

SLO Presentation

HED

Date: 09/11/2019

HEALTH, PHYS ED, ATHLETICS, DANCE
HED
PSLO No PSLOs
CSLO
HED100 - CONTEMPORARY HEALTH PROBLEMS <ul style="list-style-type: none">• Students define the significance of psychological health and common psychological disorders.• Students apply their knowledge and the basic functions of the six nutrients.• Students identify how lifestyle behaviors relate to his or her fitness.• Students explain the ramifications of substance abuse, dependence, and health effects of alcohol and tobacco.• Students identify the basic knowledge of the human sexual response cycle, contraceptive choices, and reproduction.• Students identify common risk factors for the major diseases affecting society, including cancer and coronary heart disease.
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.
HED103 - WOMEN, THEIR BODIES AND HEALTH <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Demonstrate an understanding of 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 <ul style="list-style-type: none">• Students can apply the Check, Call, Care steps to an unconscious person.• Students demonstrate basic first aid skills for injuries and CPR rescue skills for the lay person.• Students understand the chain of survival.• Students can treat a common injury.

HED200 - FOOD FOR FITNESS AND PHYSICAL CONDITIONING

- Students describe the digestive system.
- Students understand the digestion of food.
- Students understand the role of vitamins and minerals.
- Students interpret how food is used for energy.

HED201 - 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