

KRCC 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: Victor R. Krumdick

PHONE: 636-1046

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.

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 75 point multiple choice and true/false portion to be complete in class on a Scantron sheet. Also, there will be a 75 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!!!**

HOW YOUR FINAL GRADE WILL BE CALCULATED: Grading will be based on the following percentage system:

| | | | |
|---------------|------|-----|-------------------|
| 3 Exams | 60% | 450 | points (150/exam) |
| Issue Paper* | 16% | 120 | points |
| Assignments** | 20% | 150 | points |
| Participation | ~4% | 32 | points |
| | 100% | 750 | points |

Letter grades will be awarded as follows:

| | | | | |
|-----------------------|------------------------------|------------------------------|------------------------------|-----------------|
| A=90% & above 675+ | B=80% to 89.9% 600 to 674 | C=65% to 79.9% 487 to 599 | D=55% to 64.9% 412 to 486 | F<54.9% <412 |
|-----------------------|------------------------------|------------------------------|------------------------------|-----------------|

* 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 assignment will be graded on content, spelling, grammar, & organization. This paper will be due as per the course calendar.

**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) |
| 6 Wellness Worksheets | (60 - @ 10 per) |

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 DAY LATE!!!**

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

- Friday, January 23 - Last day to drop a semester length course and qualify for a refund
- Friday, January 30 - Last day to drop a class and not have it appear on transcript
- Tuesday, February 17 - Last day to change to or from Credit/No-Credit option
- Friday, March 13 - 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.

HOLIDAYS:

| | |
|------------------------|---------------------|
| Martin Luther King Jr. | Monday, January 19 |
| Washington's Day | Monday, February 16 |
| Spring Recess | April 6 - 10 |

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

PROPOSED COURSE CALENDAR

| | | |
|--------------------|---|--|
| <u>1-12</u> | Administratives | |
| <u>1-14</u> | What is Health? | Chapter 1 |
| <u>1-19</u> | Holiday | |
| <u>1-21</u> | Steps to Making Change <u>Wellness Worksheet (WW) #1 DUE</u> | |
| <u>1-26</u> | Spiritual Health/ Worldview | |
| <u>1-28</u> | Worldview / Intro to Stress | Chapter 2 |
| <u>2-2</u> | Psychological Health <u>**Worldview paper DUE**</u> | Chapter 3 |
| <u>2-4</u> | Problems within the psyche <u>**1st Article Review Due**</u> | |
| <u>2-9</u> | Mental Health Issues - con't. | |
| <u>2-11</u> | Relationships <u>WW #2 DUE</u> | Chapter 4 |
| <u>2-16</u> | Holiday | |
| <u>2-18</u> | Love & Hurt in Relationships <u>Handout Essay # 1 (DUE 2-23)</u> | |
| <u>2-23</u> | TEST # 1 | |
| <u>2-25</u> | Correct 1st Essay Exam Issues in Human Sexuality | Chapter 5 (pp. 80-82 Sexual Behavior) |
| <u>3-2</u> | Contraception & Abortion | Chapter 6 |
| <u>3-4</u> | The Immune System <u>**2nd Article Review Due**</u> | Chapter 13 |
| <u>3-9</u> | STDs | |
| <u>3-11</u> | Cardiovascular Disease <u>WW #3 DUE</u> | Chapter 12 |
| <u>3-16</u> | CVD's & Cancer | |
| <u>3-18</u> | Getting The Most From Your Doctor/ Self Help | |
| <u>3-23</u> | Issues in Aging | Chapter 14 |
| <u>3-25</u> | Dying | |

