

HPEA 2011-12

Psychological and Social Health

Summary:

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

Description

This initiative requests curriculum development funding to research and develop a Psychological and Social Health course. Offering a Psychological and Social Health course will expand and broaden upon current health offerings to better meet the needs of students as well as, be pertinent to issues that they face on a day to day basis. The course will specifically address the psychological and social aspects of health, focusing on common mental and emotional health issues, prevention strategies, evidence based treatment modalities, and comprehensive costs to society. A few topics introduced in other health courses (e.g. Personal Health and Global Health) will be comprehensively expanded upon to give the participant an in-depth understanding of the subject matter and to develop comprehensive and activity based skills to help prevent emotional and social distress and other health issues that stem from this. Several community colleges and Universities across the country offer similar courses, and considering the increase prevalence of psychological issues like, depression, anger, anxiety and suicide are in our society, this course would serve a vital role in providing knowledge and practical skills that are often unavailable.

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 goals of the Health/PE/Athletic Division.

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.

The Psychological and Social Health course increases 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 while at the same time provide a subject area in health that often goes unaddressed and yet is critical for the well being of our society.

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

The developer of this course currently uses the Moodle learning management system to augment and complement the traditional classroom-learning environment. The course developer plans to offer the Psychological and Social Health 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.

Describe the resources needed:

To develop the Psychological and Social Health Course, I am requesting a total of 100 hours of curriculum development support funding to develop a course outline, class projects, quizzes, exam, and assignments.

Request: 100 hours of curriculum development

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.

To develop the Psychological and Social Health course, I am requesting a total of 100 hours of curriculum development support funding to develop a course outline, class projects, quizzes, exam, and assignments.

Request: 100 hours of curriculum development

Department Priority:

1

Unit Resources:

\$3,722.67 Part-time Salary + OPE for 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 Psychological and Social Health course.

Course materials/supplies:

Most of the course materials will be created by the instructor and by utilizing textbooks that are currently in publication. I will need to use some of the curriculum development funds to purchase some Film Media and Activity books for planning in class, homework and online assignments.

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**

Course Title: Psychological and Social Health

Instructor who will work on the curriculum development: Susie Cousar

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 Psychosocial Health course as a result of the curriculum development funding:

- Instructional goals, objectives, syllabus and course outline.
- An Activity 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, Moodle format.)
- Homework assignments and assessment will be developed to assess student understanding the course material.
- Videos and other technological resources will be researched and reviewed to offer additional and complementary perspectives related to Psychosocial Health
- Online Quizzes and exams and assessment tools will be created to evaluate 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 and outlines)

- July to August 2011: Actual course development of individual subjects that will be included in the course curriculum (e.g. chapter outlines/lectures presentations, homework assignments, video selections, multi-media resources, student assessments, quizzes and exams).

September 2011 (Fall term 2011): Offer 1 section of Psychological and Social Health .

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

Developing and offering a Psychological and Social Health 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 Psychological and Social Health course will be valuable to other health faculty members because some of the course curriculum developed could be used in other health/wellness courses currently offered in the department and on campus for staff/faculty. The instructor of the course could work collaboratively with other health instructors to discuss the integration of this curriculum into existing health education courses.

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

Depending on the number of sections offered each term, the number of students served by the development of curriculum will vary. For each section of the course offered, approximately 33 students will be served each term. The course would be offered each term.

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 Psychological and Social Health course would be the following:

- Thorough understanding of the relationship between psychosocial health and all other dimensions of one's health wellness
- Increase knowledge and awareness of the community health issues that are related to psychological (mental and emotional) and social (individual and community) health.
- Increased understanding and sensitivity about the social issues that stigmatize individuals and groups related to mental health conditions and treatment
- 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, and physical health issues
- Increased knowledge, understanding and skills related to the improvement of one's emotional and social intelligence
- Students will improve their ability to assess personal feelings, behaviors, social pressures and act 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/wellness
- Students will explore the connections between psychosocial 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 conditions, treatment options and outcomes for improved health
- Improved use of critical thinking skills

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 Psychological and Social Health course curriculum would include various aspects of diversity, including, but not limited to, gender, age, socioeconomic background, sexual orientation, and ethnic. This course would improve students understanding of cultural competency as well as the cultural and social intolerance related to different aspects of psychosocial health.

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 Psychosocial course would positively reinforce the benefits of all aspects of sustainability.

Social sustainability benefits can be achieved as a result of the course in many ways; ending the social stigma related to mental health issues and conditions, addressing the biases inherent in both talking about and experiencing our emotions. This course will also address the socially constructed hierarchies and how they impact both the psychological and social health of individuals and the community.

Student's will also explore how social stigma's related to mental, emotional and social health can negatively impact employment, health, personal identity, relationships, healthcare, and acceptance into college. This course will encourage practicing respectful behavior toward all people, regardless of gender, gender identity, ethnicity or ethnic origin, age, sexual orientation or social status.

The economic aspects of sustainability will be addressed in this course by exploring the social hierarchies and how they impact one's ability to meet their basic needs. We will explore Abraham Maslow's hierarchy of needs theory and examines aspects of our own economy that may enhance or detract from one's ability to meet or exceed basic needs.

The exploration of both social and economic aspects of sustainability will be looked at with ecological sustainability as a potential outcome of a healthy social system. Student's will explore the connections to these 3 aspects of sustainability both from a theoretical standpoint and by doing activities outdoors that will be a hands on look at the outcomes of economic and social actions on the environment. Students will also explore new ways to enhance their own psychosocial health through enhancing their own economic, social and ecological sustainability behaviors.

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 Psychosocial health course would increase distributed learning within the Health/PE/Athletics Division as well as campus wide. Within our division we have seen an amazing need for distributive learning, especially in times when people need to both work and further their education simultaneously. This course will be offered online or as a hybrid course which would increase the availability of distributed learning at Lane Community College and throughout our community.

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