

# HPEA 2011-12

## Healthy Pleasures Course

### Summary:

To research, develop, and implement a Healthy Pleasures course at Lane Community College in the Health/PE/Athletics Department. This course would be offered using a traditional face-to-face learning format, as well as hybrid and online formats.

### Description

This initiative requests curriculum development funding for a Healthy Pleasures course. Offering a Healthy Pleasures course will expand upon current health offerings to better meet the needs of students. The course will motivate students to fill their lives with activities that are both healthy and pleasurable. Topics that will be included in the course are physical activity, eating habits/nutrition, sleep, relationships, relaxation techniques, altruism/random acts of kindness, humor, and spirituality. The Healthy Pleasures course will provide students with an abundance of resources that can improve life on a daily basis, as well as significantly improve their overall quality of life.

### Questions and Answers

**How is the initiative linked to the Unit Plans most recently submitted?**

- 1. How does it continue the achievement of those goals?**
- 2. If this is a continuation of an initiative started last year, make sure that relationship is clear.**

**How is this initiative linked to the efficiencies and productivities plans you had last year?**

- 1. How does it continue the achievement of these plans?**
- 2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.**

Past Unit Plans have included expanding the diversity of our health curriculum, increasing student engagement, offering sections at different times, and offering sections that use a variety of learning modalities (e.g. hybrid and online).

1. How does it continue the achievement of those goals?

This course offering furthers the achievement of all three top goal of the Health/PE/Athletic Department.

1. If this is a continuation of an initiative started last year, make sure that relationship is clear.

Goal 1: Increase the diversity of our curriculum offerings.

- A Healthy Pleasures course increases the diversity of our curriculum offerings. The department currently offers 10 different health courses that are consistently over-enrolled. The development of a Healthy Pleasures course would compliment the existing health offerings while at the same time provide another course option for students.

Goal 2: Expand the learning environment by offering more distance learning options.

- Both of the course developers of the Healthy Pleasures course are currently using the Moodle learning management system to teach online courses and/or to compliment the traditional face-to-face learning

environment. The course developers plan to offer the Healthy Pleasures course as an online and/or hybrid course in addition to the traditional lecture format.

Goal 3: Offer sections at various times to meet student needs.

- The development of an additional health course will enable the department to increase the diversity in the times and learning modalities for the health courses offered to better meet student needs.

How is this initiative linked to the efficiencies and productivities plans you had last year?

Efficiencies and productivities plans were not submitted as part of our Unit Plan last year.

1. How does it continue the achievement of these plans?
2. If this is a continuation of an efficiency or productivity plan started last year, make sure that relationship is clear.

**Describe the resources needed:**

To develop the Healthy Pleasures course, we are requesting a total of 100 hours of curriculum development support funding. The health instructors have agreed to work collaboratively to develop a course outline, class projects, quizzes, exams, and assignments for the Healthy Pleasures course.

Request: 100 hours Curriculum Development funds

**What specific measurable program outcomes do you expect to achieve with this initiative? The outcomes should be specific enough to be measurable. Also, outline the method that will be used to determine the results.**

The measurable program outcome that will be achieved with the development of the Healthy Pleasures course is increased FTE and enrollment. Currently, all of the health courses (averaging 37 sections per term) are at maximum enrollment. The addition of another health course offering would increase current FTE and enrollment. A Healthy Pleasures course would also provide additional choices for students when enrolling in a health course.

This outcome will be measured by tracking enrollment each term.

**Department Priority:**

4

**Unit Resources:**

\$3,722.67 Part-Time Salary + OPE each section.

Current instructors and workload:

The requested 100 hours of curriculum development hours will only provide a small percentage of work time invested in the development of a new courses titled Healthy Pleasures.

Course materials/supplies:

The course materials will be provided at no charge from the various publishing companies used to supply health texts for current health offerings.

Course equipment:

The current available AV equipment will be used to effectively teach the course.

## Funding Request: Carl Perkins

## Funding Request: Curriculum Development

### 1. List the following information

- **Course Numbers (titles if not currently offered)**
- **Instructor Name(s) who will work on the curriculum development**
- **Whether each of the courses is in, or has been through, the curriculum approval process**

Healthy Pleasures (no course number because this course is not currently offered)

Instructors who will work on the curriculum development: Sharrie Herbold-Sheley & Peggy Oberstaller

This course has not been through the curriculum approval process.

### 2. List each course number (or title) and the materials to be created for each class

- **Instructional goals, objectives, syllabi and outlines**
- **Lab instruction packets**
- **Practice, quiz, presentation &/or demonstration materials**
- **Other (specify)**

The following materials will be created for the Healthy Pleasures course as a result of the curriculum development funding:

- Instructional goals, course objectives, syllabus, and course outline.
- A course packet that students will use along with the required textbook to encourage critical thinking and personal application of the course curriculum. (This course packet will be available in an online format.)
- Homework assignments and assessments will be developed to evaluate student understanding.
- Videos and other technological resources will be researched and reviewed to offer additional, but complimentary viewpoints of various subjects related to Healthy Pleasures.
- Quizzes and exams will be created to assess student understanding of the course material.

