilized. This class is intended for adult couples who wish to develop, improve, or enhance their communication and problem-solving skills.

PREPARED BY John A. Blasi, MSW, L.C.S.W (Kearny) DATE October 25, 1985

REVISED BY Instructional Services, SLOs added DATE March 7, 2017

Instructors must meet all requirements stated in Policy 3100 (Student Rights, Responsibilities and Administrative Due Process), and the Attendance Policy set forth in the Continuing Education Catalog.

REFERENCES:

San Diego Community College District Policy 3100
California Community Colleges, Title 5, Section 55002
Continuing Education Catalog