



## Course Specifications

|                      |                  |
|----------------------|------------------|
| <b>Course Title:</b> | Health Culture   |
| <b>Course Code:</b>  | 101CUL           |
| <b>Program:</b>      | Biology          |
| <b>Department:</b>   | Biology          |
| <b>College:</b>      | Science          |
| <b>Institution:</b>  | Jazan University |

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## A. Course Identification

|  |  |                                   |   |
|--|--|-----------------------------------|---|
| <b>1. Credit hours:</b>  |  |                                   |   |
| <b>2. Course type</b>  |  |                                   |   |
| a.   | University <input checked="" type="checkbox"/> | College <input type="checkbox"/>  | Department <input type="checkbox"/> Others <input type="checkbox"/> |
| b.   | Required <input checked="" type="checkbox"/>   | Elective <input type="checkbox"/> |   |
| <b>3. Level/year at which this course is offered:</b> Level 1/1 <sup>st</sup> Year |  |                                   |   |
| <b>4. Pre-requisites for this course (if any):</b> None                            |  |                                   |   |
| <b>5. Co-requisites for this course (if any):</b> None                             |  |                                   |   |

### 6. Mode of Instruction (mark all that apply)

| No | Mode of Instruction   | Contact Hours | Percentage |
|----|-----------------------|---------------|------------|
| 1  | Traditional classroom | 30            | 100%       |
| 2  | Blended               |               |            |
| 3  | E-learning            |               |            |
| 4  | Distance learning     |               |            |
| 5  | Other                 |               |            |

### 7. Contact Hours (based on academic semester)

| No | Activity          | Contact Hours |
|----|-------------------|---------------|
| 1  | Lecture           | 30            |
| 2  | Laboratory/Studio | -             |
| 3  | Tutorial          | -             |
| 4  | Others (specify)  | -             |
|    | <b>Total</b>      | 30            |

## B. Course Objectives and Learning Outcomes

| <b>1. Course Description</b>   |            |              |           |       |                 |                 |               |
|--|------------|--------------|-----------|-------|-----------------|-----------------|---------------|
| Course Title   | Course No. | Credit Units |           |       | Year            | Level           | Pre-Requisite |
|  |            | Theoretical  | Practical | Total |                 |                 |               |
| Heath culture  | 101CUL     | 2            | -         | 2     | 1 <sup>st</sup> | 1 <sup>st</sup> | -             |
| <b>2. Course Main Objective</b>  |            |              |           |       |                 |                 |               |
| This course deals with the study of health culture, its various fields, its relation to society and establishing healthy concepts and knowledge in the community. Providing information, data and health facts related to health and disease for all members of society. |            |              |           |       |                 |                 |               |

### 3. Course Learning Outcomes

| CLOs     |  | Aligned PLOs |
|----------|--|--------------|
| <b>1</b> | <b>Knowledge and Understanding</b>                                     |              |
| 1.1      | Recall information relevant to course content in health culture.       | K1           |
| 1.2      | Identify some items related to health culture.                         | K2           |
| 1.3      | State hypotheses and theories related to health culture.               | K3           |
| 1...     |  |              |
| <b>2</b> | <b>Skills :</b>  |              |
| 2.1      | Compare symptoms of different types of diseases.                       | S1           |
| 2.2      | Explain how infection transmit in some diseases                        | S2           |
| 2.3      | Discuss the relationship between mode of infection and the protection. | S3           |
| 2...     |  |              |
| <b>3</b> | <b>Values:</b>   |              |
| 3.1      |  |              |
| 3.2      |  |              |
| 3.3      |  |              |
| 3...     |  |              |

### C. Course Content

| No           | List of Topics   | Contact Hours |
|--------------|--|---------------|
| 1            | 1. Principles and concepts of health culture   | 2             |
| 2            | 2. Immunity  | 1             |
| 3            | 3. Classification of diseases  | 2             |
| 4            | 4- Bacterial diseases, Viral diseases, Parasitic diseases, Fungal diseases, Era diseases | 13            |
| 5            | Smoking and drugs  | 2             |
| 6            | Environmental health   | 3             |
| 7            | Family health  | 2             |
| 8            | Modern techniques in the field of medicine.  | 1             |
| 9            | First Aid  | 2             |
| 10           | Revision and final examination   | 2             |
| <b>Total</b> |  |               |