### 3. List each course number (or title) and give your timeline for beginning and completing each course curriculum development.

- July 2011: Syllabus development (including course objectives, learning outcomes and course outline)
- July to August 2011: Course development of individual topics that will be included in the course curriculum (e.g. chapter outlines/lecture presentations, homework assignments, video selections, multi-media resources, student assessments, quizzes and exams).

- September 2011 (Fall Term 2011): Offer 1 section of Healthy Pleasures either as a traditional face-to-face format and/or hybrid format
- January 2012 (Winter Term 2012): Offer 1 section of Healthy Pleasures via distance learning (online) in addition to at least one traditional on campus face-to-face and/or hybrid offering.

**4. What are up to 3 departmental instructional goals that are met through the development of curriculum in each class?**

- Developing and offering a Healthy Pleasures course will meet the following departmental instructional goals:

- Increase the diversity of our curriculum offerings.
- Expand the learning environment by offering more distance learning options.
- Offer sections at various times to meet student needs.

**5. List each course number (or title) and give the value of the development of curriculum in each course to other faculty members.**

The Healthy Pleasures course will be valuable to other health faculty members because some of the course curriculum developed could be used in other health courses currently offered in the department. The instructors of the Healthy Pleasure course could work collaboratively with other health instructors to discuss the integration of Healthy Pleasure curriculum into existing course curriculum for HE 275 (Lifetime Health & Fitness), HE 250 (Personal Health), HE209 (Human Sexuality), HE 252 (First Aid), and HE 255 (Global Health), HE 222 (Consumer Health), HE 240 (Holistic Health).

**6. List each course number (or title) and say how many students will be served by the development of curriculum in each class.**

- development of curriculum will vary. For each section of the Healthy Pleasures course offered, approximately 33 students will be served each term. The course would be offered each term, including summer term. Therefore, the number of students served would average 132 - 264 students each academic year.

**7. List each course number (or title) and give the specific benefits to students that you expect from the development of curriculum in each class.**

- The specific benefits we would expect students to receive from the development of a Healthy Pleasures course would be the following:
  - Increased awareness of how daily activities can provide pleasure, a sense of rejuvenation, and improved overall health & wellness.
  - Increased understanding of how daily activities, such as physical activity, eating, and sleep can provide pleasure, as well as improved health and wellness.
  - Cultivate the practice daily healthy pleasures as an effective approach to coping with the stressors of everyday life, large and small.
  - Identify and practice relaxation techniques that qualify as healthy pleasures and that can improve one's overall health.
  - Explore the relationship between altruism, spirituality, healthy pleasures, and one's health and wellness.
  - Identify how various social relationships can qualify as healthy pleasures.

- Improved understanding of social support and how intimate relationships can have positive health benefits.

**8. List each course number (or title) and give the specific benefits for diversity that you expect from the development of curriculum in each class.**

The Healthy Pleasures curriculum would include various aspects of diversity, including, but not limited to, gender, age, socioeconomic background, sexual orientation, and race. The benefits of the course would focus on tolerance of diversity and a better understanding of global issues surrounding Healthy Pleasures, especially in the area of altruism.

**9. List each course number (or title) and give the specific benefits to sustainability that you expect from the development of curriculum in each class.**

The Healthy Pleasure course would positively reinforce social, financial, and environmental sustainability.

Social sustainability benefits can be achieved as a result of the course in many ways. One example is encouraging students to help others on a regular basis without expecting anything in return. This course empowers people to make daily choices to help others. The course also encourages respectful behavior of all people, regardless of gender, gender identity, ethnicity or ethnic origin, age, sexual orientation or social status.

The Healthy Pleasures will be well received by students in a department where all of the health courses offered are over-enrolled every term therefore achieving economic sustainability for the college. In addition, financial sustainability can be achieved by learning the value of prevention.

The Healthy Pleasures course also supports environmental sustainability by requiring few raw materials. The instructor of the course utilizes online teaching tools to reduce waste and encourage environmental sustainability.

**10. List each course number (or title) and give the specific effects on distributed learning that you expect from the development of curriculum in each class.**

Developing and offering a Healthy Pleasures course would increase distributed learning within the Health/PE/Athletics department as well as campus wide. Within our department we have seen an amazing need for distributive learning, especially in times when people need to both work and further their education simultaneously. The Healthy Pleasures course will be offered online which would increase the availability of distributed learning at Lane Community College.

**Hours requested for Curriculum Development funding:**

Please enter the amount of one of the following:

- 100 hours maximum for new development.
- 70 hours maximum for course revision
- 50 hours for 3-4 credit conversion
- other (use if multiple courses addressed in one initiative)

Do not enter any characters other than numbers and a decimal.

How many hours are you requesting? If there are multiple courses addressed in the initiative, please list each course number (or title) and give the number of hours requested for each course.

100

Can this initiative be partially funded?

No

**Partially funded curriculum development HOURS requested:**

**Explanation of effect of partial funding:**

**Funding Request: Technology Fee**