COMMON COURSE OUTLINE: Course discipline/number/title: OSP 1005: Daily Living Skills

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 3 lecture
3. Prerequisites (Course discipline/number): Acceptance into the Occupational Skills Program
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): None

This course covers skills that students need to live independently with the community. Topics include: Safety, hygiene, grooming, nutrition, meal planning and food choices, stress management, physical fitness and healthy choices.

B. DATE LAST REVISED (Month, year): April, 2014

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Safety (personal, community, workplace)
2. Hygiene and grooming
3. Nutrition
4. Stress
5. Physical fitness
6. Healthy choices

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Identify safe behaviors in various environments.
2. Explain positive hygiene and grooming and its benefits.
3. Apply positive hygiene and grooming concepts.
4. Identify nutritious food concepts.
5. Plan a meal using selected nutritious guidelines.
7. Identify personal stress reducing activities
8. Recognize physical fitness concepts and its importance to health bodies.
9. Explain and recognize healthy choices.

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
Evaluation may include any or all of the following:
1. Exams and Quizzes
2. Class participation and activities
3. Group work
4. Assignments and demonstrations

G. RCTC CORE OUTCOME(S) ADDRESSED:
- Critical Thinking
- Personal/Professional Accountability
- Communication
- Global Awareness/Diversity
- Civic Responsibility
- Aesthetic Response

H. SPECIAL INFORMATION (if any): None