

HEALTH EDUCATION 1

INSTRUCTOR: KIM GARNER

ROOM: SS-32

TEXT: "CORE CONCEPTS IN HEALTH" - BRIEF SEVENTH EDITION

AUTHORS: INSEL AND ROTH

COURSE MEETING DAY & HOUR: SAT. 8:00 - 10:50 a.m.

COURSE REQUIREMENTS

- A. Attendance will be recorded on a daily basis. If a student arrives to the class after roll has been taken, the student must notify the instructor of their attendance at the end of the class session. 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. Please bring a Scantron #882 to class on the designated exam day.
- C. In the event a student misses an exam, provisions must be made with the instructor prior to the next class meeting to make-up the missed exam. It will be the responsibility of the student to arrange for the make-up. Failure to do so will result in the student receiving a zero for that particular exam. ONLY ONE MAKE-UP ALLOWED

GRADING POLICY

Grades earned in this course will be computed on a percentage basis with a total of points possible of 300.

- A = 90% and above of total points possible
- B = 80% - 89% of total points possible
- C = 70% - 79% of total points possible
- D = 60% - 69% of total points possible

DROP DATE DEADLINE

FRIDAY - MARCH 13

HOLIDAYS

February 14
April 11

President's Day
Spring Recess

UNIT I - TAKING CHARGE OF YOUR HEALTH

CHAPTERS: 1, 2, & 3
LECTURE DATES: JANUARY 17 - 31
EXAM: FEBRUARY 7

UNIT II - NUTRITION/WEIGHT CONTROL/FITNESS

CHAPTERS: 9, 10, & 11
LECTURE DATES: FEBRUARY 7 - 21
EXAM: FEBRUARY 28

UNIT III - PRODUCTS OF DEPENDENCY

CHAPTERS: 7 & 8
LECTURE DATES: FEBRUARY 28 - MARCH 14
EXAM: MARCH 21

UNIT IV - CARDIOVASCULAR DISEASE/CANCER/INFECTIOUS DISEASES

CHAPTERS: 12 & 13
LECTURE DATES: MARCH 21 - APRIL 18
EXAM: APRIL 25

UNIT V - HUMAN REPRODUCTION/BIRTH CONTROL/AGING

CHAPTERS: 5, 6, & 14
LECTURE DATES: APRIL 25 - MAY 9

FINAL EXAM: MAY 16

EXTRA CREDIT OPPORTUNITY - Choose one of the following:

1. Attend an OPEN Alcoholics Anonymous meeting. Describe your reaction to the meeting.
2. Choose a topic of your choice within the health field. Write a report using current research/information.
3. Choose a behavior of your own that you wish to change such as overeating, smoking, inactivity or time management. Spend at least three weeks incorporating this behavior change in your lifestyle. Include in your report methods used and discuss the reasons for your success or failure.

This paper should be 2 - 3 pages typed, and turned in no later than MAY 9. (30 points)