

Fall 1999
R.C. Administration

REEDLEY COLLEGE
COURSE SYLLABUS
CONTEMPORARY HEALTH *HEALTH*
3 CREDITS
6 P.M. - 8:50 P.M.

INSTRUCTOR: MRS. TRISH JOHNSON R.N., PHN, M.ED.
Home telephone- 638-1116
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OVERALL OBJECTIVE:

Facing health care in the 21st century has made it necessary for learners to familiarize themselves with factors basic to personal and community health issues, both on a local, national, and federal level. This course is designed to also look at health in diverse populations and enlighten one's health behaviors. Methods will be designed and utilized to help sharpen your critical thinking skills in a broad range of health issues. At the end of the semester you should be able to analyze your health behaviors and alter them accordingly with a sense of competence and personal power.

TEXT:

Insel, Paul and W.T. Roth CORE CONCEPTS IN HEALTH Brief 8th edition Mayfield Publishing Company

ADDITIONAL REFERENCE:

Hacker, Diana A POCKET STYLE MANUAL Bedford Books of St. Martin's Press 1997

METHODOLOGY:

Students will be expected to read material in the chapters as assigned, turn in assigned homework and be prepared to answer questions. Classes will serve the purpose of offering you critical

thinking skills and expanding and clarifying the material. You will also be expected to read articles provided during classes. IF YOU HAVE 3 CONSECUTIVE ABSENCES FROM CLASS, YOU WILL BE DROPPED FROM THE COURSE UP UNTIL OCTOBER 15,1999. THE LAST DAY FOR YOU TO DROP THIS COURSE IS FRIDAY, OCTOBER 15,1999. Please make every effort to be at class on time. Material covered prior to your late arrival will be the student's responsibility in obtaining from another student. IF YOU HAVE MORE THAN 3 ABSENCES DURING THE SEMESTER, 5 POINTS WILL BE DEDUCTED FROM YOUR GRADE.

EVALUATION:

- 1) **Exams**-Total of 5 exams which will be 50% of the entire grade. Makeup exams are the student's responsibility, and will be given only after classes.
- 2) Term Paper due November 23,1999 for Tuesday class and November 24 for the Clovis class. It will count 30% of your grade. Limit the paper to 5 typewritten pages of text. Your Reference cited page is not included as part of the page limit. **NO PAPER WILL BE ACCEPTED AFTER THESE DUE DATES.**
- 3) 20% of your grade will be issued by the completion of Wellness Worksheet Number 14. This is due October 19 for the Tuesday class and October 20,1999 for the Clovis class.
- 4) **EXTRA CREDIT** worth 5 points- Write a list of statements (at least six) you might make to a person you care about who you think is developing a drinking problem; six statements you might make to a person planning to drive under the influence of alcohol, both with and without you in the car; six statements you might ask a friend about your behavior when you drink. The **EXTRA CREDIT** assignment can be handed into the instructor up until December 7,8,1999.

A percentage of total points will be computed and a grade will be assigned according to the following breakdown:

90-100= A
80-89= B
70-79= C
60-69= D
0-59= F

ASSIGNMENTS:

- 1) Chapters must be read before class lectures.
- 2) All homework assignments must be turned in at the beginning of the class.
- 3) Class participation is expected.

SUGGESTED TOPICS FOR TERM PAPER

Does Magnet Therapy Work by Reducing Pain & Promote Healing?
Do Antioxidants Prevent Athlerosclerosis?
Should Physical Education Instructors Teach Health Education?
Does Alternative Medicine Offer the Best Care?
Are There Dangers to Human Brains with Mobile Phone Use?
Physician Assisted Suicide- Pros and Cons
American Disabilities Act- Is it Working and what is it costing?
Does the fact that Medical Miracles are possible also mean they are morally right?
Health Insurance Reform
Looking at Weight Control Programs-Do They Work?
AIDS Prevention- Is Safe Sex Safe?
Vitamin Supplementation- Is it Necessary?
The Pros and Cons of Estrogen Therapy
The Fetal Implantation Issue
The Breast Implant Controversy
Where Should Research Federal Dollars Go?
To Clone or not to Clone?

