

Reedley College
Health 1 SPRING 2021 Course Syllabus

Course Title: Health 1
 Course Number: 54042
 Class Days: Online

Instructor: Eric Marty
 Office Hrs: M/W (By Appointment)
 Time: Online

Phone: (559) 638-3641 ex 3369 office
 Email: Eric.Marty@reedleycollege.edu
 Prerequisites: None

Required Text: Core Concepts in
 Health- 16th Edition by Insel and
 Roth Brief with handouts
 (ISBN: 9781260200409)

***WELCOME TO HEALTH 1! MY NAME IS COACH MARTY AND MY JOB IS TO
 HELP YOU BE SUCCESSFUL!***

***YOUR JOB IS TO DO THE WORK, FOLLOW DIRECTIONS, AND TURN IN
 ASSIGNMENTS ON TIME!***

***I WANT YOU TO PASS THIS CLASS WITH A GREAT GRADE! SO PLEASE IF YOU
 HAVE ANY ISSUES COMMUNICATE WITH ME!!! CANVAS MESSAGES ARE
 BEST BUT EMAIL WORKS TOO!***

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 STUDENT LEARNING OBJECTIVES (CSLO'S):

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

- SLO1: Apply nutritional knowledge to one's own dietary intake and weight management
- SLO2: Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle
- SLO3: Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels
- SLO4: Demonstrate knowledge of the relationship between lifestyle, aging, and overall wellness.
- SLO5: Draw conclusions about addictions with regards to drugs, alcohol, tobacco, and their influence on wellness and behavior
- SLO6: Explain how various health issues affect individuals as well as society

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- Recognize and evaluate signs and symptoms of stress and disease

- Define fitness and be able to critique one's exercise level
- Examine weight control issues and its overall effect on society
- Identify the various dimensions of the aging process
- Identify the reproductive systems and various birth control methods
- Analyze the use of tobacco and its effect on the user, non user, and society.
- Describe drug use, abuse, and its effects
- Define health and discuss how it affects quality of life
- Identify and recognize signs and symptoms of diseases
- Define nutrition and the various nutrients that relate to a healthy diet
- Discuss alcohol use and abuse and examine effects on society

GENERAL REQUIREMENTS / INFORMATION:

General Expectations:

Do the work!

You are in college to become more educated, and learn! Don't just spend your time on this class, invest your time. These are all practical concepts that will make you and your family's lives better!

Pay attention to due dates.

Communicate issues via canvas messages or email directly if need be.

Class Format:

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

Attendance:

Attendance and the subsequent points from it, will be based on your complete of the weekly pre quiz / check in.

Drop Policy: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (3) consecutive absences

Late Work Policy:

I typically do not accept late work during the semester. However if you communicate issues, I am flexible and willing to work with you.

However I will give all students a ONE WEEK LATE SEMESTERS MAKE UP WINDOW. I will open all assignments (except extra credit) for one week late in the semester. Students can earn up to half credit (50%) for any missing work they turn in during this time.

Important Dates

Date	Day	Event
January 11, 2019	(F)	Flex Day
January 14, 2019	(M)	Instruction Begins
January 21, 2019	(M)	Martin Luther King, Jr. Day
February 15, 2019	(F)	Lincoln Day observance
February 18, 2019	(M)	Washington Day observance
April 15-19, 2019	(M-F)	Spring break
May 24, 2019	(F)	End of spring semester/commencement

CLASS ASSIGNMENTS:

Weekly Pre Quizzes – Online Defacto Attendance Checks

Weekly Quizzes

Additional Chapter Assignments

Short Essays

Research & response Papers

Activity Logs

Final Test

Final Essay

A	90-100% OFF POSSIBLE POINTS
B	80-89% OFF POSSIBLE POINTS
C	70-79% OFF POSSIBLE POINTS
D	60-69% OFF POSSIBLE POINTS
F	0-59% OFF POSSIBLE POINTS

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."

***The Syllabus is subject to change throughout the semester. You will be notified in class and via canvas of any assignment and/or point total changes.**

