

HEALTH EDUCATION I

INSTRUCTOR: Carolyn Hopson
TEXT: "Core Concepts In Health" - Brief Eighth Edition
AUTHORS: Insel and Roth
SCHEDULE: T-TH, 10:00-11:15 AM

COURSE REQUIREMENTS

A. Attendance will be recorded on a daily basis. If a student arrives to the class after roll has been taken, the student must notify the instructor of their attendance **at the end** of the class session. (A student more than 20 minutes late will be counted as absent.) If a student misses three consecutive class meetings without notifying the instructor, the student will be dropped from the class.

B. An examination will be given at the end of each unit. Please bring a Scantron #882 on the designated exam day.

C. There will be five exams. The lowest test score will be dropped from each student's overall grade. If the student misses an exam this becomes the dropped score. **There will be no make up exams given.** Questions will be true-false or multiple choice.

GRADING POLICY

Test grades earned in this course will be computed on a percentage basis.

A = 90% and above
B = 80% - 89%
C = 70% - 79%
D = 60% - 69%

EXTRA CREDIT OPPORTUNITY

Extra credit **may be** offered to the entire class by the instructor for special events offered by the Reedley College Health Center or other on campus activities. Completed extra credit will be add 5% to a test score.

DROP DATE DEADLINE

OCTOBER 16

UNIT I - YOUR HEALTH, A WHOLISTIC VIEW

CHAPTERS: 1, 2, 3 & 15

LECTURE DATES: August 17 - September 11

EXAM: Last class day, week of September 11

UNIT II - NUTRITION, WEIGHT CONTROL & FITNESS

CHAPTERS: 9, 10 & 11

LECTURE DATES: September 14 - October 3

EXAM: Last class day, week of October 3

UNIT III - CHEMICAL DEPENDENCY

CHAPTERS: 7 & 8

LECTURE DATES: October 5 - October 23

EXAM: Last class day, week of October 23

UNIT IV - CHRONIC DISEASE, INFECTIOUS DISEASE, AGING

CHAPTERS: 12, 13 & 14

LECTURE DATES: October 26 - November 13

EXAM: Last class day, week of November 13

UNIT V- HUMAN SEXUALITY & INTIMACY

CHAPTERS: 4, 5 & 6

LECTURE DATES: November 16 - December 11

FINAL EXAM: Week of December 14-18