Course Information Form (CIF)

Course Code: KIN 181
Course Title: Health Education

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 13.1307
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 2-0-2
Credit Hour Distribution:

Lecture: 2	Lab: 0	Clinical: 0	**Total: 2**

General Course Information

Catalog Description

Personal health and wellness; nutrition, exercise, and stress; alcohol, tobacco, and drugs; and intimate relationships. Emphasis on strategies for modifying behaviors to achieve optimal personal wellness.

General Course Objectives

- To orient the student to the nature and scope of health and wellness.
- To provide the student with the information needed to make responsible health choices and decisions.
- To emphasize self-responsibility and a holistic approach to wellness.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

5-9 module exams, 5-9 module assignments, 2 course projects, discussion posts, and 1 comprehensive final exam.

Instructional Materials and Additional Supplies

An Invitation to Health: Build Your Future (brief), 10th edition, Hales, Wadsworth/Cengage. Physical textbook or Mindtap 6 month code.

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Invitation to Health and Personal Stress Management	1. Identify the six dimensions of wellness and explain the importance of personal decision making and behavior change in achieving a wellness lifestyle. 2. Investigate the topic of stress. 3. Discuss personal stress management.	5	0	0
Nutrition, Weight Management, and Fitness	1. Inventory personal choices with respect to nutrition, weight management, and fitness. 2. Explain the wellness benefits of exercise, good nutrition, and weight management.	4	0	0
Psychology, Spiritual Well Being, and Social Health	1. Define psychological, spiritual, and social health. 2. Identify lifestyle choices that foster psychological, spiritual, and social well-being.	4	0	0
Human Sexuality	1. Outline the factors that influence sexual behavior and the various ways human sexuality can be expressed.	4	0	0
Protecting Yourself Against Diseases	1. Describe the (a) controllable and uncontrollable risk factors associated with cardiovascular disease and cancer, and (b) process by which infectious diseases are transmitted.	4	0	0
Drug Use and Abuse	1. Define and discuss the concepts of addiction behavior, substance abuse, and substance dependence.	4	0	0
Current Health Concerns and Achieving Health for a Lifetime	1. Investigate current health concerns for individuals and groups. 2. Identify strategies for preventing unintentional injuries and strategies to preserve and restore the environment.	5	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
30	0	0