

KRCC 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: Shannon Vessup

OFFICE # 319 /Ext 344

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): Core Concepts in Health PLUS 6-882 Scantrons
Brief Seventh Edition, 1996 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 the Wellness Packet worth 100 points, and points from 6 exams each worth 100 points, for a total of 700 points.
Grading Scale: A=630-700 points (90%) C=490-559 points (70%) F=below 419 points
B=560-629 points (80%) D=420-489 points (60%) (below 60%)

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.

UNIT OUTLINE
SPRING 2000

HEALTH

S. JEFFERIES

Unit 1: Wellness, Stress, and Mental Health

Chapters 1, 2 & 3

Lecture Dates: January 10 - January 25

Exam
Jan 27, 2000

Unit 2: Nutrition, Weight Control, and Fitness

Chapters 9, 10 & 11

Lecture Dates: February 1 - February 22

Exam
Feb 24, 2000

Unit 3: Drug Abuse

Chapter 8

Lecture Dates: February 29 - March 14

Exam
Mar 16, 2000

Unit 4: Tobacco and Alcohol

Chapter 7

Lecture Dates: March 21 - April 4

Exam
April 6, 2000

Unit 5: Human Sexuality and Contraception

Chapters 5 & 6

Lecture Dates: April 11 - April 25

Exam
Apr 27, 2000

Unit 6: Diseases

Chapters 13 & 12

Lecture Dates: May 2 - May 11

Final Exam
Thur May 18, 2000
8:00am

Unit 7: Aging

Chapter 14

Lecture Dates: To be announced

Note: Above Dates are subject to change

Contemporary Health
Instructor: Shannon Jefferies

Self-Evaluation Wellness Packet (Due March 14, 2000)

The Wellness Packet of material is to be completed IN FULL by all students. The assignment is worth 100 points. **The finished packet must include:**

1. **10 Wellness Worksheets** (5 points each = 50 points)
Note: Choose from the following worksheets; 14, 22, 26 or 28, 35, 41, 48, 53, 59, 60, and 78. The work sheets are found in the shrink wrap that came with your text.
2. **The self-evaluation questionnaire** (25 points)
 - A. **SELF-EVALUATION:** Complete the attached self-evaluation questionnaire, after completing the wellness worksheets. The evaluation must be related to the 10 wellness worksheets.
 - B. Place the completed self-evaluation on **TOP** of the completed worksheets. The self-evaluation questions must be **completed in full** to receive full credit.
3. **Related Topic Report** (25 points)
 - A. Select and read an article from a health, scientific or research journal, or from the internet. Your article must be from one of the topics listed in the Course Unit Outline.
 - 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. The name of the article, the author(s) name, the name of the journal, # of pages, and where the article was located (eg. Reedley Library).
 2. In your own words, summarize the important points of the article into 5(minimum) to 10 statements. Number the statements in outline form.
 3. Write a personal conclusion. Include your personal reaction and feelings about the article. Be specific. Do not conclude with just saying the article was interesting or boring, but explain 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. This Report must be typed. Spelling, grammar and written responses must be up to college standards.
 5. A copy of your article should be attached to the back of your Wellness Pkt.

REMINDER: The entire packet must be completed in order to get full credit for the 100 points. **THE WELLNESS PACKET IS DUE BY TUESDAY MARCH 14, 2000. LATE PACKETS WILL NOT BE ACCEPTED.**

HEALTH EDUCATION
WELLNESS PACKET

STUDENT SELF-EVALUATION OF THE WELLNESS WORKSHEETS

STUDENT'S NAME _____
SEMESTER _____ CLASS DAY AND TIME _____

1. Answer the following based on your work in the packet:

A. What are three strongest areas of your self-awareness:

- 1. _____
- 2. _____
- 3. _____

B. What are the three weakest areas of your self-wellness:

- 1. _____
- 2. _____
- 3. _____

2. In evaluating your wellness, what one area would you most like to improve:

3. Evaluate your overall self-wellness in 30 words:

