

**CONTEMPORARY HEALTH  
HEALTH 1  
SPRING 2000  
REEDLEY COLLEGE**

**INSTRUCTOR:** SHANNON JEFFERIES  
**OFFICE:** PE 319  
**PHONE:** 638-0344  
**OFFICE HOUR:** Monday/Wednesday 11:00 Tuesday 10:00

**TEXT:** CORE CONCEPTS IN HEALTH  
BRIEF EIGHTH EDITION, 1996 UPDATE  
**AUTHOR:** INSEL/ROTH/ROLLINS/PETERSEN  
**PUBLISHER:** MAYFIELD PUBLISHING CO.

**COURSE REQUIREMENTS:**

1. **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 the class if you do not attend class and do not notify the instructor of your absence.

**THE DROP DATE FOR SPRING 2000 WILL BE JANUARY 28, 2000.** ←

2. **Grades** will be determined in the following manner:
  - a. 6 exams worth 100 points each  
Possible points = **600 POINTS**
  - b. 1 Wellness Health Evaluation Packet  
Possible points = **100 POINTS**
  - c. Grade will be Determined as follows from a total of **700 Possible points:**  
  
A = 90% of the overall point total (630-700)  
B = 80% of the overall point total (560-629)  
C = 70% of the overall point total (490-559)  
D = 60% of the overall point total (420-489)  
F = <60% of the overall point total (419 or less)
3. **Exams** will follow each of the six units as described in the outline section. **If you miss an exam, you will receive zero points for that unit.** There will be no make-up exams following each unit test.

*wrong drop date  
Final exam*

- A. A comprehensive final exam will be made available to those students wishing to remove one zero score or their lowest test score. The comprehensive final exam will be made available in addition to the sixth unit exam on the scheduled final exam date.
  - B. If a student wishes to take both the sixth unit exam and the comprehensive final exam, they must do so during the scheduled time allotted during the final exams date. (see final exam schedule.
  - C. Exam scores will be posted at my office following each unit test.
4. **Personal Health Assessment:** A Wellness Health Evaluation Packet and Related Topic Report will be required in addition to the six units.
- A. The Wellness Packet consists of a personal self-evaluation and review of a health related article. The wellness packet is due by **Tues March 14, 2000**. Late Wellness Packets will not be accepted.  
**\*\*NO EXCEPTIONS!!\*\***
  - B. Requirements for the Wellness Health Evaluation Packet are described on a separate Handout.
5. **Attendance:**
- A. 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.
  - B. If you leave class prior to the end of the class, without notifying instructor, hour you will be marked absent.
6. **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.

**Spring 2000 Holiday Dates:** Monday January 17, (Martin Luther King), Friday February 18 (Lincoln), Monday February 21, (Washington), Monday - Friday April 17-22, 2000 (Spring Break).