

## COURSE OUTLINE

### FAMILY HEALTH

Course Title

CPH 243

Dept. & Course No.

#### **I. COURSE DESCRIPTION:**

This course introduces basic concepts relevant to two aspects affecting Family Health, child obesity and adolescent “bullying” in relation to Palauan situations. The Course addresses the characteristics and prevention relevant to the two issues.

#### **II. SEMESTER CREDITS: 2**

**III. CONTACT HOURS PERWEEK:** Lecture: 2 Lab: 0 Total: 2

#### **IV. PREREQUISITE: CPH 131**

#### **V. STUDENT LEARNING OUTCOMES: VI. COURSE CONTENTS:**

Upon completion of this course the student will be able, with 65% level of accuracy, to:

1. Describe the basic characteristics of child obesity and adolescent “bullying”.
  2. Describe and discuss the contributing factors to child obesity
  3. Describe different forms of adolescent “bullying”
  4. Describe and discuss possible preventative approaches available in Palau to reduce child obesity and contain adolescent “bullying”
- A. Definitions and characteristics of child obesity and adolescent “bullying”
    1. Child obesity
    2. Adolescent “bullying”
  - B. Most frequent factors contributing to child obesity
    1. Poor diet: unhealthy choices, financial constraints, etc.
    2. Lack of physical activity: no schedules at school or home; lack of playgrounds, etc.
  - C. Different forms of adolescent “bullying”
    1. Physical
    2. Emotional
    3. Verbal
  - D. Possible preventative approaches to child obesity and adolescent “bullying”
    1. “Whole community” approach
    2. School and home setting for health diet choices

3. School and home setting for physical activity
4. Adult awareness of their “role model” status

**VII. EQUIPMENT AND MATERIALS:**

1. Projector
2. Routine classroom materials
3. 1 USB storage device (at least 1 GB)—student-furnished

**VIII. TEXT:**

Required Text: Instructor-made handout

**IX. METHODS OF INSTRUCTION:**

1. Problem – Based Learning [PBL]
2. Group work with tutor guidance
3. Self-learning from identified resources
4. Group reporting and consolidation of outcomes
5. Questions and Answers (Discussion)

**X. METHOD OF EVALUATION:**

1. Description	Points
a. Class participation & presentations	50%
b. Unit Tests/Quizzes	<u>50%</u>
Total	100%

2. Transmutation of percent to letter grade
  - a. 90-100   A
  - b. 80-89    B
  - c. 70-79    C
  - d. 65-69    D
  - e. 0-64     F

**Palau Community College  
CPH 243 Family Health  
Course Learning Outcomes**

During the course experience, the *course learning outcomes* (CLOs) will be assessed through the use of signature assignments. A rating scale will be used to determine the students' proficiency level of each CLO using specifically aligned assignments. The numerical ratings of 4, 3, 2 and 1 are not intended to represent the traditional school grading system of A, B, C, D and F. The descriptions associated with each of the numbers focus on the level of student performance for each of the course learning outcomes listed below.

- Rating Scale:
4. Exceeds Expectations
  3. Meets Expectations
  2. Developing
  1. Below Expectations

**CLO#1: Students will be able to define family and discuss family in Palau.**

<b>4</b>	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> <li>• Define and describe family</li> <li>• Describe the typical family structure in Palau</li> <li>• Describe the role of extended family in Palau</li> <li>• Discuss the importance of family relationships in Palau</li> </ul>
<b>3</b>	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
<b>2</b>	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
<b>1</b>	Unable to perform the tasks mentioned above.

**CLO#2: Students will be able to describe the role and influence of the family in the health conditions of its members.**

<b>4</b>	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> <li>• Describe the role and influence of family in the health of an individual</li> <li>• Describe ways in which families in Palau treat/care for the sick</li> <li>• Discuss health behaviors that are influenced by the family</li> <li>• Describe how the influence of family creates barriers in the health of individuals</li> </ul>
<b>3</b>	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
<b>2</b>	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
<b>1</b>	Unable to perform the tasks mentioned above.

**CLO#3: Students will be able to define and discuss childhood obesity and adolescent bullying in Palau.**

<b>4</b>	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> <li>• Define and discuss the characteristics of childhood obesity in Palau</li> <li>• Discuss the role of family in childhood obesity in Palau</li> <li>• Define and discuss the characteristics of bullying in Palau</li> <li>• Discuss how family mediates or influences bullying in Palau</li> </ul>
<b>3</b>	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.



2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.

**CLO#4: Students will be able to describe the major contributing factors of childhood obesity in Palau and methods to influence families to curb childhood obesity.**

4	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> <li>• Nutrition: Identify what constitutes as a healthy diet</li> <li>• Unhealthy choices: describe how financial constraints and time limitations influence unhealthy choices</li> <li>• Describe the link between physical activity and childhood obesity and the limitations of increasing physical activity in Palau</li> <li>• Identify ways in which family can be utilized to combat childhood obesity in Palau</li> </ul>
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.

**CLO#5: Students will be able to differentiate the different forms of adolescent bullying and possible preventative measures to contain adolescent bullying in Palau.**

4	Perform all of the following tasks accurately and completely: <ul style="list-style-type: none"> <li>• Describe the three forms of bullying: physical, emotional, and verbal</li> <li>• Describe how bullying affects the health of the bullied individual</li> <li>• Describe and discuss ways to assist an individual being bullied and the resources available in the community</li> <li>• Elaborate on possible preventative measures to stop adolescent bullying</li> </ul>
3	Perform the tasks mentioned above with mixed quality, but most are adequate and complete.
2	Perform the tasks mentioned above with mixed quality, but most are inadequate or incomplete.
1	Unable to perform the tasks mentioned above.