

**REEDLEY COLLEGE
COURSE SYLLABUS
HEALTH SCIENCE I
3 CREDITS
6 P.M. - 8:50 P.M.**

INSTRUCTOR: MRS. TRISH JOHNSON R.N., PHN, M.ED.

Home telephone- 638-1116

Voice Mail- 638-0300 Ext 3875

OVERALL OBJECTIVE:

Facing health care in the 21st century has made it necessary for learners to familiarize themselves with factors basic to personal and community health issues, both on a local, national, and federal level. This course is designed to also look at health in diverse populations and enlighten one's health behaviors. Methods will be designed and utilized to help sharpen your critical thinking skills in a broad range of health issues. At the end of the semester you should be able to analyze your health behaviors and alter them accordingly with a sense of competence and personal power.

TEXT:

Insel, Paul and W.T. Roth CORE CONCEPTS IN HEALTH Brief 8th edition Mayfield Publishing Company

ADDITIONAL REFERENCE:

Hacker, Diana A POCKET STYLE MANUAL Bedford Books of St. Martin's Press 1993

METHODOLOGY:

Students will be expected to read material in the chapters as assigned, turn in assigned homework and be prepared to answer questions. Classes will serve the purpose of offering you critical

thinking skills and expanding and clarifying the material. You will also be expected to read articles provided during classes. **IF YOU HAVE 3 CONSECUTIVE ABSENCES FROM CLASS, YOU WILL BE DROPPED FROM THE COURSE UP UNTIL OCTOBER 16, 1998. THE LAST DAY FOR YOU TO DROP THIS COURSE IS FRIDAY, OCTOBER 16, 1998.** Please make every effort to be at class on time. Material covered prior to your late arrival will be the student's responsibility in obtaining from another student. **IF YOU HAVE MORE THAN 3 ABSENCES DURING THE SEMESTER, 5 POINTS WILL BE DEDUCTED FROM YOUR GRADE.**

EVALUATION:

- 1) Exams- Total of 5 exams which will be 50% of the entire grade. Makeup exams are the student's responsibility. and will be given only after classes.
- 2) Term Paper due November 24, 1998 for Tuesday class and November 25 for the Clovis class. It will count 30% of your grade. Limit the paper to 5 typewritten pages of text. Your Reference cited page is not included as part of the page limit. **NO PAPER WILL BE ACCEPTED AFTER THESE DUE DATES.**
- 3) 20% of your grade will be issued by the completion of Wellness Worksheet Number 14. This is due October 20 for the Tuesday class and October 21, 1998 for the Clovis class.
- 4) EXTRA CREDIT worth 5 points- Write a list of statements (at least six) you might make to a person you care about who you think is developing a drinking problem; six statements you might make to a person planning to drive under the influence of alcohol, both with and without you in the car; six statements you might ask a friend about your behavior when you drink. The EXTRA CREDIT assignment can be handed into the instructor up until December 8, 9, 1998.

A percentage of total points will be computed and a grade will be assigned according to the following breakdown:

90-100= A
80-89= B
70-79= C
60-69= D
0-59= F

ASSIGNMENTS:

- 1) Chapters must be read before class lectures.
- 2) All homework assignments must be turned in at the beginning of the class.
- 3) Class participation is expected.

SUGGESTED TOPICS FOR TERM PAPER

Physician Assisted Suicide- Pros and Cons

Tobacco Companies-Are They Deceiving the Public?

American Disabilities Act- Is it Working and what is it costing?

Does the fact that Medical Miracles are possible also mean they are morally right?

Health Insurance Reform

Looking at Weight Control Programs-Do They Work?

AIDS Prevention- Is Safe Sex Safe?

Vitamin Supplementation- Is it Necessary?

The Pros and Cons of Estrogen Therapy

The Fetal Implantation Issue

The Breast Implant Controversy

Where Should Research Federal Dollars Go?

To Clone or not to Clone?

