## Health Education Program

### ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan

<table>
<thead>
<tr>
<th>ISLO 1</th>
<th>COMMUNICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>Read</td>
</tr>
<tr>
<td>1B</td>
<td>Listen</td>
</tr>
<tr>
<td>1C</td>
<td>Write</td>
</tr>
<tr>
<td>1D</td>
<td>Dialogue</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ISLO 2</th>
<th>TECHNOLOGY AND INFORMATION COMPETENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2A</td>
<td>Demonstrate Technical Literacy</td>
</tr>
<tr>
<td>2B</td>
<td>Apply Technology</td>
</tr>
<tr>
<td>2C</td>
<td>Access Information</td>
</tr>
<tr>
<td>2D</td>
<td>Evaluate and Examine Information</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>ISLO 3</th>
<th>CRITICAL AND CREATIVE THINKING</th>
</tr>
</thead>
<tbody>
<tr>
<td>3A</td>
<td>Inquire</td>
</tr>
<tr>
<td>3B</td>
<td>Analyze</td>
</tr>
<tr>
<td>3C</td>
<td>Problem Solve</td>
</tr>
<tr>
<td>3D</td>
<td>Express</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ISLO 4</th>
<th>CITIZENSHIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>4A</td>
<td>Ethics</td>
</tr>
<tr>
<td>4B</td>
<td>Diversity</td>
</tr>
<tr>
<td>4C</td>
<td>Sustainability/Global Awareness</td>
</tr>
<tr>
<td>4D</td>
<td>Personal Responsibility</td>
</tr>
</tbody>
</table>
## Health Education Program

### ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Health Education PROGRAM OUTCOMES - PSLOs</strong></td>
<td><strong>Related ISLOs</strong></td>
<td><strong>C- Completed, P- Planned</strong></td>
<td><strong>C- Completed, P- Planned</strong></td>
<td><strong>C- Completed, P- Planned</strong></td>
</tr>
<tr>
<td>PSLO A</td>
<td>Demonstrate the basic skills of first aid and CPR</td>
<td>1A, 1C, 1D, 2B, 3B, 3C, 4A, 4B</td>
<td>C</td>
<td>P</td>
</tr>
<tr>
<td>PSLO B</td>
<td>Distinguish principles of healthy weight management through exercise and nutrition</td>
<td>1A, 1B, 1C, 1D, 2A, 2C, 2D, 3B, 3C, 4B, 4C, 4D</td>
<td>C</td>
<td>P</td>
</tr>
<tr>
<td>PSLO C</td>
<td>List and practice the six components of Wellness and/or the five components of Health-Related fitness.</td>
<td>1A, 1C, 1D, 2A, 2B, 2D, 3A, 3B, 3D, 4A, 4B, 4C, 4D</td>
<td>C</td>
<td>P</td>
</tr>
<tr>
<td>PSLO D</td>
<td>Demonstrate knowledge of how the Heart functions principles and compositional conventions.</td>
<td>3A, 3B</td>
<td>C</td>
<td>P</td>
</tr>
<tr>
<td>PSLO E</td>
<td>Create a balance between physical fitness, social well-being, health, and academic success</td>
<td>1B, 1D, 2A, 2B, 2C, 2D, 3A, 3B, 3C, 4A, 4B</td>
<td>C</td>
<td>P</td>
</tr>
</tbody>
</table>

### HED 1

<table>
<thead>
<tr>
<th>CSLO 1</th>
<th>Identify the specific emergency action in the correct order for specific emergencies like ones concerning breathing, bleeding and shock.</th>
<th><strong>Related PSLOs</strong></th>
<th><strong>C- Completed, P- Planned</strong></th>
<th><strong>C- Completed, P- Planned</strong></th>
<th><strong>C- Completed, P- Planned</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>CSLO 2</td>
<td>Compare and contrast the skills used in treating special populations such as children and older adults.</td>
<td>B, C, E</td>
<td>C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSLO 3</td>
<td>Demonstrate the first aid care that is needed in common medical emergencies.</td>
<td>A</td>
<td>C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSLO 4</td>
<td>Establish a plan of prevention of childhood and adult injuries both at home and in the workplace.</td>
<td>A, D</td>
<td>C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CSLO#</td>
<td>COURSE NUMBER: COURSE NAME</td>
<td>Year 1</td>
<td>Year 2</td>
<td>Year 3</td>
<td>Year 4</td>
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<tr>
<td>CSLO 1</td>
<td>Analyze &quot;overall wellness&quot; and what can be done to maintain and improve it.</td>
<td>B, C, E</td>
<td>C</td>
<td></td>
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</tr>
<tr>
<td>CSLO 2</td>
<td>Analyze the goal of &quot;psychological wellness&quot; and identify five strategies for enhancing psychological and spiritual well-being.</td>
<td>B, C, E</td>
<td>C</td>
<td></td>
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</tr>
<tr>
<td>CSLO 3</td>
<td>Diagnose and describe the signs of substance abuse and addiction.</td>
<td>B, E</td>
<td>C</td>
<td></td>
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<tr>
<td>CSLO 4</td>
<td>Discuss three current recommendations for healthy eating and how to use food labels in making healthy choices.</td>
<td>B, D, E</td>
<td>C</td>
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<tr>
<td>CSLO 5</td>
<td>Identify and analyze six of the controllable and uncontrollable risk factors for cardiovascular disease.</td>
<td>C, E</td>
<td>C</td>
<td></td>
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</tbody>
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