**Reedley College**

995 North Reed Ave

Reedley, California 93654

Fall 2016

**Course Title: Health 1 – Contemporary Health Issues**

**Course Number:** 56990

**Unit Value:**  3

**Class Time:** Tuesday from 6p.m. - 8:50p.m.

**Class Location:** POR 4

**Prerequisite:** None

**Grading:** A, B, C, D, or F

**Instructor: Harnak (Hank) S. Gill, R.E.H.S., I/A, AMI, M.P.H.**

**Email**: harnak.gill@reedleycollege.edu

**INSTRUCTOR CONTACT:** Please contact me via e-mail or in person before or after class to discuss any issue you may have.

**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 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.

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

1. Access and analyze one’s own personal wellness to be able to integrate positive health changes in lifestyle
2. Apply nutritional knowledge to one’s own dietary intake and weight management
3. Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness and behavior
4. Know the relationship between lifestyle, aging and overall wellness
5. Relate how various health issues affect individuals as well as society
6. Compare and contrast health issues and problems that exist at the local, state and national levels.

**REQUIRED MATERIALS**: **TEXT**: Core Concepts in Health 14th Edition

The McGraw-Hill Publishing Companies

ISBN: 9781259700330

**SCANTRON**: 882 E (5 total for semester)

**ATTENDANCE POLICY**: I will take daily attendance before class each day. It will be **your** responsibility to make sure that I know that you are present. You will not be graded on attendance; however my lectures will cover items that will be on the exam so it is best to show up. Attendance will only be the used if you are border-line regarding your final grade. Be on time! Class will begin on time!

**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 POLICY**: 18-week courses have a drop deadline in the 9th week. Short-term classes have a drop deadline of 4½ 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.

**REMOVAL FROM CLASS**

All cell phones, pagers, CD and MP3 players, or anything disruptive must be silenced and put away when in class. **VIOLATORS WILL BE ASKED TO LEAVE.**

No disruptive behavior will be tolerated during class lecture, presentations or activities. **VIOLATORS WILL BE ASKED TO LEAVE.**

**CHEATING AND PLAGIARISM**: “Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one’s grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term ‘cheating’ not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means. Plagiarism is a specific form of cheating that consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one’s own work.” Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course.

**TESTING POLICY**: There will be five (5) written exams comprised of multiple choice and true/false questions. Each exam will test your knowledge of the information presented in each unit, lecture and any guest speakers. All exams are mandatory. No makeup work or late assignments will be allowed without compelling reasons and ***prior*** approval by the instructor.If you have a conflict please contact me ahead of time to schedule a different time to take the exam before the rest of the class. There will be no make-ups for pop quizzes that are given in class.

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| 2017 Fall Semester Important Dates | |
| **DATE** | **ACTION** |
| **August 26, 2016** | **Last day to drop for full refund** |
| **September 2, 2016** | **Last day to add class** |
| **October 14, 2016** | **Last day to drop (letter grade assigned after this date)** |
| **December 12-16, 2016** | **Final Examinations Week ( Health 1 Final Dec 13)** |

**Class Assignments:**

**Exams:** There will be five (5) written exams comprised of multiple choice and true/false questions. Each exam will consist of 50 questions which is worth 50 points each.

**Paper:**

1 written paper worth 100 points.

Students will be expected to write an essay paper evaluating their own health habits. They will explore the risk factors and provide strategies for change that will enhance their own well-being. The paper should be a minimum of three pages and no more than five pages. Points will be deducted if the paper is turned in late. Please double space papers, using size 12 font, times new roman lettering. **The last day to turn in your paper is Nov 1st. No Late Papers will be accepted!**

*The following five areas should be addressed in the paper***:**

1. Your family health history
2. Your health history and lifestyle
3. Identify one health risk (mental, physical and or social) you may have
4. Research that health risk and include information in the paper about the dangers
5. Develop a plan for minimizing the health risk and enhancing your own well-being

**Current Events:**

Students will find 2 current event articles to review and examine how they are directly connected to Health and Wellness. Each student will be responsible for turning in a minimum of **1 page** summary evaluating a current news article that is related to the topics we discuss in the class. Due dates and more details will be given in class. The assignments will be typed and turned in with a copy of the original article.

**Quizzes:**

There will be 5 ten (10) point quizzes/exams given on the chapters lectured on in class. Chapter quizzes may be combined or given individually. Question types will include multiple choice, short answer, matching, true/false or essay questions. There are no makeups on the quizzes if you miss them.

**Final:**

There will be a final on Chapters 16-17. The final will **not** be comprehensive and is worth 50 points. The final will be given during finals week in class.

