

# 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.3369

**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:** Randy Whited

**DEPT. OFFICE** 320C/ext. 3394

**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 individual.

**REQUIRED MATERIALS:** TEXT: Core Concepts in Health  
Mayfield Publishing Co. SCANTRONS: 6 - 882 Scantrons

**ATTENDANCE POLICY:** You will sign a daily attendance sheet before, during, or after class. It will be **your** responsibility to do this. You will not be graded on attendance. Attendance will be the "kicker" if you are borderline regarding your final grade. Be on time! Class will begin on time!

**TESTING POLICY:** There will be six (6) written exams comprised of multiple choice and true/false questions. Each exam will test your knowledge of the information presented in each unit. All exams are mandatory. Your opportunity to make-up an exam will be left up to the discretion of the instructor.

**HOW YOUR FINAL GRADE WILL BE CALCULATED:** Grades will be based on the completion of all six (6) exams worth 50 points each. There will be **no** extra credit work. You will be allowed to drop your lowest test score of the semester. Your grade will be calculated on your top 5 exams worth a total of 250 points.

**Grading Scale:**

A = 250-225 pts. (90%-100%)	B = 224-200 pts. (80%-89%)
C = 199-175 pts. (70%-79%)	D = 174-150 pts. (60%-69%)
F = below 150 pts.	

**DROP POLICY:** 18 week courses have a drop deadline in the 9th week. Short-term classes have a drop deadline of 4 1/2 weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class.

*drop date*

# HEALTH EDUCATION 1

## UNIT OUTLINE

FALL 1999

<b><u>UNIT 1</u></b>	<b><u>Wellness, Stress, Psychological Health</u></b>	
	Chapter 1,2,3 Lecture Dates: Aug. 17- Sept. 3	<u>Exam:</u> Tues. Sept 7th
<b><u>UNIT 2</u></b>	<b><u>Nutrition, Weight Management, and Fitness</u></b>	
	Chapter 9,10,11 Lecture Dates: Sept. 9-23	<u>Exam:</u> Tues. Sept. 28th
<b><u>UNIT 3</u></b>	<b><u>Alcohol and Tobacco</u></b>	
	Chapter 7 Lecture Dates: Sept. 30-Oct.12	<u>Exam:</u> Thurs.. Oct. 14th
<b><u>UNIT 4</u></b>	<b><u>Drugs</u></b>	
	Chapter 8 Lecture Dates: Oct. 19-28	<u>Exam:</u> Thurs. Nov.2nd
<b><u>UNIT 5</u></b>	<b><u>Reproduction and Contraception</u></b>	
	Chapter 5,6 Lecture Dates: Nov. 4-18	<u>Exam:</u> Tues. Nov. 23rd
<b><u>UNIT 6</u></b>	<b><u>Diseases</u></b>	
	Chapter 13 Lecture Dates: Nov. 30- Dec. 7	<u>Exam:</u> Thurs. Dec. 9th