

Reedley College  
Health 1 Spring 2020 Course Syllabus

Course Title: Health 1  
Course Number: HE-1  
Class Days: Tuesday

Instructor: Jeff Taber  
Office Hours: Arranged  
Time: 6:00 to 8:50 pm

Phone: (559) 289-8327  
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Prerequisites: None

**Required Text:** Core Concepts in  
Health- 16th Edition by Insel and  
Roth Brief  
(ISBN: 978-0-07-802867-0)

**CATALOG DESCRIPTION:**

This course is designed to introduce students to a comprehensive study of personal and community health. This course will also introduce the student health issues at the local, state, and national levels. (A, CSU-GE, UC)

**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.

**OBJECTIVES OF THE COURSE:**

In the process of completing this course, students will:

- A. Define health and discuss how it affects quality of life
- B. Recognize and evaluate signs and symptoms of stress and disease
- C. Describe drug use, abuse, and its effects
- D. Discuss alcohol use and abuse and examine effects on society
- E. Identify the reproductive systems and various birth control methods
- F. Identify and recognize signs and symptoms of diseases
- G. Define fitness and be able to critique one's exercise level
- H. Examine weight control issues and its overall effect on society
- I. Define nutrition and the various nutrients that relate to a healthy diet
- J. Understand the various dimensions of the aging process
- K. Analyze the use of tobacco and its effect on the user, non-user, and society
- L. **Have Fun, Enjoy yourself and Learn Something!**

## **GENERAL REQUIREMENTS / INFORMATION:**

### ***Class Format:***

Class sessions will consist of lectures, films, group discussions, handouts, homework, guest speakers, PowerPoint presentations, and other activities.

### ***Attendance:***

Attendance is **Vital** if you want to be successful in this class. Attendance will be taken on daily roll sheet. Each student will be responsible for signing in at the **end** of class. Please make sure you ID number is clearly written. Students who leave considerably early will not receive the full participation points for that day. In-class days will only be on Tuesdays.

**Drop Policy:** 18 week courses have a drop deadline of the 9<sup>th</sup> week. However, you may be dropped by the instructor at any time after (4) consecutive absences.

<i>2020 Spring Semester Important Dates</i>	
<b>DATE</b>	<b>ACTION</b>
<b>January 24<sup>th</sup>, 2020</b>	<b>Last day to drop for full refund</b>
<b>January 27<sup>th</sup>, 2020</b>	<b>Last day to add classes</b>
<b>March 13<sup>th</sup>, 2020</b>	<b>Last day to drop (letter grades assigned after this date)</b>
<b>May 12<sup>th</sup>, 2020</b>	<b>Last day of Instruction</b>
<b>May 18<sup>th</sup> – 22<sup>nd</sup>, 2020</b>	<b>Final Examinations</b>
<b>Holidays / Spring Break</b>	<b>Jan 20<sup>th</sup> MLK, Feb 14<sup>th</sup> Lincoln, Feb 17<sup>th</sup> Wash, April 6-10 Spring Break</b>

## **CLASS ASSIGNMENTS:**

### ***Quizzes:***

There will be 8 - 9 fifty (50) 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, or essay questions.

### ***Current Events:***

Students will find 4 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 **half 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.

### ***Research Papers:***

Each student will complete 3 short research papers throughout the semester. The papers will be written on a **specific Drug**, a **specific form of cancer** or **specific STD** and a **specific environmental health concern**. A 2 to 4-page paper will be written on each topic. Each paper will be worth **35 points** and will include and reference page. The specifics of what each paper will entail will be handed out throughout the semester. I will use an Internet plagiarism software to make sure each person is turning in an authentic paper researched and written by themselves.

### ***Final Essay Paper:***

Students will be expected to write and TYPE 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 this paper in is May 12<sup>th</sup> 2020. 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

### ***\*Extra Credit:***

Extra credit may be passed out from time to time. In order to receive points for the extra credit, you must be in class the day that it is assigned.

### ***Participation:***

Students will be expected to show up to class, be attentive and participate fully throughout the semester. \*Anytime class is cancelled or there is a holiday, you will automatically receive your participation points for that day.

### ***Ways to lose participation points:***

1. SLEEPING!
2. Being disrespectful to your classmates and or the teacher.
3. Showing up late to class.
4. **Texting** or talking while I am talking!

## **ASSESSMENT OF STUDENT PERFORMANCE (GRADING)**

Grades will be based on the following:

1. Quizzes
2. Current Events
3. Mini Research Papers
4. Final Essay Paper
5. In class handouts and worksheets
6. Participation

### **A. GRADING SCALE**

- 900 - 1000** points = **A**  
**800 - 899** points = **B**  
**700 - 799** points = **C**  
**600 - 699** points = **D**  
**0 - 599** points = **F**

## B. PERCENT POINT DISTRIBUTION:

ASSIGNMENT	POINTS	PERCENTAGE
Quizzes (Up to 9 x 50)	450pts	45%
Current Event Assignment (Part A)	20pts	2%
Current Event Assignment (Part B- Presentations)	35pts	3.5%
Mini Research Papers (3 x 35)	105pts	10.5%
Chapter Wellness Worksheets	100pts	10%
In Class Handouts, Worksheets, and Activities	100pts	10%
Participation	140pts	14%
Final Essay Paper	50pts	5%
<b>Total:</b>	<b>1000 points</b>	<b>100%</b>

## C. GRADING CRITERIA:

Students will be graded upon their understanding of the subject matter and background reading with the use of a multiple choice quiz on each of the 18 chapters and handouts (50 points each quiz), 3 mini research papers (35 points each) covering various topics in chapters 1 through 18 in the required text and a final essay paper (50 points). Students will also be graded on their ability to understand and apply concepts in the form of a two-part current event project (20 points for part A and 35 points for part B, for a total of 55 points) on assigned/approved topics. The first part of the project, part A, will be written in the form of a half to 1 page summary, part B a class presentation. All written projects/papers must be submitted via Canvas by the required deadline.

