Health 1    Instructor: Kayla Clement

Spring 2018    E-mail:       kayla.clement@fresnocitycollege.edu

**HEALTH SYLLABUS**

**Course Description:**

Health 1 will provide you with information to understand and implement the basic principles of physical, mental, and spiritual wellness.  It is the goal of this class to get the student to understand the major factors for living a healthy lifestyle. This includes; being responsible for one’s behavior, contributing to the health of one’s social and physical environments, and realizing that health and wellness encompass one’s entire being. Each student is expected to attend and participate in all class activities, to read and study assigned chapters, and to complete all assignments on time.

**Course Objective:**

At the conclusion of this course the student will demonstrate an understanding of effective instructional competencies by:

1. Establishing the key elements of a healthy lifestyle

2. Distinguishing between healthy choices and those which would adversely affect their health now and in the future.

3. Identifying the different biological and/or cultural differences that affect health and wellness.

4. Developing relevant materials to assist in establishing and monitoring their personal health habits.

5. Assess and analyze their own personal wellness and be able to integrate positive lifetime health changes

6. Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness, habits and their personal behavior.

7. Understand the relationship that lifestyle, aging, and overall wellness have in common.

**Required Material:**

· Text: Core Concepts in Health and Wellness by Insel, 14th edition.

· #2 Pencil

**Attendance Policy:**

· Students must be in assigned seats when roll is taken.

· If you are late:

a. Enter the room quietly and sit in your assigned seat. DO NOT DISRUPT THE CLASS.

b. Clear your absence immediately after class.

**Make – Up Policy:**

There is NO Make-Up Policy. All assignments must be turned in on the due date at the beginning of the class period. You are required to be present on the Quiz/Exam date. Failure to be present on the date of the exam will result in a “0”. There are NO EXCUSES.

**Quiz/Exams:**

· Six (6) quizzes @ 20 points each will be given. (100 points total)

· Your lowest Quiz score will be dropped.

· Midterm and Final Exam @ 50 points each (100 points total)

· Tests will begin at 10 minutes after class starts. Those that are late will not be allowed to take the exam and will receive a ½ credit on the test.

**Outside Assignment:  (50 points)**

1. Written Assignment: Student can write about a health issue that has had an impact on their everyday lifestyle.

**Article Review:  (50 points)**

1. Instructor will pass out outline for Article Review Procedure

**Attendance/Participation (150 points)**

1. 3pts each day

Grading Scale:  450 points possible

A  =  405 - 450

 B  =  360 – 404

 C  =  315 – 359

 D  =  270– 314

 F  =   269 & below

**DSPS Statement:**

· If you have a verified need for an academic accommodation or materials in alternate media (Braille, Large Print, Electronic Text, Etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor as soon as possible.

Plagiarism and Academic Dishonesty will not be tolerated. Please refer to your student catalog for more information regarding plagiarism and cheating

Silence your CELL PHONES as soon as you enter the classroom. I would hope all of you could refrain from TEXT MESSAGING while class is in session. If you get caught using your Cell Phone during class time, I will ask you to put it away and will receive a “0” for the upcoming quiz/test. While taking an exam, nobody is to leave their seat for the purpose of using their cell phone. This will result in an

automatic “0” on the test. If caught TEXT MESSAGING during an exam, you will also receive a “0”for that exam