

**REEDLEY COLLEGE  
HEALTH EDUCATION 1**

Instructor: Kathy O'Connor-Kuball  
Office: P.E. 312  
Phone: 638-3641 ext. 3387  
Office Hours: Posted on office door MON 9am - 10am  
WED 9am - 11am

1. **Text:** Core Concepts in Health  
Brief Eighth Edition, 1998 Update  
Author: Insel/Roth/Rolling/Peterson  
Publisher: Mayfield Publishing Co.

2. **Course Requirements:**

A. **Attendance:** Attendance is a must. After six cumulative absences, the student will be dropped from the class. Extended medical absences or special circumstances cleared in advanced by the instructor may be the only exception to this. This is up to the instructor discretion. Attendance will be recorded by the seat assigned to you as well as a sign-in sheet. It is your responsibility to know your assigned seat and number. No changes will be made after the final class roster is determined. Failure to be in your seat during roll will result in an absence being recorded. If you arrive late it is your responsibility to notify the instructor at the end of the class session or your absence will remain on your record. Please come in quietly to minimize class disruption.

**IMPORTANT NOTE:**

The drop date for this class will be the 9<sup>th</sup> week: MARCH 10-00 (FRIDAY)

B. **Examinations:** An exam will follow each of the six units described in the Unit Outline. If you miss an exam you will receive zero points for that unit. There are no make up exams following each of the units.

1. A comprehensive final exam will be made available to those students wishing to remove one zero score or their lowest test score. This will be made available in addition to the sixth exam on the scheduled final date and must be taken during the allotted final time.

C. **Personal Health Assessment:** A wellness health evaluation packet and related topic report will be required in addition to the exams. Requirements for this will be given on a separate handout.

3. **Grading/Evaluation:** Your grade will be determined by points earned from exams, assignments, quizzes, and the Wellness Health Evaluation Packet.

Class participation and attendance is encouraged and will be considered in final grade.

The following percentage scale will be used:

A = 100%-90% of the overall point total

B = 89%-80% of the overall point total

C = 79%-70% of the overall point total

D = 69%-60% of the overall point total

F = < 60% of the overall point total

\*Various extra credit opportunities will be available throughout the semester\*

*Attendance  
Final Exam*

# HEALTH EDUCATION 1

## UNIT OUTLINE SPRING 2000

### UNIT 1: Wellness, Stress, Psych. Health

Chapter 1,2,3  
Lecture dates: Jan 10-24

Exam: Wed.  
January 26

### UNIT 2: Nutrition, Weight Mangt., Fitness

Chapter 9,10,11  
Lecture dates: Jan 26-Feb 9

Exam: Mon.  
February 14

### UNIT 3: Drugs

Chapter 7  
Lecture dates: Feb 14- March 1

Exam: Mon.  
March 6

### UNIT 4: Alcohol and Tobacco

Chapter 8  
Lecture dates: March 6- March 22

Exam: Mon.  
March 27

### UNIT 5: Reproduction and Contraception

Chapter 5,6  
Lecture dates: March 27-April 10

Exam: Wed.  
April 12

### UNIT 6: Diseases: Immunity & Infection

Chapter 13  
Lecture dates: April 24- May 10

Exam: Final  
Date: TBA

# RC 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:**

KATHY O'CONNOR-KUBALL

**OFFICE #** 312 /Ext 3387

**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 8th. Edition, 1998 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 a Wellness Packet and points from at least 6 exams and quizzes. Grading Scale: A = 90% of total points D = 60% of total points  
B = 80% of total points F = Less than 60%  
C = 70% of total points of total points

**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.