

## HEALTH EDUCATION 1

**INSTRUCTOR : Kim Garner**

**ROOM: SS 32**

**TEXT: "Core Concepts in Health" - Eighth Edition**

**AUTHORS: Insel & Roth**

**COURSE MEETING DAY & HOUR: Saturdays 8:00 – 10:50 a.m.**

**VOICE MAILBOX: 638-3641 ext. 3852**

### COURSE REQUIREMENTS

Attendance will be recorded on a daily basis. If a student arrives to the class after roll has been taken, the student must notify the instructor of their attendance at the end of the class session. If a student misses three consecutive class meetings without notifying the instructor, the student will be dropped from the class.

An examination will be given at the end of each unit. Please be a Scantron #882 to class on the designated exam day.

In the event a student misses an exam, provisions must be made with the instructor prior to the next class meeting to make-up the missed exam. It will be the responsibility of the student to arrange for the make-up. Failure to do so will result in the student receiving a zero for that particular exam. **ONLY ONE MAKE-UP ALLOWED**

### GRADING POLICY

Grades earned in this course will be calculated on a total of 300 points and determined as follows: Exams (5 total @ 60 points each).

90 – 100% = A  
80 – 89.9% = B  
70 – 79.9% = C  
60 – 69.9% = D

- **DROP DATE DEADLINE**                      March 10
- **FINAL EXAM**                                      May 13    8:00 – 10:50 a.m.

### HOLIDAYS

January 17 (Mon.)	Martin Luther King Jr.
February 11-14 (Fri-Mon.)	Lincoln & Washington's Day
April 17-22 (Mon-Sat.)	Spring Break

*Attendance*

**UNIT I - *Taking Charge of Your Health***

Chapters: 1, 2, & 3

Lecture Dates: January 15 – January 29

**EXAM:** February 5

**UNIT II - *Nutrition/Weight Control/Fitness***

Chapters: 9, 10, & 11

Lecture Dates: February 19 – March 4

**EXAM:** March 11

**UNIT III - *Products of Dependency***

Chapters: 7 & 8

Lecture Dates: March 18 – April 1

**EXAM:** April 8

**UNIT IV - *Cardiovascular Disease/Cancer/STD's***

Chapters: 12 & 13

Lecture Dates: April 15 – 22

**EXAM:** April 29

**UNIT V - *Fertility/Aging***

Chapters: 6 & 14

Lecture Dates: April 29 – May 6

**EXAM:** May 13

**EXTRA CREDIT OPPORTUNITY**

1. Attend an **OPEN** Alcoholics Anonymous meeting. Describe your reaction to the meeting.
2. Choose a topic of your choice within the health field. Write a report using current research/information.
3. Choose a behavior of your own that you wish to change, such as overeating, smoking, inactivity or time management. Spend at least three weeks incorporating this behavior change in your lifestyle. Include in your report methods used and discuss the reasons for your success or failure.

This paper should be 2 – 3 pages typed, and turned in no later than **May 6**. (15 points)