

6/1/2023 DATE

 REQUIRED COURSE
 ELECTIVE COURSE

 SSE _____ DIVISION _____
 NEW COURSE
 REVISION

Lake Land College

Course Information Form

COURSE NUMBER:		HED-200		TITLE: (30 Characters Max)			Principles of Health				
SEM CR HRS:	3	Lecture:		3	Lab:	0	SOE/ Internship:		0	ECH:	3
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input checked="" type="checkbox"/> Baccalaureate /Non-IAI		<input type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit		Clinical Practicum:	0	SOE/ Internship:		0	SOE ECH:	0
COURSE PCS #	11 13.1307			IAI Code			Contact Hours (Minutes Per Week)				
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	Min:	Max:	16 Wks	150	8 wks	300	
Prerequisites:	None										
Catalog Description: (40 Word Limit)	This course is designed to explore the most important health issues current and past. Helping students to make responsible decisions that will affect them throughout their life. Focus will be on interrelating behavior with one's own health decisions.										

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Baselines of Health and Well-Being	12			
Preventing Major Threats to Well-Being	11			
Minimizing Negative Health Related Behaviors	11			
Enhancing Positive Health Related Behaviors	11			
TOTAL	45	0	0	0

EVALUATION			
QUIZZES <input checked="" type="checkbox"/>	EXAMS <input checked="" type="checkbox"/>	ORAL PRES <input type="checkbox"/>	PAPERS <input type="checkbox"/>
LAB WORK <input type="checkbox"/>	PROJECTS <input checked="" type="checkbox"/>	COMP FINAL <input type="checkbox"/>	OTHER <input type="checkbox"/>

COURSE MATERIALS	
TITLE:	
AUTHOR:	
PUBLISHER:	
VOLUME/EDITION/URL:	
COPYRIGHT DATE:	

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Baselines of Health and Well-Being	12	The student will understand the differences between health, stress, disease, wellness, and how to implement practical guidelines through a journal to improve their lifestyle.
Preventing Major Threats to Well-Being	11	The student will be able to identify for health objectives of the nation for the year 2000 as they relate to cardiovascular disease, cancer, and communicable diseases on written exams and quizzes.
Minimizing Negative Health Related Behaviors	11	The student will be able to identify the personal and social influences that impact upon responsible vs. irresponsible use of drugs, alcohol, and tobacco after viewing unit videos.
Enhancing Positive Health Related Behaviors	11	The student will learn how to enhance their consumerism skills and become more aware of the aging process by developing a group project and promote a healthy environment.
Insert New Line Above this Line		
	45	

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	<ul style="list-style-type: none"> • Embedded test questions will be used to evaluate student progress.
	<ul style="list-style-type: none"> • The student will submit the required class assignments and the wellness worksheets. A rubric will be used to assess the student's progress. The student can also create and develop a portfolio with additional artifacts.

* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.