

## REEDLEY COLLEGE 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?

**INSTRUCTOR:** Mr. Ross Garner

**OFFICE/ PHONE:** PE 320B/ 638-3552

**E-MAIL:** [ross.garner@reedleycollege.edu](mailto:ross.garner@reedleycollege.edu)

**OFFICE HOURS:** Email for appt.

**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:

- 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.

**REQUIRED MATERIALS:**

**TEXT:** Core Concepts in Health 12<sup>th</sup> Edition  
The McGraw-Hill Publishing Companies

**SCANTRON:** 882 E (Need 7 Scantrons for Semester)

**ATTENDANCE POLICY:** I will orally call daily attendance before class each day. It will be **your** responsibility to let me know you are here. You will not be graded on attendance. Attendance will be the “kicker” if you are border-line regarding your final grade. Be on time! Class will begin on time!

**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.

**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.

**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.

**EXTRA CREDIT :** Comprehensive Final Exam (50 questions) worth 25 extra credit points. (One (1) extra credit point for every two (2) correct responses.)

**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:** 6-week courses have a drop deadline in the 1<sup>st</sup> 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.

**IMPORTANT DATES**

**July 4<sup>th</sup> (M) – 4<sup>th</sup> of July Holiday Observed (No Classes)**  
**July 28<sup>th</sup> (Th) – End of 6-Week Summer School session**

# HEALTH EDUCATION 1

## UNIT OUTLINES

### SUMMER 2016

<b>UNIT 1</b>	<b><u>Wellness, Stress, and Psychological Health</u></b>	
	Chapters 1, 2, 3 Lecture Dates: June 22 – June 24	<b><u>Exam:</u> Thurs. June 23</b>
<b>UNIT 2</b>	<b><u>Nutrition, Weight Management, and Fitness</u></b>	
	Chapters 9, 10, 11 Lecture Dates: June 29 – July 1	<b><u>Exam:</u> Thurs. June 30</b>
<b>UNIT 3</b>	<b><u>Alcohol &amp; Tobacco</u></b>	
	Chapter 8 Lecture Dates: July 6 – July 8	<b><u>Exam:</u> Thurs. July 7</b>
<b>UNIT 4</b>	<b><u>Drugs</u></b>	
	Chapter 7 Lecture Dates: July 13 – July 15	<b><u>Exam:</u> Thurs. July 14</b>
<b>UNIT 5</b>	<b><u>Reproduction, Pregnancy, Childbirth, Abortion &amp; Contraception</u></b>	
	Chapters 5, 6 Lecture Dates: July 20 – July 22	<b><u>Exam:</u> Thurs. July 21</b>
<b>UNIT 6</b>	<b><u>Diseases</u></b>	
	Chapter 12, 13 Lecture Dates: July 27 – July 28	<b><u>Exam:</u> Weds. July 27</b>
<b>FINAL</b>	<b>Thurs. July 28 @ 10:15am – 12:20 am in FEM 4</b>	