### ACADMEIC HONESTY POLICY:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating will be reported to the Dean's office and will receive a severe punishment for their conduct.

### DISABILITIES STATEMENT:

"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 or Section 504 of the Rehabilitation Act, please contact you instructor as soon as possible."

## Tentative Weekly Topics, Reading Assignments, and Projects

Week	Date	Topic	Reading in Text	Assignments, Activities and Exams/Quizzes Due Dates
1	Jan. 14	Introduction to Concepts of Health – What Does Health Mean to You? – Historical		Introduction to the class, course procedures, icebreaker, historical events in health and syllabus review.
2	Jan. 21	<b>Taking Charge of Your Health</b>	<b>Chapter 1</b>	<b>Lecture/ Current Events</b>

Week	Date	Topic	Reading in Text	Assignments, Activities and Exams/Quizzes Due Dates
*	<b>Jan. 24</b>	<b>LAST DAY TO DROP WITHOUT A SERIOUS AND COMPELLING REASON</b>		
*	<b>Jan. 27</b>	<b>LAST DAY TO ADD CLASSES</b>		
3	Jan. 28	Stress: The Constant Challenge	<b>Chapter 2</b>	<b>Quiz 1-</b> Chapt. 1 Lecture/ Current Events
4	Feb. 4	Psychological Health Sleep	<b>Chapter 3</b> <b>Chapter 4</b>	Lecture/ Current Events
4	Feb. 11	Intimate Relationships and Communication	<b>Chapter 5</b>	<b>Quiz 2-</b> Chapt. 2, 3, 4 Lecture/ Current Events
5	Feb. 18	Sexuality, Pregnancy, and Childbirth Contraception and Abortion	<b>Chapter 6</b> <b>Chapter 7</b> <b>Chapter 8</b> <b>Chapter 9</b>	<b>Quiz 3-</b> Chapt. 5 Lecture <b>Mini Research Paper #1 Due</b> Current Events
6	Feb. 25	Drug Use and Addiction	<b>Chapter 10</b>	<b>Quiz 4-</b> Chapt. 6, 7, 8, 9 Lecture/ Current Events
7	Mar. 3	Alcohol and Tobacco	<b>Chapter 11</b> <b>Chapter 12</b>	Lecture/ Guest Speaker – Cristhian Ibanez, Health Educator, Tobacco Control Program
8	Mar. 10	Nutrition Basics	<b>Chapter 13</b>	<b>Quiz 5-</b> Chapt. 10, 11, 12 Lecture/ Current Events
*	<b>Mar. 13</b>	<b>LAST DAY TO DROP (LETTER GRADES ASSIGNED AFTER THIS DATE)</b>		
9	Mar. 17	Exercise for Health and Fitness Weight Management	<b>Chapter 14</b> <b>Chapter 15</b>	<b>Mini Research Paper #2 Due</b> Lecture/ Current Events
10	Mar. 24	Cardiovascular Health Cancer & Immunity and Infection	<b>Chapter 16</b> <b>Chapter 17</b> <b>Chapter 18</b>	<b>Quiz 6-</b> Chapt. 13, 14, 15 Lecture/ Current Events
11	Mar. 31	Sexually Transmitted Infections	<b>Chapter 19</b>	<b>Quiz 7-</b> Chapt. 16, 17, 18 Lecture/ Current Events
12	<b>Apr. 7</b>	<b>HOLIDAY</b>		<b>No Class</b>
13	<b>Apr. 14</b>	Environmental Health; Conventional and Complementary Medicine	<b>Chapter 20</b> <b>Chapter 21</b>	<b>Quiz 8-</b> Chapt. 19 <b>Mini Research Paper #3 Due</b> Lecture/ Current Events
14	<b>Apr. 21</b>	Personal Safety	<b>Chapter 22</b>	Lecture/ Current Events SafeKids Day Presentation
15	<b>Apr. 28</b>	The Challenge of Aging Dying and Death	<b>Chapter 23</b> <b>Chapter 24</b>	Lecture/ Current Events
16	<b>May 5</b>	Presentations – Current Events – Written Summaries Due		<b>Quiz 9-</b> Chapt. 20, 21, 22, 23, 24 Current Events New Technology & Planning for the Future
17	<b>May 12</b>	<b>LAST DAY OF INSTRUCTION (FINAL ESSAY PAPER DUE, NO LATE PAPERS)</b>		
*	<b>May 22</b>	<b>END OF SEMESTER</b>		

**\*The Syllabus is subject to change throughout the semester.  
You will be notified of any changes through canvas.**