

# Clackamas Community College

## Online Course/Outline Submission System

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Show changes since last approval in red                  
   

### Section #1 General Course Information

**Department:** Skills Development

**Submitter**

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

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**Course Prefix and Number:** ASE - 059

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**# 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.

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**Course Title:** Health II

**Course Description:**

**Builds on concepts of ASE-026, Health I. Provides a more in-depth examination of the behaviors that pose a threat to a healthy living. Further practice evaluating positive choices for long term physical, mental and emotional health.**

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**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 behaviors that promote healthy living,
2. analyze the relationship between nutrition and personal health,
3. evaluate personal health strengths and weaknesses,
4. identify lifespan health issues,
5. develop a plan to maintain mental, physical and emotional health,
6. identify behaviors that promote both health and safety.

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

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**Major Topic Outline:**

1. Healthy living,
2. Nutrition
3. Personal health
4. Lifespan health issues,
5. Health plan

**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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