### D. Teaching and Assessment

#### 1. Alignment of Course Learning Outcomes with Teaching Strategies and Assessment Methods

| Code       | Course Learning Outcomes   | Teaching Strategies         | Assessment Methods              |
|------------|--|-----------------------------|---------------------------------|
| <b>1.0</b> | <b>Knowledge and Understanding</b>                               |                             |                                 |
| 1.1        | Recall information relevant to course content in health culture. | Lectures – group discussion | Quizzes, Short Answer Question, |
| 1.2        | Identify some items related to health culture.                   | Lectures – group discussion | Quizzes, Short Answer Question  |
| 1.3        | State hypotheses and theories related to health culture.         | Lectures – group discussion | Assignments                     |
| <b>2.0</b> | <b>Skills</b>  |                             |                                 |

| Code       | Course Learning Outcomes  | Teaching Strategies         | Assessment Methods                          |
|------------|---|-----------------------------|---|
| 2.1        | Compare symptoms of different types of diseases                   | Lectures – group discussion | Quizzes, Short Answer Question.             |
| 2.2        | Explain how infection transmit in some diseases                   | Lectures – group discussion | Quizzes, Short Answer Question.             |
| 2.3        | Discuss the relationship between the infection and the protection | Lectures – group discussion | Quizzes, Short Answer Question, Assignments |
| <b>3.0</b> | <b>Values</b>   |                             |   |
| 3.1        |   |                             |   |
| 3.2        |   |                             |   |
| ...        |   |                             |   |

## 2. Assessment Tasks for Students

| # | Assessment task*                     | Week Due | Percentage of Total Assessment Score |
|---|--------------------------------------|----------|--------------------------------------|
| 1 | Theoretical quiz 1 (essay)           | 4        | 5%                                   |
| 2 | Midterm exam (Short Answer Question) | 8        | 30%                                  |
| 3 | Theoretical quiz 2 (essay)           | 12       | 5%                                   |
| 4 | Final exam (Short Answer Question)   | 15       | 60%                                  |

\*Assessment task (i.e., written test, oral test, oral presentation, group project, essay, etc.)

## E. Student Academic Counseling and Support

Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice :

10 Office hours/faculty/week

## F. Learning Resources and Facilities

### 1. Learning Resources

|                                       |   |
|---------------------------------------|---|
| <b>Required Textbooks</b>             | الفيفي و آخرون (2016): الثقافة الصحية و صحة المجتمع   |
| <b>Essential References Materials</b> | <ul style="list-style-type: none"> <li>. عوض محمد العبد وآخرون (2002م) الثقافة الصحية للجميع , الرياض , مكتبة الرشيد</li> <li>▪ ماهر إسماعيل صبري (2001م) إدمان المخدرات – حوار في أسرة , الرياض مكتب</li> <li>. التربية العربي لدول الخليج</li> <li>منال جلال عبدالوهاب (2003 م ) أسس الثقافة الصحية , الطبعة الخامسة , الرياض , مكتبة الرشيد</li> <li>. محمد محمود عبدالله ( 1993 م) الصحة والغذاء , القاهرة , دار الفكر العربي</li> <li>▪ أمين رويجة ( د.ت) الإسعافات الأولية , بيروت , دار القلم</li> </ul> |
| <b>Electronic Materials</b>           | WWW.WHO.COM   |
| <b>Other Learning Materials</b>       | -----   |

## 2. Facilities Required

| Item   | Resources    |
|--|--------------|
| <b>Accommodation</b><br>(Classrooms, laboratories, demonstration rooms/labs, etc.)   | Lecture room |
| <b>Technology Resources</b><br>(AV, data show, Smart Board, software, etc.)  | Data Show    |
| <b>Other Resources</b><br>(Specify, e.g. if specific laboratory equipment is required, list requirements or attach a list) | -----        |

## G. Course Quality Evaluation

| Evaluation Areas/Issues                           | Evaluators        | Evaluation Methods           |
|---|-------------------|------------------------------|
| Effectiveness of teaching                         | Students, Faculty | Direct (Questionnaire)       |
| Effectiveness of assessment                       | Peer Reviewer     | Direct (Cross Check marking) |
| Extent of achievement of course learning outcomes | Program Leader    | Indirect (QA Committee)      |
| Quality of learning resources                     | QA. Committee     | Indirect (Benchmarking)      |

**Evaluation areas** (e.g., Effectiveness of teaching and assessment, Extent of achievement of course learning outcomes, Quality of learning resources, etc.)

**Evaluators** (Students, Faculty, Program Leaders, Peer Reviewer, Others (specify))

**Assessment Methods** (Direct, Indirect)

## H. Specification Approval Data

|                            |   |
|----------------------------|---|
| <b>Council / Committee</b> | Consultant Committee/ Board of Biology Department |
| <b>Reference No.</b>       |   |
| <b>Date</b>                |   |