You may select any topic, but check with the instructor before you begin your research for topic clearance. Your bibliography must have at least 5 references and encyclopedias will NOT be accepted as references. Professional Journals, Health Magazines, Readers Digest, Government pamphlets are appropriate bibliographical material. The expectations of writing such a paper are to analyze a health issue and come to some of your own conclusions, NOT to reiterate facts found in the literature, but to use those facts to support your own conclusion. Perhaps an approach in designing such a paper is to ask 1 or 2 questions pertaining to your chosen topic and proceed to address and attempt to answer them (through references) in the body of your paper.

TERM PAPER FORMAT

Term papers are to have the following format:

- 1) A title page on which appears:
 - a. At the top- the school's name
 - b. In the center of the page- the title in capital letters.
 - c. At the bottom - your name
name of the course
Instructor
term and year- i.e. Fall 1998
- 2) The text should be divided into the following:
 - a. An introduction in which the goal of the paper or hypothesis is stated.
 - b. The Body in which the topic is developed.
 - c. The Conclusion in which the goal or hypothesis is restated and the success or failure of the research to achieve the goal or support the hypotheses is discussed, including the reasons for failure.
- 3) Footnote Page(s)
- 4) Bibliography Page(s)

HEALTH EDUCATION

COURSE OUTLINE

- Chapter 1- Taking Charge of Your Health
- Chapter 2- Stress- The Constant Challenge
- Chapter 3- Psychological Health
- Chapter 4- Intimate Relationships
- Chapter 5- Sexuality, Pregnancy & Childbirth
- Chapter 6- Contraception & Abortion- Current Issues
- Chapter 7- The Use and Abuse of Psychoactive Drugs
- Chapter 8- Tobacco and Alcohol
- Chapter 9- Nutrition Basics
- Chapter 10- Exercise for Health & Fitness
- Chapter 11- Weight Management
- Chapter 12- Cardiovascular Disease & Cancer
- Chapter 13- Immunity & Infection
- Chapter 14- The Challenge of Aging

READING ASSIGNMENTS

August 17(T), 18(W)- INTRODUCTION & Syllabus Distribution

24,25- Chapter 1

August 31, Sept1-Chapter 2

September 7,8- Chapter 3

14,15- **EXAM CHAPTERS 1,2,3 Discussion Chapter 4**

21,22- Chapter 5

28,29- Chapter 6

October 5(T), 6(W) **EXAM CHAPTERS 4,5,6 Discussion Chapter 7**

12,13- Chapter 8

19-20- Chapter 9 **WELLNESS WORKSHEET #14 DUE NONE ACCEPTED
AFTER THIS DATE**

26,27- **EXAM CHAPTERS 7,8,9 DISCUSSION CHAPTER 10**

November 2,3- Chapter 11

9,10- Chapter 12

16,17- **Continue Chapter 12**

23-24 **EXAM CHAPTERS 10,11,12 TERM PAPER DUE- NONE ACCEPTED
AFTER THIS DATE**

November 30-Dec 1- Chapter 13

December 7,8- Chapter 14

14,15- **FINAL EXAM ONLY ON CHAPTERS 12,13,14**

Name _____ Section _____ Date _____



WELLNESS WORKSHEET 14

Personal Identity and Values

Developing a personal identity and a guiding set of values or beliefs are key tasks of adulthood. Take a few minutes now to examine your identity and values.

Part I. Identity

Make a list of the characteristics, attitudes, beliefs, interests, activities, and relationships that make up your personal identity. What adjectives best describe you? Circle the five that you think are most important to your self-concept.

What are your strong and weak points? List at least five of each.

What do you think of as your key accomplishments to date?

What are your major goals for the future? How do you picture yourself in 10 years?

(over)