### Division:
Health Sciences

### Area:
Health-Physical Education

### Course Number:
HPE 153

### Course Name:
Mental Health

### Prerequisite:
None

### Corequisite:

### Hours Required:
- **Class:** 45
- **Lab:** 0
- **Credits:** 3

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### Course Description/Purpose

The purpose of this class is to develop a concept of mental health and to increase awareness of mental health issues. Students will examine the principles of mental health, including risk factors associated with mental illness and factors which lend toward positive mental health. Various mental illnesses and treatment strategies will also be explored. The education and roles of mental health professionals will be reviewed, as well as mental health facility options. Societal issues concerning mental health status will also be discussed.

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### Major Units

- Introduction: What is Mental Health?
- Community Mental Health Concepts
- Health Care Mental Health Professionals
- Mental Health Care Treatment Facilities and Funding
- Situational Challenges to Mental Health
- Common Mental Illness/Concerns and Treatment Methods
Educational/Course Outcomes

Student learning will be assessed by a variety of methods, including, but not limited to, quizzes and tests, journals, essays, papers, projects, laboratory/clinical exercises and examinations, presentations, simulations, portfolios, homework assignments, and instructor observations.

**Cognitive**  Each student will be expected to *Identify/Recognize*. . .
- the concept of mental health;
- factors associated with mental health and mental illness;
- societal issues influencing recognition and treatment of the mentally ill
- the definition, etiology, scope and treatment methods for selected mental illnesses and mental emotional disorders;
- community mental health concepts, disorders and trends;
- funding sources and political issues related to these for resource allocation;
- the major theories of personality development;
- the personal mental health status of the student and be able to make changes as necessary;
- common situational challenges to mental health including methods which assist in coping with these.

**Performance**  Each student will be expected to *Demonstrate/Practice*. . .
- speaking in an advocate's role about a mental health issue;
- behaviors which promote positive mental health.

**Attitudinal**  Each student will be expected to *Believe/Feel/Think*. . .
- the importance of the numerous ethical, legal, and moral issues concerning mental health status in the United States and gain an appreciation for them.
I. Introduction: What is Mental Health? (Week 1)
   A. Mental Health versus Mental Illness
   B. Overview of Societal Issues regarding Mental Health/Illness
   C. Scope of Mental Illness in United States

II. Community Mental Health (Weeks 2, 3)
   A. Overview of Community Mental Health Concepts and Trends
   B. Gap between Need and Resources
   C. Community-Based Services and Funding
   D. Need for Advocacy

III. Mental Health Care Professionals (Week 4)
   A. Analysis of Various Mental Health Professionals' Education and Roles
   B. Accountability
      1. standards
      2. credentialing
      3. specialization
   C. Association for Professionals

IV. Overview of Theories of Personality Development (Weeks 5, 6)
   A. Personality Defined
   B. Major Components of Developmental Theories
      1. Freud
      2. Sullivan
      3. Erikson
      4. Maslow
      5. Piaget
      6. Kohberg
      7. Baker-Miller

V. Situational Challenges to Mental Health (Weeks 7, 8, 9)
   A. Coping with Stress
      1. stress analysis
      2. stress management
   B. Aging and Organic Mental Disorders
      1. Alzheimer's Disease
      2. Parkinson's Disease
   C. Death, Dying, Grieving
D. Dealing with Loss of Function, Chronic Illness, and Pain
E. Adolescent Issues
F. Drug Use and Mental Health
   1. alcohol abuse
   2. addiction issues

VI. Common Mental Illnesses and Treatment Methods (Weeks 10-15 [Includes class presentation of issue])

A. Common Treatment Approaches
   1. psychotherapy
   2. psychopharmacology
   3. somatic treatments
   4. inpatient/outpatient treatment approaches
   5. spirituality and mental health
   6. promotion of positive mental health and effective coping responses

B. Anxiety Disorders/Phobia
C. Attention Deficit: Hyperactivity Disorder
D. Dissociative Disorders
E. Personality Disorders
F. Eating Disorders
G. Sexual Disorders and Sexual Abuse
H. Depression
   1. suicide
   2. self-protective mechanisms
I. Schizophrenia and Psychotic Disorders
J. Bipolar Disorder
K. Violence and Aggression
   1. domestic violence
   2. rape

VII. Future Directions for Mental Health