

## HEALTH EDUCATION 1

**INSTRUCTOR:** Carolyn Hopson  
**TEXT:** "Core Concepts In Health" - Brief Seventh Edition  
**AUTHORS:** Insel and Roth  
**SCHEDULE:** MWF, 8:20-9:10 AM

### 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 excuse) this may become the dropped score. Make up exams can be taken at the same time as the final. Questions will be true-false or 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

E. Occasional unannounced quizzes will be given. The cumulative score of these quizzes will equal one-half or your class participation grade.

### GRADING POLICY

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

Four of five exams	= 1/3 of grade
Class preparation, 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:** January 21 - February 9  
**EXAM:** Friday, February 11

### **UNIT II - NUTRITION, WEIGHT CONTROL & FITNESS**

**CHAPTERS:** 9, 10 & 11  
**LECTURE DATES:** February 18 - March 6  
**EXAM:** Monday, March 9

### **UNIT III - CHEMICAL DEPENDENCY**

**CHAPTERS:** 7 & 8  
**LECTURE DATES:** March 11 - 16  
March 25 - March 27  
**EXAM:** Monday, March 30

**Behavior Change Project due March 27**

### **UNIT IV - CHRONIC DISEASE, INFECTIOUS DISEASE, AGING**

**CHAPTERS:** 12, 13 & 14  
**LECTURE DATES:** April 1 - 27  
**EXAM:** Wednesday, April 29

### **UNIT V - HUMAN SEXUALITY & INTIMACY**

**CHAPTERS:** 4, 5 & 6  
**LECTURE DATES:** May 1 - May 20  
**FINAL EXAM:** Friday, May 22