

RC HEALTH EDUCATION SYLLABUS

DEPARTMENT PHILOSOPHY: Our department will use a “concepts” approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

COURSE NAME: Health 1 MWF 10-10:50 **COURSE TITLE:** Health Education
COURSE #: 55013

COURSE DESCRIPTION: This course is designed to introduce the student to a comprehensive study of personal and community health. This course will also introduce the student to health issues at the local, state and national levels.

INSTRUCTOR: Kim Locklin **EMAIL:** kim.locklin@reedleycollege.edu **OFFICE#**320B
HOURS: MWF 10-10:50 MWF11-12 Ext.3565

COURSE OBJECTIVES: To define, understand, discuss and identify the connections between personal health, behaviors, family background, and environmental issues that affect and impact the overall health and well-being of the individual.

REQUIRED MATERIAL(S): **TEXT:** Core Concepts in Health 11th Edition
SCANTRONS: 882 Scantron **Mayfield Publishing Company**

Specify the learning skills the student demonstrates through completing the course and link critical thinking skills to specific course content and objectives.)

Upon completion of this course, students will be able to:

- A. Assess and analyze one’s own personal wellness to be able to integrate positive health changes in lifestyle
- B. Apply nutritional knowledge to one’s own dietary intake and weight management
- C. Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness and behavior
- D. Know the relationship between lifestyle, aging and overall wellness
- E. Relate how various health issues affect individuals as well as society
- F. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.

ATTENDANCE POLICY: You will sign/answer to a daily attendance sheet before, during or after class. It will be your responsibility to do this. Class will begin on time! If you are 15 minutes late, please do not attend my class.

TESTING POLICY: There will be six (6) written exams comprised of multiple choice and true/false questions. Each exam will test your knowledge of the information presented in each unit. All exams are mandatory. Your opportunity to make-up an exam will be left up to the discretion of the instructor. **NO USE OF CELL PHONES**

FINAL EXAM: May 14, 2012. 4 or less absences max 25 pts. More than 4 absences max 12.5 pts.

HOW YOUR FINAL GRADE WILL BE CALCULATED: Grades will be based on the completion of all six (6) exams worth 50 points each. You will be allowed to drop your lowest test score of the semester. Your grade will be calculated on your top 5 exams worth a total of 250 points. Comprehensive Extra Credit Final Will Be Worth 25 pts.

Grading Scale:	A = 250-225 pts. (90%-100%)	B = 224-200 pts. (80%-89%)
	C = 199-175 pts. (70%-79%)	D = 174-150 pts. (60%-69%)
	F = below 150 pts.	No make-up test period!

DROP POLICY: 18-week courses have a drop deadline in the 9th week. Short-term classes have a drop deadline of 4 ½ weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

DROP DEADLINE: Oct 12th

Final Exam Week: Dec 10-14

Final: Monday, Dec 10; 10-11:50

HEALTH EDUCATION I 55040

UNIT OUTLINES

Fall 2012

RM: SOC 32

- UNIT 1** **Wellness, Stress, and Psychological Health**
- Chapters 1, 2, 3 **Exam: Thurs. Aug 30**
Lecture dates: Aug 14-28
5 Lectures
**No class Jan 16th MLK Holiday.
- UNIT 2** **Nutrition, Weight Management, and Fitness**
- Chapters 9, 10, 11 **Exam: Thurs. Sept 20**
Lecture dates: Sept 4-18
5 Lectures
- UNIT 3** **Alcohol and Tobacco**
- Chapter 8 **Exam: Thurs. Oct 11**
Lecture/Video dates: Sept 25- Oct 9
Video: Sex, lies, and alcohol
5 Lectures
- UNIT 4** **Drugs**
- Chapter 7 **Exam: Thurs. Nov 1**
Lecture dates: Oct 16-30
Video- History of Drugs, cocaine snow storm in the jungle.
Psychoactive drugs.
5 Lectures
- UNIT 5** **Reproduction and Contraception**
- Chapters 5, 6 **Exam: Thurs. Nov 20**
Lecture/Video Dates: Nov 6-15
Video: Miracles of Life
4 Lectures
Thanksgiving Holidays Nov 22-23
- UNIT 6** **Diseases**
- Chapter 13 **Exam: Thurs Dec 8**
Lectures Dates/Video: Nov 27- Dec 3
Video: A Race between the microbes
3 Lectures
- FINAL** **TBA – Lecture/Test dates subject to change without notice.**
Final Week: Dec 10-14
FINAL: Thursday, Dec 13; 9-10:50