

# RC HEALTH EDUCATION SYLLABUS

**DEPARTMENT PHILOSOPHY:** Our department will use a "concept" 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

**COURSE #:** [REDACTED]

**COURSE TITLE:** CONTEMPORARY HEALTH

**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 at the local, state and national levels.

**INSTRUCTOR:** [REDACTED]

**OFFICE #:** 320 A/638-0300 ext. 3888 (by appt.)

**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):** 1)Core Concepts in Health      2)Wellness Worksheets  
Brief Eighth Edition, 1998      3)6-882 Scantrons  
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 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 GRADES WILL BE CALCULATED:**

Grades will be based on the completion of: 6 exams each worth 100 points, 20 selected Wellness Worksheets each worth 5 points, and 4 subject research projects each worth 25 points, for a total of 800 points.

Grading Scale: A = 720-800 points (90%)      C = 560-639 points (70%)  
B = 640-719 points (80%)      D = 480-559 points (60%)  
F = <479 points (<60%)

**DROP POLICY:** 18 week courses have a drop deadline in the 9th week. Short-term classes have a drop deadline of 4.5 weeks. 6 week summer courses have a drop deadline of 3 weeks. 4 week summer courses have a drop deadline of 2 weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences during the first two weeks of class.

HEALTH  
INSTRUCTOR: L. L.  
COURSE SYLLABUS

OFFICE: PE OFFICE BUILDING - 320 A By Appt  
OFFICE PHONE: 638-0300 EXT. 3888

1. **TEXT: CORE CONCEPTS IN HEALTH, BRIEF EIGHTH EDITION, 1998**

**AUTHORS: INSEL/ROTH/ROLLINS/PETERSEN  
PUBLISHER: MAYFIELD PUBLISHING CO.**

2. **COURSE REQUIREMENTS:**

A. **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 CLASS IF YOU DO NOT ATTEND CLASS AND DO NOT NOTIFY THE INSTRUCTOR OF YOUR ABSENCE. WITHDRAWAL FROM CLASS IS THE FINAL RESPONSIBILITY OF THE STUDENT.**

**IMP**

B. **GRADE WILL BE DETERMINED IN THE FOLLOWING MANNER:**

1. **6 EXAMS WORTH 100 POINTS EACH  
POSSIBLE POINTS: = 600 POINTS**
2. **WELLNESS HEALTH PROJECT.  
POSSIBLE POINTS: = 200 POINTS**

**2. GRADES WILL BE ACHIEVED AS FOLLOWS FROM A TOTAL OF 800 POSSIBLE POINTS:**

- A = 90% OF THE OVERALL POINT TOTAL (720-800)**
- B = 80% OF THE OVERALL POINT TOTAL (640-719)**
- C = 70% OF THE OVERALL POINT TOTAL (560-639)**
- D = 60% OF THE OVERALL POINT TOTAL (480- 559)**
- F = <60% OF THE OVERALL POINT TOTAL (479 AND BELOW)**

**C. EXAMS:** AN EXAM WILL FOLLOW EACH OF THE SIX UNITS AS DESCRIBED IN THE UNIT OUTLINE SECTION. **EACH UNIT EXAM IS MANDATORY.**

1. EACH STUDENT WILL BE AWARE OF HIS/HER GRADE AFTER EACH EXAM. THE EXAM SCORES WILL BE POSTED IN THE CLASSROOM AFTER EACH EXAM. EACH STUDENT WILL BE ASSIGNED A NUMBER ONCE THE FINAL ROSTERS HAVE BEEN ISSUED.

**D. PERSONAL WELLNESS ASSESSMENT:** A PERSONAL WELLNESS ASSESSMENT PROJECT WILL CONSIST OF COMPLETING 20 WELLNESS FORMS AND A SELF EVALUATION CRITIQUE.

1. REQUIREMENT FOR THE PERSONAL WELLNESS ASSESSMENT PROJECT IS DESCRIBED ON A SEPARATE HANDOUT.

**E. SUBJECT INTERNET/RESEARCH PROJECT:** THIS PROJECT WILL CONSIST OF RESEARCHING 4 SUBJECT AREAS AS DESCRIBED ON A SEPARATE HANDOUT.

**F. ATTENDANCE:** THERE WILL BE ASSIGNED SEATING IN THIS CLASS.

1. ATTENDANCE WILL BE RECORDED BY THE SEAT THAT IS ASSIGNED TO EACH STUDENT. IT IS THE RESPONSIBILITY OF EACH STUDENT TO KNOW THEIR ASSIGNED SEAT AND ROW NUMBER.

2. 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.

3. IF YOU LEAVE PRIOR TO THE END OF THE CLASS HOUR YOU WILL BE MARKED ABSENT UNLESS YOU NOTIFY THE INSTRUCTOR.

3. **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.

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**NO CLASSES DURING 2000 SPRING SESSION**

JAN. 17, MONDAY: MARTIN LUTHER KING JR. DAY

FEB. 18, FRIDAY: LINCOLN'S DAY

FEB. 21, MONDAY: WASHINGTON'S DAY

APR. 17-21, MONDAY - FRIDAY: SPRING RECESS

**UNIT OUTLINE  
SPRING 2000**

**UNIT 1: WELLNESS, STRESS & MENTAL HEALTH  
CHAPTERS 1, 2 & 3**

**LECTURE DATES: JAN. 11 - JAN. 25**

**EXAM & WELLNESS SHEET(S) DUE: JAN. 27  
WELLNESS SHEET(S) DUE: 1, 2, 9, 15, 16 & 6, 11,**

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**UNIT 2: NUTRITION, WEIGHT CONTROL AND FITNESS  
CHAPTERS 9, 10 & 11**

**LECTURE DATES: FEB. 1 - FEB. 22**

**EXAM & WELLNESS SHEETS(S) DUE: FEB. 24  
WELLNESS SHEET(S) DUE: 46, 50, 51, 56, 59**

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**UNIT 3: DRUGS  
CHAPTER 7**

**LECTURE DATES: FEB. 29 - MAR. 9**

**EXAM & WELLNESS SHEETS(S) DUE: MAR. 14  
WELLNESS SHEET(S) DUE: 36, 38**

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**UNIT 4: ALCOHOL AND TOBACCO  
CHAPTER 8**

**LECTURE DATES: MAR. 16 - MAR. 28**

**EXAM & WELLNESS SHEETS(S) DUE: MAR. 30  
WELLNESS SHEET(S) DUE: 40, 45**

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**UNIT 5: REPRODUCTION AND CONTRACEPTION  
CHAPTERS 5 & 6**

**LECTURE DATES: APR. 4 - APR. 25**

**EXAM & WELLNESS SHEETS(S) DUE: APR. 27  
WELLNESS SHEET(S) DUE: 28, 33, 34,**

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**UNIT 6: DISEASES  
CHAPTERS 12 & 13**

**LECTURE DATES: MAY 2 - MAY 11**

**WELLNESS SHEET(S) DUE MAY 11: 62, 68, 71 & 61**

**EXAM: FINAL DATE**

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***NOTE: ABOVE DATES ARE SUBJECT TO CHANGE***

**FINAL EXAM SCHEDULE: FINAL WEEK IS MAY 15 - 19**

**CLASS: THEOLOGY - [REDACTED]**

**CLASS: THEOLOGY - [REDACTED]**