

RC HEALTH EDUCATION SYLLABUS

DEPARTMENT PHILOSOPHY: Our department will use 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 305/Ext 369

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: Brian F. ~~White~~ ~~White~~

Office Hours: 9-12 F, by appt.

OFFICE Men's / Ext 3354
Locker Rm.

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. For students to positively interact with classmates and instructor and work cooperatively as directed.

REQUIRED MATERIAL(S): Core Concepts in Health PLUS 6-882 Scantrons
Brief 8th. Edition, 1998 Update
Insel/Roth/Rollins/Peterson
Mayfield Publishing Co.

ATTENDANCE POLICY: Attendance will be recorded on a daily basis. Students will be assigned seating. If a student arrives late to class, the student must notify the instructor of their attendance and seat number at the end of the class.

TESTING POLICY: There will be 6 written exams. Each exam will test your knowledge of the information presented in each unit. All exams are mandatory.

HOW YOUR FINAL GRADE WILL BE CALCULATED:

Grades will be based on the completion of a Wellness Packet and points from at least 6 exams and quizzes. Grading Scale: A = 90% of total points D = 60% of total points
B = 80% of total points F = Less than 60%
C = 70% of total points ; of total points

DROP POLICY: 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences.