

**Reedley College
Physical Education**

I. Course Title	Contemporary Health Issues
Course Number	HLTH 1 – 59591 (Washington Union)
Unit Value	3
Time/Location	Spring 2021 - Asynchronous (1/25/21-5/21/21)
Course Instructor	Virginia Thomas E-mail: virginia.thomas@reedleycollege.edu Office Hours: By appointment/ Mondays @ 1pm https://cccconfer.zoom.us/j/5868577383

II. Catalog 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.

III. 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?

IV. Required Text: Core Concepts in Health and Wellness Brief by Insel and Roth. 16th edition. ISBN is 978-1-260-07409-3 (Loose-Leaf) OR

Recommended - Online Version with McGraw Hill Connect <https://connect.mheducation.com/class/v-thomas-spring-2021>

V. Course Outcomes: Upon completion of this course, students will be able to:

1. Assess 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. Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness.
5. Explain how various health issues affect individuals as well as society.
6. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.

VI. Course Objectives: Upon completion of the course the student should be able to:

1. Define health and discuss how it affects quality of life
2. Recognize and evaluate signs and symptoms of stress and disease
3. Describe drug use, abuse, and its effects
4. Discuss alcohol use and abuse and examine effects on society
5. Identify the reproductive systems and various birth control methods
6. Identify and recognize signs and symptoms of diseases
7. Define fitness and be able to critique one’s exercise level
8. Examine weight control issues and its overall effect on society
9. Define nutrition and the various nutrients that relate to a healthy diet
10. Understand the various dimensions of the aging process
11. Analyze the use of tobacco and its effect on the user, non user, and society

VII. General Requirements / Information

Class Format:

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

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 2 weeks of inactivity in Canvas.

Evaluation Procedures:

Evaluation Papers	200 pts
Synthesis Project	200 pts
Tests (4 x 75 pts each)	225 pts
Participation, Discussion & Activities	260 pts
Total:	1000 pts

Grading Scale

Percent	Grade	Total Points
90-100	= A	900-1000 pts
80-89	= B	800-899 pts
70-79	= C	700-799 pts
60-69	= D	600-699 pts
0-59	= F	0-599 pts

VIII. Assignments & Activities

Attendance & Participation: Attendance is required and will be taken via discussion board on Canvas. Each week we will have an online discussion as well as labs/worksheets. Active participation is required and will be a portion of your grade. You are expected to watch all lecture videos during the week they are assigned and to respond to the questions in the discussion boards. You are also expected to respond to others comments in the discussion board.

Each week you are expected to participate a minimum of six (6) times in the class Discussion Forum.

- Respond to each of the 3 weekly discussion questions with responses of at least 150-300 words.
- For each discussion question you then will respond to a comment made by a classmate and this should be in the range of 100 – 150 words.
- Because we are trying to facilitate connection and discussion please bring something to the table with your comments and answers. We want to hear what you are thinking, how the information you are learning is impacting you and how you can help one another process the information that is given.
- It is also VERY important to be kind to one another in your comments. We want to all learn from one another, and someone else's different views are an opportunity to understand someone else, not an opportunity for an argument. Be kind and listen to one another.

Assignments: Assignments are due at the time given on canvas, all late assignments will be given **half credit**. They must be type-written and double spaced unless otherwise stated AND turned in on Canvas. Assignments will be graded on content and correctness of information as well as neatness, professionalism, proper grammar punctuation and spelling. On the occasion that graphic representation of information is used, this must be done on appropriate computer software.

Tests: The exams cannot be made up if missed and must be completed the week they are assigned. Be aware that there is a time limit on the exams. Be prepared!

***Extra Credit:**

Students may complete the SmartBook reading on Connect for 5 or 10 points each chapter for a total of 85pts of extra credit.

Students may also complete a Unit Review sheet for 10 points of extra credit each unit for a total of 40 possible extra credit points.

Academic Integrity: “Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity

of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.” (Student Handbook)

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another’s work, supplying one’s work to another, giving or receiving copies of examinations without an instructor’s permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism is a specific form of cheating: the use of another’s words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

Accommodation for Disability: 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.

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

Evaluation Tools

ASSIGNMENT	BRIEF DESCRIPTION	POINT VALUE	DUE DATE
EVALUATION PAPERS			
Diet Analysis	Diary of all foods eaten in a 2-day period and evaluate the nutrition quality and balance. Write a 3 page analysis paper discussing what you found.	100	
Health Issue Review Papers	Each student will complete 4 short research papers throughout the semester. The papers will be written on a <i>specific Drug</i> , a <i>specific form of cancer</i> , a <i>specific STD</i> , and a <i>topic of the students choice (must be approved by me)</i> . A 2 to 4-page paper will be written on each topic. Each paper will be worth 25 points and will need to include a reference page. The specifics of what each paper will entail will be discussed throughout the semester.	100	
SYNTHESIS PROJECT			
Personal Plan Goals	Identify 1 goal for improving your own personal health and fitness for the semester.	25	
Physical Activity Diary	Diary of physical activity for one week including all sport activity, cardiovascular activity, and strength training. Identify strengths and weaknesses in your physical activity.	25	
Medical History	Identify and discuss medical conditions of family members that may predispose you to health risks	25	
Personal Plan Update	Reflection on the progress toward achieving your personal health and fitness goal and any new things learned that may affect or modify that goal.	25	
Final Health Analysis	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. Please double space papers, using size 12 font, times new roman lettering. The last day to turn this paper in is May 23th. No late papers will be accepted!	100	
TESTS	One for each unit (3) x 75pts each	225	
CLASS PARTICIPATION	Online Discussion & Weekly Activities (20pts/chapter)	260	
TOTAL POSSIBLE		995	

Class Schedule (Subject to change)

Week of	Topic	Smart Book/Reading	Assignment Due
Jan 25	Syllabus Taking Charge of your Health	Ch 1	Discussion / Lab
Feb 1	Stress: The Constant Challenge	Ch 2	Discussion / Lab
Feb 15	Psychological Health	Ch 3	Discussion / Lab Personal Plan Goals
Feb 22	Sleep	Ch 4	Discussion / Lab Family Medical History
Mar 1	UNIT 1 EXAM (Ch 1-4) Sexuality, Pregnancy and Childbirth	Ch 6 (10)	Discussion / Lab
Mar 8	Contraception & Abortion	Ch 7	Discussion / Lab
Mar 15	Drug Abuse & Addiction	Ch 8	Discussion / Lab
Mar 22	Alcohol and Tobacco	Ch 9	Discussion / Lab Drug Review Paper
Mar 29	Spring Break		
Apr 5	UNIT 2 EXAM (Ch 6-9) Nutrition Basics	Ch 10 (10)	Discussion / Lab Personal Plan Update
Apr 12	Nutrition Basics		Discussion / Lab
Apr 19	Nutrition Basics		Discussion / Lab Diet Analysis
Apr 26	Exercise for Health and Fitness	Ch 11	Discussion / Lab Physical Activity Diary
May 3	Weight Management	Ch 12	Discussion / Lab Health Issue Review Paper
May 10	UNIT 3 EXAM (Ch 10-12) Cardiovascular Health & Cancer	Ch 13 (10)	Discussion / Lab Cancer Review Paper
May 17	Immunity & Infection	Ch 14 (10)	Discussion / Lab STD Review Paper Final Health Analysis