

RC HEALTH EDUCATION SYLLABUS

DEPARTMENT PHILOSOPHY: Our department uses 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?

DEPARTMENT CHAIR: Michael White

DEPT. OFFICE: 320C / Ext. 409

COURSE #: HE 1

COURSE TITLE: Health Education

COURSE 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.

INSTRUCTOR'S COURSE SUMMARY: This course will examine the physical, mental/emotional, social, and spiritual aspects of human health and wellness. The study will take place within a framework which emphasizes the interrelationships of these various components. Special attention will be given to relevant health issues confronting our society in the 1990's. Among these issues are: drug use and abuse, stress related diseases, AIDS and other sexually transmitted diseases, diet and nutrition, physical fitness, consumer health, human ecology and environmental health, and the aging and dying process.

INSTRUCTOR: Victor R. Krumdick

School Phone:

Home Phone: 636-1046

E-mail: Budvrk@aol.com

COURSE OBJECTIVES: To define, understand, discuss, and identify the connections between personal health, behaviors, family background, and environmental issues that affect and impact the overall health and well being of the body and the person.

REQUIRED MATERIALS: Text: Core Concepts in Health, Brief Eighth Edition, 1998 Update, Insel, Roth, Rollins, & Peterson. Mayfield Publishing Co.

3 Scantron Sheets: # 882

ATTENDANCE POLICY: Attendance will be recorded on a daily basis. Attendance will figure significantly in the students score for class participation.

TESTING POLICY: There will be three (3) examinations. Each exam will consist of a 65 point multiple choice and true/false portion to be complete in class on a Scantron sheet. Also, there will be a 65 point essay exam. This portion of the exam is an open book, open note take home exam which will be due the following class meeting. These will be corrected in class. There is NO cumulative final examination. **PLEASE NOTE: THERE ARE NO MAKEUP DATES FOR THE TESTS!!! IF YOU WILL MISS A TEST, THE INSTRUCTOR MUST BE NOTIFIED IN PERSON BEFORE THE TEST DATE TO MAKE OTHER ARRANGEMENTS. FAILURE TO DO THIS WILL RESULT IN AN "F" ON THAT TEST!!!**

GRADING:	3 Exams	56%	390	points (130/exam)
	Issue Paper	17%	120	points
	Assignments**	17%	120	points
	Participation	10%	70	points
		100%	700	points

Letter grades will be awarded as follows:

A=90% & above 630+	B=80% to 89.9% 560 to 629	C=65% to 79.9% 455 to 559	D=55% to 64.9% 385 to 454	F<54.9% <385
-----------------------	------------------------------	------------------------------	------------------------------	-----------------

**The following assignments will be required:

Worldview paper (1 page, typewritten)	(15)
Three article reviews	(15 - @5 per)
Drug survey/interview	(15)
Muscle test	(15)
10 Wellness Worksheets	(60 - @ 6 per)

* The Issue Paper will consist of a 4 page typewritten (DS) report on an health issue of the students choice. A bibliography must be included (apart from the four page body). This paper will be due as per the course calendar.

These assignments will be due according to the course calendar. Late assignments will be given a lower score. **NO ASSIGNMENTS WILL BE ACCEPTED MORE THAN ONE WEEK LATE!!!**

DROP INFORMATION: Please keep in mind the following drop dates:

Friday, Sept. 18 - Last day to change to or from Credit/No-Credit option
 Friday, Oct. 16 - Last day to drop a semester length course

It is the student's responsibility to drop a course if, for any reason, it is necessary to do so. Failure to do so MAY result in receiving a letter grade for the course. Further, the instructor reserves the right to drop any student with three consecutive unexcused absences.

<u>HOLIDAYS:</u>	September 7	Labor Day
	November 11	Veteran's Day
	November 26-27	Thanksgiving Holiday

PLEASE NOTE: If you have a documented disability and wish to discuss academic accommodations, please contact the instructor AS SOON AS POSSIBLE.

FINAL EXAM DATE: _____