You may select any topic, but check with the instructor before you begin your research for topic clearance. Your bibliography must have at least 5 references and encyclopedias will NOT be accepted as references. Professional Journals, Health Magazines, Readers Digest, Government pamphlets are appropriate bibliographical material. The expectations of writing such a paper are to analyze a health issue and come to some of your own conclusions, NOT to reiterate facts found in the literature, but to use those facts to support your own conclusion. Perhaps an approach in designing such a paper is to ask 1 or 2 questions pertaining to your chosen topic and proceed to address and attempt to answer them (through references) in the body of your paper.

TERM PAPER FORMAT

Term papers are to have the following format:

- 1) A title page on which appears:
 - a. At the top- the school's name
 - b. In the center of the page- the title in capital letters.
 - c. At the bottom - your name
name of the course
Instructor
term and year- i.e. Fall 1998

- 2) The text should be divided into the following:
 - a. An introduction in which the goal of the paper or hypothesis is stated.
 - b. The Body in which the topic is developed.
 - c. The Conclusion in which the goal or hypothesis is restated and the success or failure of the research to achieve the goal or support the hypotheses is discussed, including the reasons for failure.

- 3) Footnote Page(s)

- 4) Bibliography Page(s)

HEALTH EDUCATION

COURSE OUTLINE

Chapter 1- Taking Charge of Your Health

Chapter 2- Stress- The Constant Challenge

Chapter 3- Psychological Health

Chapter 4- Intimate Relationships

Chapter 5- Sexuality, Pregnancy & Childbirth

Chapter 6- Contraception & Abortion- Current Issues

Chapter 7- The Use and Abuse of Psychoactive Drugs

Chapter 8- Tobacco and Alcohol

Chapter 9- Nutrition Basics

Chapter 10- Weight Management

Chapter 11- Exercise for Health & Fitness

Chapter 12- Cardiovascular Disease & Cancer

Chapter 13- Immunity & Infection

Chapter 14- The Challenge of Aging

READING ASSIGNMENTS

August 18(T), 19(W)- INTRODUCTION

25,26- Chapter 1

September 1, 2- Chapter 2

8, 9- Chapter 3

15,16- **EXAM CHAPTERS 1,2,3 Discussion Chapter 4**

22,23- Chapter 5

29,30- Chapter 6

October 6(T), 7(W) **EXAM CHAPTERS 4,5,6 Discussion Chapter 7**

13,14- Chapter 8

20,21- Chapter 9 **WELLNESS WORKSHEET #14 DUE NONE ACCEPTED
AFTER THIS DATE**

27,28- **EXAM CHAPTERS 7,8,9 DISCUSSION CHAPTER 10**

November 3,4- Chapter 11

10- Chapter 12

11- **NO CLASSES VETERANS DAY HOLIDAY**

17,18- Continue Chapter 12

24,25- **EXAM CHAPTERS 10,11,12 TERM PAPER DUE- NONE
ACCEPTED AFTER THIS DATE**

December 1,2- Chapter 13

8,9- Chapter 14

15,16- **FINAL ON CHAPTERS 12,13,14 ONLY**

HAPPY HOLIDAYS- CHRISTMAS VACATION DECEMBER 21- JANUARY 8, 1999

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 14

Personal Identity and Values

Developing a personal identity and a guiding set of values or beliefs are key tasks of adulthood. Take a few minutes now to examine your identity and values.

Part I. Identity

Make a list of the characteristics, attitudes, beliefs, interests, activities, and relationships that make up your personal identity. What adjectives best describe you? Circle the five that you think are most important to your self-concept.

What are your strong and weak points? List at least five of each.

What do you think of as your key accomplishments to date?

What are your major goals for the future? How do you picture yourself in 10 years?

(over)

WELLNESS WORKSHEET 14 — continued

Part II. Values

List the personality traits or characteristics that you most value—e.g., friendly, patient, successful, outgoing, cooperative, loyal to family and friends. These can be characteristics of your own or of others.

List the activities or accomplishments that you most value—e.g., making lots of money, getting good grades, spending time with friends, making one's own decisions. These can be accomplishments of your own or of others or goals you have for the future.

List the social ideals, customs, and institutions that you value—e.g., education, equality, freedom of speech, tolerance for diverse opinions.

How do your values compare with your personal identity and goals?