

# RC HEALTH EDUCATION SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a "concept" 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 #:** HE1      **COURSE TITLE:** CONTEMPORARY HEALTH

**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 at the local, state and national levels.

**INSTRUCTOR:** L. Launer      **OFFICE #:** 320 A/638-0300 ext. 3888 (by appt.)

**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 MATERIAL(S):** 1)Core Concepts in Health      2)Wellness Worksheets  
Brief Eighth Edition, 1998      3)6-882 Scantrons  
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 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: 6 exams each worth 100 points, 20 selected Wellness Worksheets each worth 5 points, and 4 subject research projects each worth 25 points, for a total of 800 points.

Grading Scale: A = 720-800 points (90%)      C = 560-639 points (70%)  
B = 640-719 points (80%)      D = 480-559 points (60%)  
F = <479 points (<60%)

**DROP POLICY:** 18 week courses have a drop deadline in the 9th week. Short-term classes have a drop deadline of 4.5 weeks. 6 week summer courses have a drop deadline of 3 weeks. 4 week summer courses have a drop deadline of 2 weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences during the first two weeks of class.

*drop date*

HEALTH EDUCATION I  
INSTRUCTOR: L. LAUNER  
COURSE SYLLABUS

OFFICE: PE OFFICE BUILDING - 320 A  
OFFICE PHONE: 638-0300 EXT. 3888

1. **TEXT:** CORE CONCEPTS IN HEALTH, BRIEF EIGHTH EDITION, 1998

AUTHORS: INSEL/ROTH/ROLLINS/PETERSEN  
PUBLISHER: MAYFIELD PUBLISHING CO.

2. **COURSE REQUIREMENTS:**

- A. **ATTENDANCE** WILL BE RECORDED ON A DAILY BASIS. GOOD ATTENDANCE DURING THE ENTIRE SEMESTER CAN IMPROVE YOUR OVERALL GRADE. IF A STUDENT MISSES THREE (3) CONSECUTIVE CLASS MEETINGS WITHOUT NOTIFYING THE INSTRUCTOR, THE STUDENT MAY BE DROPPED FROM THE COURSE. **NOTE:** YOU MAY BE DROPPED DURING THE FIRST TWO WEEKS OF CLASS IF YOU DO NOT ATTEND CLASS AND DO NOT NOTIFY THE INSTRUCTOR OF YOUR ABSENCE. **WITHDRAWAL FROM CLASS IS THE RESPONSIBILITY OF THE STUDENT.**

**IMPORTANT NOTE:** THE FINAL DROP DATE FOR THE FALL 1999 SESSION IS OCTOBER 15, 1999.

- B. **GRADES** WILL BE DETERMINED BY THE FOLLOWING MANNER:

1. 6 EXAMS WORTH 100 POINTS EACH  
POSSIBLE POINTS: = 600 POINTS

2. 20 WELLNESS HEALTH EVALUATION SHEETS WORTH 5 POINTS EACH.  
POSSIBLE POINTS: = 100 POINTS

3. 4 SUBJECT RESEARCH PROJECTS WORTH 25 POINTS EACH.  
POSSIBLE POINTS: = 100 POINTS

4. GRADES WILL BE ACHIEVED AS FOLLOWS FROM A TOTAL OF 800 POSSIBLE POINTS:

A = 90% OF THE OVERALL POINT TOTAL (720-800)

B = 80% OF THE OVERALL POINT TOTAL (640-719)

C = 70% OF THE OVERALL POINT TOTAL (560-639)

D = 60% OF THE OVERALL POINT TOTAL (480- 559)

F = <60% OF THE OVERALL POINT TOTAL (479 AND BELOW)

**C. EXAMS:** AN EXAM WILL FOLLOW EACH OF THE SIX UNITS AS DESCRIBED IN THE UNIT OUTLINE SECTION. ***EACH UNIT EXAM IS MANDATORY.***

1. EACH STUDENT WILL BE AWARE OF HIS/HER GRADE AFTER EACH EXAM. THE EXAM SCORES WILL BE POSTED IN THE P.E. OFFICE BUILDING. EACH STUDENT WILL BE ASSIGNED A NUMBER ONCE THE FINAL ROSTERS HAVE BEEN ISSUED.

**D. PERSONAL WELLNESS ASSESSMENT:** A PERSONAL WELLNESS ASSESSMENT PROJECT WILL CONSISTS OF COMPLETING 20 WELLNESS FORMS.

1. REQUIREMENT FOR THE PERSONAL WELLNESS ASSESSMENT PROJECT IS DESCRIBED ON A SEPARATE HANDOUT.

**E. SUBJECT RESEARCH PROJECT:** THIS PROJECT WILL CONSIST OF RESEARCHING 4 SUBJECT AREAS AS DESCRIBED ON A SEPARATE HANDOUT.

**F. ATTENDANCE:** THERE WILL BE ASSIGNED SEATING IN THIS CLASS.

1. ATTENDANCE WILL BE RECORDED BY THE SEAT THAT IS ASSIGNED TO EACH STUDENT. IT IS THE RESPONSIBILITY OF EACH STUDENT TO KNOW THEIR ASSIGNED SEAT AND ROW NUMBER.

2. IF A STUDENT ARRIVES LATE TO CLASS, THE STUDENT MUST NOTIFY THE INSTRUCTOR OF BEING TARDY AT THE END OF THE CLASS SESSION. IF YOU ARE TARDY, PLEASE SIT IN THE LAST ROW OF SEATS TO MINIMIZE CLASS DISRUPTIONS.

