

# KIN 171: HEALTH AND WELLNESS IN SOCIETY

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2023
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL 101.
District General Education:	E2. Fitness/Health Science
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course emphasizes the information required to make important decisions concerning lifestyle, health, and wellness in today's society. An exploration is done in stress management, drugs, alcohol, tobacco, weight control, nutrition, fitness, sexuality, fertility/reproduction, chronic and infectious diseases, heart disease, cancer, consumer health, aging, environmental issues, and other topics related to health care and wellness and the impact on western society. 54 lecture hours.

## Course Objectives

- identify the six essential nutrients needed to maintain a balanced diet and health
- describe the effects and dangers of alcohol, tobacco, and psychoactive drug use while identifying substance addiction and its cost to society
- use SMART goals and the FITT principle to formulate an fitness program that will meet individual health needs
- differentiate between chronic diseases and infectious diseases, understanding prevention methods and treatment options, and the effect on society
- demonstrate knowledge of the major forms of cardiovascular disease, modifiable and non-modifiable risk factors, and prevention and treatment of the disease
- identify the various methods of contraception, assessing prevention of sexually transmitted infections with use
- understand human sexual response, anatomy, reproduction, pregnancy, and the stages of birth
- examine the physical and psychological effects of acute and chronic stress, and implement stress management techniques to cope with stress
- describe the US healthcare system in terms of type of insurance, cost, quality, and access to healthcare services
- list strategies for successful, healthy aging
- describe psychological and mental health disorders, causes, and treatments

- explain the effects of climate change and pollution on our environmental health and society
- assess personal health in each dimension of health, and identify improvement areas for individuals and as a society
- differentiate between the public health model and personal/medical health model of health and wellness in society

## Major Course Content

1. Health and Wellness assessment
  - a. Dimensions of health
    - i. Self assessment of the dimensions of health and wellness
  - b. Models of Health within our society
    - i. Public health model
    - ii. Personal health/medical model
  - c. Behavior Change
    - i. Common Western lifestyle behaviors and their societal consequences
2. Promoting/preserving Psychological Health
  - a. Mental
  - b. Emotional
  - c. Social
  - d. Spiritual
3. Stress Management
  - a. Physical effects
  - b. Psycho-social effects
4. Communicating in Modern Society
  - a. Relationships
  - b. Sexuality
  - c. Sexual identity and expression
5. Reproduction
  - a. Anatomy
  - b. Contraception
  - c. Sexually transmitted infections and prevention
  - d. Fertility and infertility
  - e. Pregnancy, labor, and delivery
  - f. Abortion
6. Drug use, misuse, and abuse
  - a. Affects of Drugs
    - i. Physical
    - ii. Psychological
  - b. Categories of drugs
  - c. Addiction
    - i. Process addiction
    - ii. Substance addiction
    - iii. Costs to society
7. Alcohol, tobacco, and marijuana use
  - a. Use in college
  - b. Short term and long term effects
    - i. Health hazards
    - ii. Environmental hazards
  - c. Costs to society
8. Nutrition
  - a. Six Essential Nutrients
  - b. Caloric value of nutrients
  - c. Nutritional Guidelines

- d. Food labels
- e. Food Safety
- 9. Weight Control
  - a. Assessment of body composition and categories of health risk
  - b. Health risks of obesogenic society
  - c. Contributing factors
  - d. Energy/caloric balance
- 10. Fitness
  - a. Health related components of physical fitness
  - b. Skill related components of physical fitness
  - c. Fitness assessments
  - d. Creating a fitness program
    - i. SMART goals
    - ii. FITT principle
- 11. Cardiovascular Disease and Cancer
  - a. Major forms of CVD
    - i. Risk factors
      - 1. Modifiable
      - 2. Nonmodifiable
    - ii. Diagnosing and treating
  - b. Major forms of Cancer
    - i. Risk factors
      - 1. lifestyle
      - 2. genetic
      - 3. occupational/environmental
    - ii. Diagnosing and treating
- 12. Chronic and infectious diseases
  - a. Risk factor
  - b. Prevention
  - c. Treatment
- 13. Smart healthcare choices
  - a. Selfcare
  - b. Assessing health professionals
  - c. Health Insurance
    - i. Private
    - ii. Managed
    - iii. Government (ACA)
    - iv. Underinsured
  - d. Healthcare systems
    - i. Access
    - ii. Cost
    - iii. Quality
- 14. Aging, Dying, and Death
  - a. Health issues
  - b. Nutrition
  - c. Coping with loss
- 15. Promoting environmental health
  - a. Overpopulation
  - b. Climate change
  - c. Pollution

## Suggested Reading Other Than Required Textbook

Journal articles from the American College of Sports Medicine (ACSM) and the Journal of American Medical Association (JAMA).

## Examples of Required Writing Assignments

Essays on essential nutrients, components of fitness, stress management, and heart disease risk factors.

## Examples of Outside Assignments

Nutrition analysis of a personal 3 day diet.

## Instruction Type(s)

Lecture, Online Education Lecture

## IGETC Area 4: Social and Behavioral Sciences

4. Social and Behavioral Sciences