

SLO Presentation

HED

Date: 09-15-2022

ISLO

Civic Engagement

- Students will develop values and beliefs in their role as a member of local, national and global societies to promote truth, fairness and goodwill to others. They will use the democratic process to further their values and beliefs and recognize and accept differing perspectives based on cultural diversity. They will engage in actions which provide service to others and have a positive impact on their local community.

Communication and Expression

- Students will demonstrate the ability to effectively and appropriately communicate their thoughts and ideas both in written and oral forms. They will develop verbal and non-verbal delivery skills, in an appropriate manner, to communicate their ideas as well as evaluate the ideas of others in a wide variety of contexts.

Critical Thinking and Quantitative Reasoning

- Students will demonstrate the ability to recognize assumptions within an argument and actively and skillfully analyze underlying reasoning to develop a conclusion. They will apply qualitative and/or quantitative analysis to solve problems, predict outcomes, test hypotheses, and explore alternatives in an ethical manner.

Information Literacy

- Students will demonstrate the ability to determine when gathering additional information is necessary. They will use appropriate resources and technologies to locate, evaluate and incorporate the information when developing supporting arguments and drawing conclusions. Students will also develop the ability to understand any legal, ethical or social issues regarding the use of information.

Personal Knowledge and Responsibility

- Students will develop the necessary skills to define, maintain and complete their personal educational goals. They will learn to work independently to accomplish personal goals toward realizing their full potential academically, physically and emotionally whether for personal enrichment, further education or career advancement.

Kinesiology: Health, Physical Education, Dance, and Athletics
HED
Health Education <ul style="list-style-type: none">• Describe the concepts of healthy living, lifelong wellness, and stress reduction techniques• Distinguish the components of the U.S. health systems as it relates to their options in healthcare• Identify the behavior concepts that enhance their quality of life• Explain the importance of interpersonal relationships and health
CSLO
HED100 - CONTEMPORARY HEALTH PROBLEMS <ul style="list-style-type: none">• Students will define the significance of psychological health and common psychological disorders.• Students will apply their knowledge and the basic functions of the six nutrients.• Students will identify how lifestyle behaviors relate to his or her fitness and prevention of diseases• Students will explain the consequences of substance abuse, dependence, and health effects of alcohol and tobacco.• Students will identify the basic knowledge of sexual functioning, sexuality, contraceptive choices, and reproduction.• Students will identify common risk factors for the major diseases affecting society, including cancer and coronary heart disease.• Students will describe health care, personal health and public health.
HED101 - STRESS MANAGEMENT <ul style="list-style-type: none">• Students develop a basic understanding of stress management concepts and techniques and an advanced understanding of a single technique.• Students practice progressive muscle relaxation.• Students recognize the stress emotions of fear and anger.• Students understand the importance of time management.

HED102 - Introduction to Public Health

- Identify the social determinants of health and strategies for eliminating diseases, illness, and health disparities among various populations
- Explain an understanding of the basic concepts and terminologies of public health, public health officials, and agencies
- Define the function of various health professions and institutions
- Describe public policy as it applies to public health
- Explain the use of basic epidemiological methods in public health

HED103 - WOMEN, THEIR BODIES AND HEALTH

- Understand how to develop a healthy lifestyle
- Identify how sociocultural influences (SCIs) contribute to her/his self-esteem and self-image
- Recognize the signs related to abusive behaviors
- Understand the characteristics in a healthy relationship

HED104 - Introduction to Health and Society

- Explain how to develop a healthy lifestyle within a specific culture
- Identify and illustrate the diverse types of health, health practices, and illnesses common among different societies
- Recall facts about the rise and decline of health in diverse cultures
- Demonstrate efforts to advocate for social and ethnocultural health practices

HED105 - Mind, Body, and Health

- Describe the body's reaction in response to one's self-outlook and circumstances
- Identify the benefits and values of social support, friendship, and stable relationships in protecting one's health
- Compare and contrast personalities which are either prone to, or able to resist, disease
- Explain the scientifically proven changes to one's body chemistry, heart rate, and hormones that accompany various attitudes and emotions
- Describe how attitudes and emotions affect one's immunity from disease

HED110 - COMMUNITY FIRST AID AND CPR

- Students demonstrate CPR rescue skills for the lay person.
- Students can demonstrate the Check, Call, Care steps for an unconscious person.
- Students explain the chain of survival.
- Students demonstrate basic first aid skills for injuries.

HED200 - Nutrition for Health, Fitness and Physical Activity

- Students will describe and explain the digestive system.
- Students will describe the digestion of food.
- Students will discuss the role of vitamins and minerals.
- Students will explain how food is used for energy.

HED201 - Community Worker in Health Education and Promotion

- Distinguish between the different areas associated with health promotion/education and demonstrate the information in various settings
- Describe a philosophy that promotes health education in various settings
- Explain the different behavior change theories
- Demonstrate the ethical decision-making process
- Demonstrate research skills to perform research and analyze research articles

HED202 - Health Systems and Perspectives

- Describe the special problems of high-risk populations and health system responses.
- Describe the values and assumptions that underlie the changing priorities in health planning resource allocation

- Define the responsibilities and roles of a health providers.
- Identify the different national health systems

HED204 - Occupational Work Experience in Community Health Worker

- Describe the Community Health Worker environment and the appropriate terminology used
- Identify the various occupational settings of a Community Health Worker
- Define the scope and role of practice of a Community Health Worker in the work environment

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WGS103* - Women, Their Bodies and Health

- Understand how to develop a healthy lifestyle
- Identify how sociocultural influences (SCIs) contribute to her/his self-esteem and self-image
- Recognize the signs related to abusive behaviors
- Understand the characteristics in a healthy relationship