

**Clackamas Community College**  
Online Course/Outline Submission System

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### Section #1 General Course Information

**Department:** Skills Development

**Submitter**

First Name: **Lisa**  
Last Name: **Nielson**  
Phone: **3401**  
Email: **lisan**

**Course Prefix and Number:** ASE - 026

**# Credits:** .5

**Contact hours**

Lecture (# of hours):  
Lec/lab (# of hours): 60  
Lab (# of hours):  
Total course hours: 60

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

**Course Title:** Health I

**Course Description:**

**Presents issues impacting psychosocial health; addresses lifestyle choices and strategies to evaluate long term positive and negative impacts on health.**

**Type of Course:** Developmental Education

**Can this course be repeated for credit in a degree?**

**No**

Are there prerequisites to this course?

**No**

Are there corequisites to this course?

**No**

Are there any requirements or recommendations for students taken this course?

**Yes**

**Recommendations:** None

**Requirements:** Instructor consent

Will this class use library resources?

**Yes**

Have you talked with a librarian regarding that impact?

**No**

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

GRADING METHOD:

Pass/No Pass Only

**Audit: Yes**

When do you plan to offer this course?

- ✓ **Summer**
- ✓ **Fall**
- ✓ **Winter**
- ✓ **Spring**

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**No**

**Student Learning Outcomes:**

Upon successful completion of this course, students should be able to:

1. identify characteristics of and guidelines for healthy diets,
2. identify the relationships among nutrition, physical activity and disease,
3. develop strategies for preventing disease and injury,
4. evaluate the impact of peer pressure during teen years,
5. evaluate healthy sexual practices including abstinence,
6. identify misuse of medicine and supplements,
7. describe mental and emotional health issues.

***This course does not include assessable General Education outcomes.***

**Major Topic Outline:**

1. Nutrition
2. Physical activity
3. Lifestyle issues
4. Mental and emotional health

**Does the content of this class relate to job skills in any of the following areas:**

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

**First term to be offered:**

**Next available term after approval**

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