

COURSE OUTLINE

Reviewed: Janet Kapp Date: February 2009

DEPARTMENT: Academic

CURRICULUM: The Natural World

COURSE TITLE: Independent Study

COURSE NUMBER: HEA 299

TYPE OF COURSE: Academic Transfer

COURSE LENGTH: 1 quarter

CREDIT HOURS: Variable 1-5

LECTURE HOURS: 11-55

LAB HOURS: 0

CLASS SIZE: Variable

PREREQUISITES: Instructor's permission

COURSE DESCRIPTION:

The course is designed to provide the student with expanded knowledge of a current health issue in the areas of physical fitness, nutrition, chronic, infectious and emerging diseases, or other area of interest upon approval of instructor. The course material is presented through independent reading and research, consultation with the instructor, individual self-assessment, journal writing and record keeping, participatory small group exercises, and assignments out of class. Topics in this course are relevant to personal and professional development as well as academic achievement.

STUDENT LEARNING OUTCOMES ADDRESSED:

1. Communication-Read and listen actively to learn and communicate. Speak and write effectively for personal, academic and career purposes.
2. Human Relations - Use social interactive skills to work in groups effectively. Recognize the diversity of cultural influences and values.
3. Critical thinking and problem solving-Think critically in evaluating information, solving problems, and making decisions.
4. Technology-Select and use appropriate technology tools for personal, academic, and career tasks.

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3. Personal Responsibility - Be motivated and able to continue learning and adapt to change. Value one's own skills, abilities, ideas and art. Manage personal health and safety. Recognize different cultural approaches to health.

4. Information Literacy – Access and evaluate information from a variety of sources and contexts, including technology. Use information to achieve personal, academic, and career goals.

GENERAL COURSE OBJECTIVES:

Upon completion of the course, the student will:

1. Expand their current knowledge in a specific area of interest.
2. Develop or enhance skills in analyzing, synthesizing, and integrating information using library-based or other health-related material and information or experiences.
3. Develop or enhance skills in planning, problem solving, management, implementation and accomplishing goals.
4. Develop skills to set learning objectives, and design and implement tools for self-evaluation.
5. Develop or enhance skills in presenting relevant material in oral and/or written formats.
6. Develop or enhance skills in working cooperatively on projects.
7. Develop or enhance professional work habits.

TOPICAL OUTLINE:

- I. Identifying area of interest and set overall goals for the course
- II. Set learning objectives, design learning strategies, and create self-evaluation tools.
- III. Databases and research strategies
- IV. Cooperative learning techniques for small group projects
- VI. Discuss, research and practice effective oral and visual presentations.
- VII. Community-based project presentation.
- VII. Present final product.

APPROX. HOURS 11- 33

Originated or Revised BY: Janet Kapp
DATE: February 2009

SLO #	Included in Course Objective Number	SSCC Student Learning Outcomes
SLO 1.1	1	Communication - Read and listen actively
SLO 1.2	5	Communication - Speak and write effectively
SLO 2.1		Computation - Use mathematical operations
SLO 2.2		Computation - Apply quantitative skills
SLO 2.3		Computation - Identify, interpret, and utilize higher level mathematical and cognitive skills
SLO 3.1	3,6	Human Relations - Use social interactive skills to work in groups effectively
SLO 3.2	3,5	Human Relations - Recognize the diversity of cultural influences and values
SLO 4.1	1,2,4	Critical Thinking and Problem Solving -
SLO 5.1	5	Technology - Select and use appropriate technological tools
SLO 6.1	1,3	Personal Responsibility - Be motivated and able to continue learning and adapt to change
SLO 6.2	3,4	Personal Responsibility - Value one's own skills, abilities, ideas and art
SLO 6.3	3	Personal Responsibility - Take pride in one's work
SLO 6.4		Personal Responsibility - Manage personal health and safety
SLO 6.5		Personal Responsibility - Be aware of civic and environmental issues
SLO 7.1	2	Information Literacy - Access and evaluate information
SLO 7.2	2,5,6	Information Literacy - Use information to achieve personal, academic, and career goals, as well as to participate in a democratic society