

KINGS RIVER COMMUNITY COLLEGE HEALTH EDUCATION

COURSE TITLE : Health Education

I. Course Number: HLTH 1
 Credit Units: 3
 Basic Skills Prerequisites Advisory: Eligibility for ENGL 25 and ENGL 26
 Subject Prerequisites: None
 Instructor: Michael Coles
 Office: PE Offices _____
 Phone number: PE Department Office _____

II **Catalog 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.

III **Class Time:** Monday, Wednesday, and Friday 11:00am - 11:50am

IV **Required Text:** Core Concepts In Health, Brief 8th Edition
by P.M. Insel, W.T. Roth, L.M. Rollins, & R.A. Petersen
Published by Mayfield Publishing Company

V **Additional Materials:** Wellness Worksheets

VI **Grading:**

<u>SOURCE</u>	<u>DUE DATE</u>	<u>TIME</u>	<u>Total Points Possible</u>
Unit I Exam	February 2, 1997		100*
Unit II Exam	March 2, 1997		100*
Unit III Exam	March 30, 1997		100*
Unit IV Exam	April 27, 1997		100*
Final Exam <u>Everyone must take the final !!!</u>	May 1997		100
Homework Chapter Facts/Wellness Worksheets/ Practice Exams	To be announced	start of class	100
Attendance - # missed classes Points 0 misses = 110 points 1 miss = 95 points 2-3 misses = 90 points 4-5 misses = 80 points 6-7 misses = 70 points 7-8 misses = 60 points 9 or more misses = 0	You must be present at the start of class -- 3 tardies will equal one absence		100

* the lowest score of these four unit exams will be dropped

VII Assignment of Final Letter Grades:

A ≥ 90% above 539
 B = 89.99 - 80% 539-480
 C = 79.99 - 70% 479-420
 D = 69.99 - 60% 419-360
 F ≤ 59.99 % below 360

VIII Tentative Schedule:

<u>TOPIC</u>	<u>TEXT CHAPTER</u>	<u>DATES</u>
Course introduction		January 12, 1998
Unit 1 "What is Health?"		January 14 - 30, 1998
Exam Unit 1	SCANTRON FORM 882	February 2, 1998
Unit 2 "Exercise, Diet, & Weight Control"		February 4 - 27, 1998
Exam Unit 2	SCANTRON FORM 882	March 2, 1997
Unit 3 "Cardiovascular Disease & Cancer"		March 4 - 27, 1998
Exam Unit 3	SCANTRON FORM 882	March 30, 1997
Unit 4 "Tobacco, Alcohol, & Other Drugs"		April 1 - April 24, 1998
Exam Unit 4	SCANTRON FORM 882	April 27, 1997
Unit 5 "Human Sexuality & Reproduction"		April 29 - May 13, 1998
Course Review		May 15, 1998
Review for Final		
Final Exam	SCANTRON FORM 882	May 18, 1998

IX Other Information

EXAM MAKE-UP POLICY-

As a general rule, there will be no make up exams or late work excepted!! It is your responsibility as a student to arrange your personal schedule to accommodate the above exam dates and due dates. Every attempt will be made to adhere to the outlined exam times and dates so that everyone knows when the exams will be given and when homework is due. Failure to take an exam or turn in homework on the specified date and time and to expect a *special case make -up*, is unfair to the other students in the class. Failure to take an exam or turn in homework on time will

result in a score of zero being assigned for that exam or assignment. Missing exams or turning written assignments in late undermines the expected sense of responsibility that is an important part of what your academic degree represents. If you know in advance that an exam date is in conflict with your schedule, and the reason behind the conflict is legitimate in the eyes of your instructor, you may be given the opportunity to take the exam in advance or at an alternative date and time. These type of requests must be made at least 2 weeks in advance of the exam date in question.

GENERAL ATTENDANCE -

Students are expected to attend all class sessions. Excessive absences will jeopardize the students satisfactory progress and may result in the student being dropped from the class. Students may be dropped from a class if they fail to attend the first class session of the semester. Any student missing more than two weeks (or the equivalent) of classes meetings before the final drop date may be dropped. As a student you retain the responsibility to drop any class that you no longer wish to attend. Do not merely stop attending the class. You must complete the drop process for yourself.

EXAM SCORES

There are 4 unit exams and one final exam this semester. Each exam is worth 100 points, including the final. You will be graded on 3 of the 4 unit exams; your lowest score will be dropped. Everyone must take, and everyone will be graded on, the final exam. Failure to take the final will result in a 0 being issued. There will be no make-up exams. Therefore if you miss an exam, for any reason, you will be given a zero and the test will be dropped. I have given you the opportunity to drop your lowest score in an attempt to compensate for a "bad day". Abusing this by not taking an exam will defeat its purpose and hurt you in the long run.