

**REEDLEY COLLEGE HEALTH EDUCATION SYLLABUS**

**DEPARTMENT PHILOSOPHY:** Our department uses 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:** 320C / Ext. 409

**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:** Victor R. Krumdick

**PHONE:** 636-1046

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**INSTRUCTOR'S COURSE SUMMARY:** This course will examine the physical, mental/emotional, social, and spiritual aspects of human health and wellness. The study will take place within a framework which emphasizes the interrelationships of these various components. Special attention will be given to relevant health issues confronting our society. Among these issues are: drug use and abuse, stress related diseases, AIDS and other sexually transmitted diseases, diet and nutrition, physical fitness, consumer health, human ecology and environmental health, and the aging and dying process.

**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 MATERIALS:** Text: Core Concepts in Health, Brief Eighth Edition. 1998 Update. Insel, Roth, Rollins, & Peterson. Mayfield Publishing Co.

**3 Scantron Sheets; # 882**

**ATTENDANCE POLICY:** Attendance will be recorded on a daily basis. Attendance will figure significantly in the students score for class participation.

**TESTING POLICY:** There will be three (3) examinations. Each exam will consist of a 60 point multiple choice and true/false portion to be complete in class on a Scantron sheet. Also, there will be a 60 point essay exam. This portion of the exam is an open book, open note take home exam which will be due the following class meeting. These will be corrected in class. There is NO cumulative final examination. **PLEASE NOTE: THERE ARE NO MAKEUP DATES FOR THE TESTS!!! IF YOU WILL MISS A TEST, THE INSTRUCTOR MUST BE NOTIFIED IN PERSON BEFORE THE TEST DATE TO MAKE OTHER ARRANGEMENTS. FAILURE TO DO THIS WILL RESULT IN AN "F" ON THAT TEST!!!**

*Attendance  
Final Exam date*

**HOW YOUR FINAL GRADE WILL BE CALCULATED:** Grading will be based on the following percentage system:

**Grading Method: Percent weight of Categories and Assignments**

<b>Assignment</b>	<b>Max Points</b>	<b>% of Grade</b>	<b>Grade Scale</b>
Test 1	120	16.2%	<b>A= 87%+ or 642+ points</b> <b>B= 77% to 86% or 568to 641 points</b> <b>C= 67% to 76% or 494 to 567 points</b> <b>D= 55% to 66% or 405 to 493 points</b> <b>F&gt; 54% or &gt;405 points</b>
Test 2	120	16.2%	
Test 3	120	16.2%	
Research Paper	120	16.2%	
Other assignments			
Worldview	25	3.3%	
Drug Interview	25	3.3%	
Muscle Test	15	2.0%	
10 Worksheets	60	8.0%	
3 Article Reviews	18	2.4%	
Participation ~Attendance	<u>120</u>	<u>16.2%/0</u>	
	738	100.0%	

- \* The Research Paper will consist of a 4 page typewritten (DS) report on an health issue of the students choice. A bibliography must be included (apart from the four page body). This assignment will be graded on content, spelling, grammar, & organization. This paper will be due as per the course calendar.

The assignments will be due according to the course calendar. Late assignments will be given a lower score. **NO ASSIGNMENTS WILL BE ACCEPTED MORE THAN ONE DAY LATE!!!**

**DROP INFORMATION:** Please keep in mind the following drop dates:

- Friday, January 21 - Last day to drop a semester length course and qualify for a refund
- Friday, January 28 - Last day to drop a class and not have it appear on transcript
- Friday, February 11 - Last day to change to or from Credit/No-Credit option
- Friday, March 10 - Last day to drop a semester length course

It is the student's responsibility to drop a course if, for any reason, it is necessary to do so. Failure to do so MAY result in receiving a letter grade for the course. Further, the instructor reserves the right to drop any student with three consecutive unexcused absences.

**HOLIDAYS:**

- Martin Luther King Jr. – Monday January 17
- President's Holiday – Friday & Monday February 18 & 21
- Easter Holiday – April 17-22

**PLEASE NOTE:** If you have a documented disability and wish to discuss academic accommodations, please contact the instructor AS SOON AS POSSIBLE.

**PROPOSED COURSE CALENDAR**

<u>Week 1</u>	<b>Administratives</b>	
1/10-14	<b>What is Health?</b>	<b>Chapter 1</b>
<u>Week 2</u>	<b>Holiday</b>	
1/17-21	<b>What is Health? con't.</b>	
	<b>Steps to Making Change</b>	
	<b><u>Wellness Worksheet (WW) #1 DUE</u></b>	
<u>Week 3</u>	<b>Spiritual Health/ Worldview</b>	
1/24-28	<b>The Brain &amp; Nervous System</b>	
	<b><u>WW#2 DUE</u></b>	
<u>Week 4</u>	<b>Stress</b>	<b>Chapter 2</b>
1/31-2/4	<b><u>WW#3 DUE</u></b>	
	<b><u>Worldview DUE</u></b>	
<u>Week 5</u>	<b>Psychological Health &amp; Illness</b>	<b>Chapter 3</b>
2/7-11	<b><u>**1st Article Review Due**</u></b>	
	<b><u>Handout Essay # 1 (DUE Next Week)</u></b>	
<u>Week 6</u>	<b>TEST # 1</b>	
2/14-18	<b>Correct 1st Essay Exam</b>	
	<b>Holiday</b>	
<u>Week 7</u>	<b>Holiday</b>	
2/21-25	<b>Issues in Human Sexuality</b>	<b>Chapter 4</b>
	<b>Relationships - Love</b>	<b>Chapter 5</b>
	<b><u>WW #4 DUE</u></b>	<b>(pp. 80-82 Sexual Behavior)</b>
<u>Week 8</u>	<b>Contraception</b>	<b>Chapter 6</b>
2/28-3/3	<b>The Immune System</b>	<b>Chapter 13</b>
	<b>AIDS &amp; Other STDs</b>	
	<b><u>**2nd Article Review Due**</u></b>	
<u>Week 9</u>	<b>Cardiovascular Disease</b>	<b>Chapter 12</b>
3/6-10	<b><u>WW#5 DUE</u></b>	
<u>Week 10</u>	<b>Cancer</b>	
3/13-17	<b><u>WW #6 DUE</u></b>	
<u>Week 11</u>	<b>Issues in Aging &amp; Dying</b>	<b>Chapter 14</b>
3/20-24	<b><u>Handout 2nd Essay</u></b>	
	<b><u>WW #7 DUE</u></b>	
<u>Week 12</u>	<b>TEST # 2</b>	
3/27-31	<b>Correct 2nd Essay</b>	
<u>Week 13</u>	<b>Intro to Nutrition</b>	<b>Chapter 9</b>
4/3-7	<b>Group Work - Nutrients</b>	
<u>Week 14</u>	<b>Physical Fitness</b>	<b>Chapter 10</b>
4/10-14	<b><u>WW #8 DUE</u></b>	
	<b><u>**3rd Article Review Due**</u></b>	

4/17-21 Easter Holiday

Week 15 Weight Control Chapter 11

4/24-28 MUSCLE TEST

\*\*\*RESEARCH COMPONENT DUE\*\*\*

WW #9 DUE

Week 16 Introduction to Drugs

Chapter 7

5/1-5 WW#10 DUE

Week 17 Tobacco / Alcohol

Chapter 8

5/8-12 \*\*Drug Interview/Survey Due

Addiction & Recovery

Handout 3rd Essay

Week 18 FINAL EXAM

5/15-19 Correct 3rd Essay