



Section 1. Proposed Course Outline (A general statement of course content that informs class syllabus construction. Once approved, all sections of a given course must include this content, no matter which instructor teaches the course, or the mode of delivery. Divisions must include this new course outline in the Divisional Course Outline binder as required by COPPs.)

Course Number: **HE 253** Full Course Title for print catalog: **Psychosocial Health**

Abbreviated Course Title for Banner: **PSYSOCHLTH** (30 character limit)

Prerequisites: 0

Co-requisites: 0

Grade Option: ☒ Graded (with P/NP option) ☐ Pass/No Pass only

Number/Type Credits	Term Minimum Contact	Term Maximum Contact	11-Week Term Contact
<u>3</u> Lecture	<u>30</u> hours (lecture credits x 10)	<u>36</u> hours (lecture credits x 12)	<u> </u> hours (lecture credits x 11)
<u> </u> Lec/Lab	<u> </u> hours (lec-lab credits x 20)	<u> </u> hours (lec-lab credits x 24)	<u> </u> hours (lec-lab credits x 22)
<u> </u> Lab	<u> </u> hours (lab credits x 30)	<u> </u> hours (lab credits x 36)	<u> </u> hours (lab credits x 33)
<u>3</u> Total credits (sum)	<u>30</u> Total hours (sum)	<u>36</u> Total hours (sum)	<u> </u> Total hours (sum)

Course Description (300 character limit):

This course is designed to explore the topics related to the psychosocial dimension of health education and raise awareness of how psychological and social issues can impact physical health behavior and outcomes. Students will develop and assess their own psychosocial health and determine both the barriers and support needed to reach their own health behavior goals. We will explore the health impacts of social hierarchies, stress, anxiety as well as mental and emotional disorders, nature deficits, lack of social support, institutional and health care bias and access. This course will provide students with a variety of tools, and activities to help them positively cope with community and personal psychosocial health issues.

Course Outcomes and Proficiencies

What will the student **know** or **be able to do** at the end of the course?

What **attitudes** related to the subject will the student hold?

Upon successful completion of this course, the student will:

Thorough understanding of the relationships between psychosocial health and all other dimensions of one's health (spiritual, intellectual, environmental, physical, occupational)

- Increase knowledge and awareness of the community health issues that are related to psychological (mental and emotional) and social

Assessments Planned

What evidence will demonstrate that students have achieved course outcomes? (assessment tools may include departmental tests, written products, portfolios, juried performances, quizzes and exams, or alternative assessments such as qualitative studies, capstone projects, external reviewers, etc.)

How each outcome will be assessed:

- Students will have written assignments
- In class participation
- Research assignment, online forum
- In class participation
- Tests

<p>(individual and community) health</p> <ul style="list-style-type: none"> • Increased understanding and sensitivity about the social and emotional issues that stigmatize individuals and groups • Enhancement of personal communication skills and the development of new tools to increase social and cultural competency • Increased self-awareness of the underlying social and physiological processes of one's emotional experience and potential negative outcomes such as; stress, anxiety, conflict, depression and other physical health issues • Exploration of local and national resource, health care access and support systems for psychosocial health issues • Increased knowledge, understanding and skills related to emotional and social intelligence • Students will improve their ability to assess personal feelings, behaviors, social pressures and utilize tools, systems and support in a way that enhances one's health and happiness • Increased knowledge and skills related to the use of humor, compassion and altruism to improve individual and community health and sustainability • Students will explore the connections between psychosocial health , spiritual health and community sustainability • Student's will re-learn how to play with others and be involved in activities that they enjoy and feel passionate about, which can lead to increased health and wellness • Increased knowledge of and ability to research common mental health problems, evidence based treatments/techniques for improved health • Increased use of reasoning and critical thinking skills 	<ul style="list-style-type: none"> • In class activities, group and individual • Written Tests • In class skills and writing assignments • Written and online assignments • Research Assignment • In class and written assignments • Written assignments/journal • Journal and in class observations • Journal, Tests, Research project • In class observations, self assessments, journal writing • Research Assignment • Written Tests • Research Assignment, Journal, in class activities
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Course Content by Major Topics

What topics will be presented? What are the main activities of the course? What are the central themes?
(See sample at <http://www.lanecc.edu/cops/format3.htm>.)

Topics:

- Interacting dimensions of human health
- Psychological and social health (Psychosocial Health)
- Health care access
- Emotional and social intelligence
- Personal and community sustainability
- Social and institutional bias and health
- Resilience and tools for lifelong health
- Nature and human health
- Emotional/Mental Health issues
- Critical thinking /problem solving
- Activity based solutions

Section 2. Proposal Information

Course Developer:

Susie Cousar

Date: 3-15-2012

Catalog year to take effect:

Online 2012-13-
paper 2013-14

Type of Proposal

X New course

☐ Currently 199 or 299

☐ Experimental Course

☐ 199 Special Studies

☐ 299 Trends

☐ Revised course (If increasing credits, use credit change form)

☐ Reactivated course with no change

☐ Reactivated course with changes

Type of Course:

☒ Lower Division Collegiate (transfer)

☐ Professional/Technical (required or elective)

☐ Developmental, numbered below 100

Rationale:

How does this proposal further the goals of the program or department?

