

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 FINAL GRADE 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 TWO (2) 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.

IMPORTANT NOTE: THE FINAL EXAM DATE FOR THIS COURSE IS MARCH 10, 2000.

- B. GRADES 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

3. **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 CONSISTS 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.

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 EVENING**

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

LECTURE DATES: JAN. 10 - JAN. 24

**EXAM & WELLNESS SHEET(S) DUE: JAN. 31
WELLNESS SHEET(S) DUE: 1, 2, 9, 15, 16 & 6, 11,**

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

LECTURE DATES: JAN. 31 - FEB. 14

**EXAM & WELLNESS SHEETS(S) DUE: FEB. 28
WELLNESS SHEET(S) DUE: 46, 50, 51, 56, 59**

**UNIT 3: DRUGS
CHAPTER 7**

LECTURE DATES: FEB. 28 - MAR.13

**EXAM & WELLNESS SHEETS(S) DUE: MAR. 20
WELLNESS SHEET(S) DUE: 36, 38**

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

LECTURE DATES: MAR. 13 - APR 3

**EXAM & WELLNESS SHEETS(S) DUE: APR 10
WELLNESS SHEET(S) DUE: 40, 45**

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

LECTURE DATES: APR. 3 - APR. 24

**EXAM & WELLNESS SHEETS(S) DUE: MAY 1
WELLNESS SHEET(S) DUE: 28, 33, 34,**

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

LECTURE DATES: MAY 1 - MAY 8

WELLNESS SHEET(S) DUE MAY 1: 62, 68, 71 & 61

EXAM: FINAL DATE

NOTE: ABOVE DATES ARE SUBJECT TO CHANGE

FINAL EXAM SCHEDULE: FINAL WEEK IS MAY 15 - 19

CL

**CONTEMPORARY HEALTH
INSTRUCTOR: L. LAUNER**

SELF WELLNESS EVALUATION & SUBJECT RESEARCH PROJECTS (3 parts to this assignment!)

The Self Wellness Evaluation & Subject Research Projects must be completed **IN FULL** by all students. The assignment is worth 200 points. The **FINISHED** projects must include

I. 20 Wellness Worksheets (5 points each = 100 points)

- A. Wellness Worksheets to be completed are: 1, 2, 9, 15, 16, 28, 33, 34, 36, 38, 40, 45, 46, 50, 51, 56, 59, 62, 68, & 71. Dates when each worksheet is due will be announced in class. Typically at the end of each unit.
- B. The worksheets are found in the shrink wrap attachment that came with your text.
- C. Your work must be neat and legible.

II. Related Topic Research:

You have a choice as to how you complete this part of the project. You may do all of one type (literature research or Internet search) or a combination from the 2 categories. You will complete 4 research/search units worth 20 points each. (4 research/search units @ 20 points each = 80 points).

OPTION A:

1. Wellness worksheets 6, 11, 19 & 61 are to be completed utilizing an Internet search. Each worksheet covers specific topics related to the chapter unit. Follow the instructions on each worksheet. Each worksheet is to be completed in detail for 20 points each.

or OPTION B:

1. Instead of completing an Internet search, use the topics in worksheets 6, 11, 19 & 61 to complete the literature research. Each worksheet can only be used once.
 - A. Select and read an article from a health, scientific or research journal from the choices listed on the worksheets.
 - B. The article must have been published in 1998, 1999 or 2000. 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. Include the name of article, author(s), name of journal, pages, and where the article was located (e.g.. RC Library).
 2. In your own words summarize the important points of the article into 5 (minimum) to 10 statements.
 3. Write a short personal conclusion. Include your personal reaction and feelings about the article. Do not conclude with just saying the article was interesting or boring, but **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. Each summary must be typed. Spelling, grammar and written responses must be up to college standards.

III. Self-evaluation questionnaire (20 points)

- A. **SELF-EVALUATION:** Complete the attached self-evaluation questionnaire, after completing the wellness worksheets. The evaluation must be related to the completed 24 wellness worksheets.

Insert this project into a two (2) pocket folder with a center inert clip area. The right pocket will be for uncompleted worksheets. The left pocket for completed and graded worksheets. The center clip area will be used to attach additional assigned and extra work.

REMINDER: The ENTIRE packet must be completed in order to get full credit for the 200 points. The packet must be completed by May 11, 2000. NO EXCEPTIONS.

**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 the three strongest areas of your self-wellness:

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 change or improve:

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

