

**College of Micronesia-FSM  
P. O. Box 159  
Kolonia, Pohnpei FM 96941**

**Course Outline Cover Page**

Family Health  
**Course Title**

SC 094  
**Department and Number**

**Course Description:**

An introductory course on the types, and concepts of family, its needs, resources, nutrition, proper diet, responsible parenthood and diet related diseases common in Micronesia.

**Course Prepared by:** Joe Habuchmai      **State** COM-FSM National Campus

	Hours per Week		No. of Week		Total Hours		Semester Credit
Lecture	<u>3</u>	x	<u>16</u>	=	<u>48/16</u>	=	<u>3</u>
Laboratory	_____		_____		_____		_____
Workshop	_____	x	_____	=	_____	=	_____
<b>Total Semester Credits</b>							<u>3</u>

**Purpose of Course:**

Degree Requirement	_____
Degree Elective	_____
Certificate	_____
Remedial	_____
Other (workshop)	_____

**Prerequisite Course(s):**      None

7/6/99  
Signature, Chairperson, Curriculum Committee

Date Approved by Committee

7/8/99

Date Approved by President

I. GENERAL OBJECTIVES: The student will demonstrate basic knowledge of the types of families, needs and resources, responsible parenthood, and the importance of nutrition and proper diet for the well being of all members.

- Assisting young people to acquire the knowledge, skills, and values which will prepare them for the responsibilities of adult life, marriage, parenthood, and for

participation in community life with the view to contributing to healthy and satisfying life.

- Helping young people to understand their feelings and beliefs, to cope with physical, emotional and social changes which are part of growing up, to be able to recognize what is important to them, and to behave in a way that is caring and responsible.
- Helping students to learn the importance of proper food choice to good health and the connection between food and illnesses.

II. SPECIFIC OBJECTIVES: The student will be able to:

- Describe the types of families and their characteristics.
- Explain the concept of family.
- Explain family roles, and factors that affect the family relationships.
- Describe the different family needs and resources
- List and explain the eight stages of family life cycle.
- Discuss characteristics of responsible parents.
- Explain the importance of family planning for the individual, family, community and nation.
- Develop understanding of food as nutrients.
- Identify food components as meeting dietary needs.
- Relate food choices to disease prevention.

III. COURSE CONTENT;

- Family concepts
- Types of families and their characteristics
- Family roles and responsibilities
- Contemporary and traditional families in Micronesia
- Family needs and resources
- Eight stages of family life cycle
- Responsible parenthood.
- Family planning.
- Food and Nutrition
- Food components and dietary needs
- Diet-related disease and illness

IV. METHODS OF INSTRUCTION:

- Lectures (both instructor and guests)
- Reading assignment
- Project assignment
- Library research
- Debate an issues relating to the family

V. TEXT AND RESOURCES:

- College of Micronesia-FSM Publication, Family Life/Sexuality Education; A Manual for Teacher Training Colleges in the Pacific, COM-FSM Kolonia, Pohnpei, 1997

- The New Handbook of South Pacific Nutrition, Susan Parkinson and Julian Lambert
- New Pacific Nutrition, Nancy Rody

VI. ATTENDANCE POLICY:

- Established COM-FSM Attendance Policy will be adhered to; instructor to advise students of this policy on the first day of class.

VII. GRADING:

- A, B, C, D, F and withdrawal grades to be used, based on class participation, project completion, test and exams.