

SAN DIEGO COMMUNITY COLLEGE DISTRICT
CONTINUING EDUCATION
COURSE OUTLINE

SECTION I

SUBJECT AREA AND COURSE NUMBER

HEAL 690

COURSE TITLE

HEALTH EDUCATION

ALTERNATE TITLE(S)

AEROBICS; DANCE; PERSONAL TRAINING; QI GONG; RHYTHMIC EXERCISE; STRENGTH TRAINING; SWIMMING; TAI CHI; YOGA

TYPE COURSE

FEE

CATALOG COURSE DESCRIPTION

This course is designed to teach a variety of health topics from physical fitness to health and well being. Topics may include aspects of physical and mental health, including fitness, weight control, nutrition, safety, memory improvement and disease maintenance and prevention. (FT)

LECTURE/LABORATORY HOURS

54

ADVISORY

NONE

RECOMMENDED SKILL LEVEL

NONE

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

Goals of this course will vary depending on the specific class, but will relate directly to the subject, objectives and course content.

COURSE OBJECTIVES

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

1. Demonstrate knowledge and skills learned.
2. Identify and describe terms appropriate to the course content.
3. Prepare assignments as directed by the instructor.
4. Complete at an acceptable level of competence all quizzes, tests, and projects as assigned by the instructor.

SECTION II

COURSE CONTENT AND SCOPE

The course content will vary depending on the specific class, but will relate directly to the subject, goals and objectives.

Alternate titles not listed on this course outline must be submitted to the CET Instructional Services Office prior to the class being scheduled.

APPROPRIATE READINGS

Reading assignments, if any, will vary according to the specific class.

WRITING ASSIGNMENTS

Writing assignments, if any, will vary according to the specific class.

OUTSIDE ASSIGNMENTS

Outside assignments, if any, will vary according to the specific class.

APPROPRIATE ASSIGNMENTS THAT DEMONSTRATE CRITICAL THINKING

Appropriate critical thinking assignments, if any, will vary according to the specific class.

EVALUATION

Methods of evaluation may include, but not be limited to, the following:

Class participation, quizzes, tests, homework assignments, projects and other evidence of critical thinking as required by the instructor.

NOTE: In accordance with District Policy, Instructors are required to provide the students, in writing, the specific competencies to be demonstrated and the methods and criteria by which they will be evaluated. These methods must be consistent with the course goals/objectives and must be included in a course syllabus and presented to each student.

METHOD OF INSTRUCTION

Methods of instruction may include, but not be limited to, the following: lectures, laboratory activities, discussion, small-group activities, visual aids, homework, problem solving exercises, guest lectures and field trips.

TEXTS AND SUPPLIES

The required text, supplemental reading materials, supplies, material fees and other fees as necessary will vary according to the specific class. Any required text must be specified in the course syllabus presented to each student.

PREPARED BY: Pat Mosteller DATE: 3/21/03

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