3. IF YOU MUST LEAVE PRIOR TO THE END OF THE CLASS HOUR YOU WILL BE MARKED ABSENT UNLESS YOU NOTIFY THE INSTRUCTOR.

3. **SPECIAL NEEDS:**

IF YOU HAVE A DOCUMENTED DISABILITY AND WISH TO DISCUSS ACADEMIC ACCOMMODATIONS, PLEASE CONTACT ME AS SOON AS POSSIBLE. PLEASE FEEL FREE TO CONTACT ME IF YOU FIND YOU REQUIRE ADDITIONAL STUDY MATERIALS OR NEED HELP WITH NOTE TAKING.

FALL 1999 UNIT OUTLINE

**UNIT 1: WELLNESS, STRESS & MENTAL HEALTH**

**CHAPTERS 1, 2 & 3**

LECTURE DATES: AUGUST 17 - 26

**EXAM: AUGUST 31**

**WELLNESS SHEET(S) DUE: 1, 2, 9, 15, 16 & 6, 11, 19**

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**UNIT 2: NUTRITION, WEIGHT CONTROL AND FITNESS**

**CHAPTERS 9, 10 & 11**

LECTURE DATES: SEPT. 2 - 16

**EXAM: SEPT. 21**

**WELLNESS SHEET(S) DUE: 46, 51, 56, 58, 59**

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**UNIT 3: DRUGS**

**CHAPTER 7**

LECTURE DATES: SEPT. 23 - OCT. 5

**EXAM: OCTOBER 7**

**WELLNESS SHEET(S) DUE: 36, 38**

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**UNIT 4: ALCOHOL AND TOBACCO**

**CHAPTER 8**

LECTURE DATES: OCT. 12 - 26

**EXAM: OCTOBER 28**

**WELLNESS SHEET(S) DUE: 40, 45**

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**UNIT 5: REPRODUCTION AND CONTRACEPTION**

**CHAPTERS 5 & 6**

LECTURE DATES: NOV. 2 - 18

**EXAM: NOV. 23**

**WELLNESS SHEET(S) DUE: 28, 33, 34,**

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**UNIT 6: DISEASES**

**CHAPTERS 12 & 13**

**WELLNESS SHEET(S) DUE DEC. 2: 62, 68, 71 & 61**

LECTURE DATES: NOV. 30 - DEC. 9

**EXAM: FINAL EXAM DATE**

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***NOTE: ABOVE DATES ARE SUBJECT TO CHANGE.***

**FINAL EXAM SCHEDULE: FINAL WEEK IS DECEMBER 13 - 17**

CLASS: TUESDAY - THURSDAY 9:00 - 10:15 A.M.

TUESDAY, DECEMBER 14 AT 8:00 A.M.

CLASS: TUESDAY - THURSDAY 12:30 - 1:45 P.M.

THURSDAY DECEMBER 16 AT 1:00 P.M.

**CONTEMPORARY HEALTH  
INSTRUCTOR: L. LAUNER**

**SELF WELLNESS EVALUATION & SUBJECT RESEARCH PROJECTS**

The Self Wellness Evaluation & Subject Research Projects must be completed **IN FULL** by all students. The assignment is worth 200 points. The **FINISHED** projects must include

**I. 20 Wellness Worksheets (5 points each = 100 points)**

**A. Wellness Worksheets to be completed are: 1, 2, 9, 15, 16, 28, 33, 34, 36, 38, 40, 45, 46, 50, 51, 56, 59, 62, 68, & 71. Dates when each worksheet is due will be announced in class.**

**Typically at the end of each unit.**

**B. The worksheets are found in the shrink wrap attachment that came with your text.**

**C. Your work must be neat and legible.**

**II. Related Topic Research:**

You have a choice as to how you complete this part of the project. You may do all of one type (literature research or internet search) or a combination from the 2 categories. You will complete 4 research/search units worth 25 points each. (4 research/search units @ 25 points each = 100 points).

**OPTION A:**

1. Wellness worksheets 6, 11, 19 & 61 are to be completed utilizing an internet search. Each worksheet covers specific topics related to the chapter unit. Follow the instructions on each worksheet. Each worksheet is to be completed in full for 25 points each.

**OPTION B:**

1. Instead of completing an internet search, use the topics in worksheets 6, 11, 19 & 61 to complete the literature research. Each worksheet can only be used once.

**A. Select and read an article from a health, scientific or research journal from the choices listed on the worksheets.**

**B. The article must have been published in 1997, 1998 or 1999. The written text of the article must be at least 3 pages, each 8" x 11", excluding pictures.**

**C. Review and summarize the article, providing the following information:**

**1. Include the name of article, author(s), name of journal, pages, and where the article was located (eg. RC Library).**

**2. In your own words summarize the important points of the article into 5 (minimum) to 10 statements.**

**3. Write a short personal conclusion. Include your personal reaction and feelings about the article. Do not conclude with just saying the article was interesting or boring, but why you found the article to be so. The conclusion must have sufficient information so that I may understand what you understood about the article.**

**4. Each summary must be typed. Spelling, grammar and written responses must be up to college standards.**

**REMINDER: The ENTIRE packet must be completed in order to get full credit for the 200 points. The packet must be completed by DECEMBER 9, 1999. NO EXCEPTIONS.**