

# ALCB 467: HEALTHY LIVING

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	0
<b>Hours:</b>	24 lecture per quarter (24 total per quarter)
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Non-Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Non-Credit Course (Receives no Grade)
<b>Repeatability:</b>	Unlimited Repeatability

## Description

Focuses on assisting individuals with learning differences in leading healthy lifestyles, in regards to both physical and mental health. Aspects of physical health that will be explored include: physical activity and exercise, nutrition, hygiene, sleep, disease prevention, obesity, substance abuse, reproductive health, and safety. Aspects of mental health that will be covered include: stress management, relaxation techniques, negative thinking traps, optimism, and resilience. The course will address strategies for helping students with learning differences make healthy life choices on their path to becoming more independent adults.

## Course Objectives

The student will be able to:

- Identify strategies for improving or maintaining their physical health.
- Identify strategies for improving or maintaining their mental health.
- Better understand the biological relationship between stress, exercise, and healthy living.
- Identify and utilize resources on campus and in the community to lead a healthy lifestyle.

## Course Content

- Physical health
  - Exercise
  - Nutrition
  - Obesity
  - Hygiene
  - Sleep
  - Disease prevention
  - Resources available to assist with maintaining physical health
- Mental health
  - Stress management
  - Handling negative emotions
  - Relaxation techniques
  - Negative thinking traps
  - Optimism
  - Resilience
  - Resources available to assist with maintaining mental health
- Reproductive health
  - Sexuality
  - Reproduction
  - Contraception

- Resources in the community available for maintaining reproductive health
- Substance use and abuse
  - Legal substances
  - Illicit substances
  - How substance use affects physical health and brain function
  - Resources in the community for assistance with substance abuse
- Safety
  - Strategies for maintaining safe behavior on campus and in the community
  - Avoiding dangerous situations and scenarios
  - Strategies for handling emergencies or injuries

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Accessible classroom.

## Method(s) of Evaluation

- Progress on Student Educational Contract
- Class participation
- Instructor observation

## Method(s) of Instruction

Lecture, small group discussion, cooperative learning exercises, exploration of current health topics that relate to course content.

## Representative Text(s) and Other Materials

Taggart, Lawrence. [Health Promotion For People With Intellectual And Developmental Disabilities](#). Open University Press, 2014.

Selected articles, websites and other reference materials as assigned by instructor.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Not applicable.

## Discipline(s)

Specialized Instruction (Disabled Students Programs and Services): Vocational Noncredit