

HEALTH EDUCATION 1

INSTRUCTOR: Carolyn Hopson
TEXT: "Core Concepts In Health" - Brief Seventh Edition
AUTHORS: Insel and Roth
SCHEDULE: T-TH 2:00-4:50 PM, SS32

COURSE REQUIREMENTS

- A. Attendance will be recorded on a daily basis. Late attendance is unacceptable. A student more than 10 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. A Scantron #882 will be used and provided by the instructor.
- C. There will be five exams. The final is not cumulative. The lowest test score will be dropped from each student's overall grade. If the student misses an exam (regardless of the reason) this may become the dropped score. Make up exams can be taken the same day as the final. Questions will be true-false and multiple choice.
- D. Each student will complete a behavior change project. This activity is designed to help students understand their own behaviors, examine their reasons for that behavior and learn techniques that enable them to change undesirable habits. The project will take approximately six weeks. A typed project report will be completed and include research about the chosen behavior, a contract, personal data collection, and evaluation of results. The grade for this project will comprise one-third of the final grade. **Behavior Change Project due April 30**
- E. Occasional unannounced quizzes will be given. The cumulative score of these quizzes will equal one-half or your class participation grade.
- F. All work sheets will be completed and are due, daily, prior to the lecture on that chapter.

GRADING POLICY

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

Four of five exams	= 1/3 of grade
Class preparation (work sheets), attendance, participation and quizzes	= 1/3 of grade
Behavior change project	= 1/3 of grade

A = 90% and above

B = 80% - 89%

C = 70% - 79%

D = 60% - 69%

EXTRA CREDIT OPPORTUNITY- There will be no extra credit.

UNIT I - YOUR HEALTH, A WHOLISTIC VIEW

CHAPTERS: 1, 2, 3 & 15
LECTURE DATES: March 17 - Chapter 1
March 19 - Chapter 2
March 24 - Chapter 3
March 26 - Chapter 15

EXAM: Tuesday, March 31

UNIT II - NUTRITION, WEIGHT CONTROL & FITNESS

CHAPTERS: 9, 10 & 11
LECTURE DATES: March 31 - Chapter 9
April 2 - Chapter 10
April 14 - Chapter 11

EXAM: Thursday, April 16

UNIT III - CHEMICAL DEPENDENCY

CHAPTERS: 7 & 8
LECTURE DATES: April 16 - Chapter 7
April 21 - Chapter 8

EXAM: Tuesday, April 23

UNIT IV - CHRONIC DISEASE, INFECTIOUS DISEASE, AGING

CHAPTERS: 12, 13 & 14
LECTURE DATES: April 23 - Chapter 12
April 28 - Chapter 13
April 30 - Chapter 14

EXAM: Tuesday, May 5

UNIT V- HUMAN SEXUALITY & INTIMACY

CHAPTERS: 4, 5 & 6
LECTURE DATES: May 7 - Chapter 4
May 12-14 - Chapter 5
May 19 - Chapter 6

FINAL EXAM: Thursday, May 21