The Psychosocial Health course will increase the diversity of our curriculum offerings. The division currently offers 10 different health courses that are consistently over-enrolled. The development of this course would complement the existing health offerings and provide a more in depth exploration of the psychological and social aspects of human health that are only briefly touched on in our other health courses. This course has been designed specifically to meet a need that our division felt we needed to address in a more comprehensive way to help our students and society as a whole.

What assessment evidence supports this proposal?

This course was voted on by our division to move forward as an area that we have received feedback from students on. We do not cover this topic in any depth or breadth and do not see any other course on campus that addresses the physical health outcomes of psychosocial issues or that specifically addresses the development of personal skills that could lead to positive health outcomes for students.

How do you know there is a demand for this course?

We know that all of our health courses fill or are overenrolled every term and that they are in general very popular. I also have asked students in my courses for the past 2 years if they would be interested in this type of course and the response has been very positive.

Section 3. Curriculum Equity (<http://www.lanecc.edu/cops/curric.htm>)

To promote an environment where all learners are encouraged to develop their full potential, this course will support Lane's Curriculum Equity policy in the following way(s):

This course will specifically address social/cultural biases related to psychosocial health. This course will also to ensure that all students are seen, all experiences are validated and all visual, auditory and kinesthetic learning assignments and tools are inclusive.

Section 6. Overlap Courses (New course proposals must complete.)

While overlap of course materials is not necessarily a flaw, duplication of course materials may lead to inefficient use of college resources. If there is overlap, the faculty of overlapping courses must agree on the extent of overlap and attach a rationale explaining its necessity.

Indicate all departments/courses that this course may overlap. Division Dean of existing course enters one of two options at right. Note: N/A is not an option.

Options:

1. Approved: overlap is acceptable. Rationale attached.
2. Disapproved: reasons attached.

Division	Course Number / Title	% Overlap	Option	Division Dean of existing course (Signature required for all options)	Date
Social Science	Psych 213	15%			
Social Science	Psych 218	10%			
	Soc 216	5%			
	CG 145	15%			
	HS 201	10%			

Section 7. Qualification to fulfill degree requirements (complete all relevant forms, available at <http://www.lanecc.edu/currshed/drrcforms.htm>, and send to Mary Brau for the Degree Requirements Review Committee):

☐ Form(s) applying for the following degree requirement status have been attached. (Only check this box when forms have been completed and attached.)

AAOT, ASOT-Bus, OTM:

☐ Mathematics

☐ Arts & Letters

☐ Social Sciences

☐ Science /Computer Science

AAOT:

☐ Cultural Literacy Option

AAS, 1-year and 2-year certificates:

☐ Human Relations

Section 8. Library Impact Statement

Under accreditation standards, Library consultation is essential for new programs, new courses and for substantively revised courses when the revisions entail any change in library use.

What assignments will require the use of library and information resources?

None, except for computer use, if they don't have a home computer

Each academic area has a Liaison Librarian (<http://www.lanec.edu/library/services/liaison.htm>). Contact the designated librarian to discuss the library needs of your course. Please allow the librarian at least one week to assess library resources.

To be completed by Liaison Librarian:

☒ Library resources are adequate to support this proposal.

☐ Additional resources are needed but can be obtained from current funds.

☐ Significant additional Library funds/resources are required to support this proposal.

Liaison Librarian

Date

Section 9. Divisional Approval (To be completed by Division Chair and Administrative Assistant)

Human, Physical, and Financial Resources:

☒ Additional instructional costs (staff, materials, services or facilities) will be incurred to offer this course.

Source of funding: division budget for some materials

☐ No additional instructional resources (staff, materials, services or facilities) are needed to offer this course.

Explain:

Required Certifications:

☒ We have developed minimum course certification standards according to the COPPs procedure "Instructor Qualifications: Credit," to be filed with ASA upon course approval.

☐ We have completed faculty certification form(s) for faculty qualified to teach this course, to be filed with ASA and Human Resources upon course approval.

Fees:

☐ We have completed fee rationale and fee request forms to be submitted to ASA upon course approval, in compliance with the COPPs procedure, "Fees: Special"

☒ No special fees will be required for this course.

Divisional Recommendation:

☒ The Division Chair and Administrative Assistant have reviewed this course proposal and kept a copy for divisional files.

☒ Faculty review of this course was completed within the division on 5-10-2012(date).

☐ Pass

☐ Do Not Pass

Division Dean

Date

Administrative Assistant/Coordinator

Date

Section 10. College Approval

Curriculum Committee Chair

Date

Executive Dean

Date

Curriculum Approval

Committee hearing:

Date

Vice President, Academic Affairs & Chief Academic Officer

Date