



SEATTLE COLLEGES

Central · North · South · SVI

HEA125 - Health And Wellness

Document Type: Master Course Outline

Proposal Type: Revision

Requester(s): Brooke Yool

College: Central

Origination Approved: 04/06/2015 - 10:28 AM

BASIC INFORMATION

Requester(s): Brooke Yool

College: Seattle Central College

Division/Dept: Science & Math

Dean: Wendy Rockhill

COURSE INFORMATION

Proposed Course Number:

Prefix: **HEA**

Number: **125**

Request a new Prefix

This will be a common course

Full Title: Health And Wellness

Abbreviated Title: Health And Wellness

Catalog Course Description:

Overview of health as an individual and community-based social construct. Analyzes health determinants and health outcomes as a function of genetics, culture, environment and health behaviors. Emphasizes a holistic model and intellectual inquiry into what constitutes health and well-being. Prereq: MATH 084 and ENGL& 101.

Course Length: (blank)

Request an Exception

Topical Outline:

**Topical Outline and Major Divisions
(Developed by D. Ocken, April 2005)**

- Introduction -- Components of Health
- Mental Wellness & Stress
- Nutrition
- Physical Activity
- Disease Prevention
- Addictive Behavior and Substances
- Relationships, Sexuality, and Sexually Transmitted Infections
- Injury & Violence Prevention
- Community Health & Health Care
- Aging
- Death & Grief

COURSE CODING

Funding Source: 1.....State

Institutional Intent: 11.....Academic Transfer

Select the Distribution Area of the AA Degree that this course will satisfy, if applicable:

Distribution Areas

Natural World

Will this course transfer to a 4-year university? (blank)

Is this course designed for Limited English Proficiency? No

Is this course designed for Academic Disadvantaged? No

Does this course have a Workplace Training component? No

CIP Code: 34.0103 Request Specific CIP Code

Credits:

Will this course be offered as Variable Credit? No
No

List Course Contact Hours

Lecture (11 Contact Hours : 1 Credit)	55
Lab (22 Contact Hours : 1 Credit)	0
Clinical Work (33 Contact Hours : 1 Credit)	0
Other (55 Contact Hours : 1 Credit)	0
Total Contact Hours	55
Total Credits	5

This is to certify that the above criteria have all been met and all statements are accurate to the best of my knowledge.

Faculty involved in originating this program:

Brooke Yool
Print Name

Brooke Yool
Signature

4/1/2015
Date

Dean:

Dan Loos (Admin)
Print Name

Dan Loos
Signature

4/4/2015
Date

Results of CSCC Origination Committee Findings

Participating Faculty Response and Remarks

- Recommended for approval
- Not recommended for approval

Chairman, Curriculum & Instruction Committee:

Dan Loos
Print Name

Dan Loos
Signature

4/4/2015
Date

Vice President for Instruction:

Wai-Fong Lee
Print Name

Wai-Fong Lee
Signature

4/6/2015
Date