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**Course Topics**

The course objectives are met by review of the texts seventeen chapters. The course content topics and anticipated dates are:

**Tentative Course Schedule**

**Fall 2016**

**Weekly Topics**

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|  | **Start 1/11/16**  **End 5/20/16** |  |  |
| **Assignments, Activities, Readings and Quizzes / Due Dates** |
|  | **Topic** |
| Aug 16 | Week 1 | Intro/Class Overview | Review Syllabus and all Assignments for  Class. |
| Aug 23 | Week 2 | **Chapter 1 & 2**  Taking Charge of health  Stress Constant Challenge | **Read Chapter 1 & 2 before class** |
| Aug 30 | Week 3 | **Chapter 3**  Psychological Health | **Read Chapter 3 before class** |
| Sept 6 | Week 4 | **Chapter 4**  Relationship & Comm. | **Exam #1 Chapters 1-3**  **Read Chapter 4 before class** |
| Sept 13 | Week 5 | **Chapter 5**  Sexuality, Pregnancy and  Childbirth | **Read Chapter 5 before class** |
| Sept 20 | Week 6 | **Chapter 6**  Contraception & Abortion | **Current Events – Article #1 Due**  **Read Chapter 6 before class** |
| Sept 27 | Week 7 | **Chapter 7**  Drug Abuse & Addiction | **Exam #2 Chapters 4-6**  **Read Chapter 7 before class** |
| Oct 4 | Week 8 | **Chapter 8**  Alcohol & Tobacco | **Read Chapter 8 before class** |

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| Oct 11 | Week 9 | **Chapter 9**  Nutrition Basics | **Read Chapter 9 before class** |
| Oct 18 | Week 10 | **Chapter 10**  Exercise for Health & Fitness | **Exam #3 Chapters 7-9**  **Read Chapter 10 before class** |
| Oct 25 | Week 11 | **Chapter 11**  Weight Management | **Read Chapter 11 before class** |
| Nov 1 | Week 12 | **Chapters 12**  Cardio. Disease & Cancer | **Health Evaluation Paper Due**  **Read Chapter 12 before class** |
| Nov 8 | Week 13 | **Chapter 13**  Immunity & Infection | Exam #4 Chapters 10 - 12  **Read Chapters 13 before class** |
| Nov 15 | Week 14 | **Chapter 14**  Environmental Health | **Current Events – Article #2 Due**  **Read Chapter 14 before class** |
| Nov 22 | Week 15 | **Chapters 15**  Conven. & Comp. Health | **Read Chapter 15 before class** |
| Nov 29 | Week 16 | **Chapters 16**  Personal Safety | Exam # 5 Chapters 13-15  **Read Chapter 16 before class** |
| Dec 6 | Week 17 | **Chapters 17**  Aging | **Read Chapter 17 before class** |
| Dec 12-16 |  | FINALS WEEK | Class Final Dec. 13 |
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* **This syllabus and the schedule is subject to change based upon class needs and at the instructor discretion.**

**Evaluation Procedures**

**A. Percent Distribution:**

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| ASSIGNMENT | POINTS/PERCENTAGE |
| *5 Exams@ 50pts each*  *(50 questions; 1 points each)* | *250pts* |
| *Health Evaluation paper (3 pages)* | *100pts* |
| *5 Pop Quizzes @ 10 points each* | *50pts* |
| *Current Events Articles (2)*  *(25 points each)* | *50pts* |
| *Final Exam* | *50pts* |
| ***Total:*** | ***500 points*** |

B. **Grading Criteria:** Students will be graded upon their understanding of the subject matter and background reading, lecture and nay guest speakers with the use of a multiple choice and true/false test on each of the seventeen chapters – 5 exams: (50 questions each exam) and a final exam made up of multiple choice questions from the last two chapters (total 50 questions). All exams will be taken on scantron 882E. 5 pop quizzes (5 questions each quiz) will be used to analyze the reading comprehension. No make-up for missed pop quizzes. All exams are mandatory. No makeup work or late assignments will be allowed without compelling reasons and ***prior*** approval by the instructor.The exams cannot be made up if missed. If you have a conflict please contact me ahead of time to schedule a different time to take the exam before the rest of the class. All papers are due on the due date in class. **Failure to submit papers when due will result in 10% deduction for each date it is late up to 4 days, at which time it cannot be submitted.**

**C. Grading Scale: Percentage:**

450 - 500 points = A (90 – 100%)

400 - 449 points = B (80 – 89%)

350 - 399 points = C (70 – 79%)

300 - 349 points = D (60 – 69%)

0 - 299 points = F (50 – 59%)

\*No makeup work or late assignments will be allowed without compelling reasons and ***prior*** approval by the instructor.