

CLASS MEETINGS

M 6:00-9:20 p.m.
Dinuba Voc Center

COURSE OBJECTIVES

To introduce the student to a comprehensive study of personal and community health. This course will review health issues at the local, state, and national levels.

COURSE OUTCOMES

To recognize connections between personal health, behaviors, social interaction and environmental issues. To use a behavior modification plan to improve overall health and wellbeing. To value the impact of wellbeing of the body and person. To practice appropriate life choices issues.

GENERAL CLASS RULES

1. You are expected to attend all class meetings, arrive on time, and be in class in your assigned seat the entire class session. Arriving late is distracting, rude and unfair to fellow students. Students leaving class before the end of the session will be counted as absent. Calling me to tell me you will be absent does not excuse you.
2. All cell phones, pagers, CD players, or anything disruptive to class must be turned off and put away when in class. Cell phone will not be permitted during exams.
3. No chit-chat, note passing or signing will be tolerated during class lecture, presentations or activities. No napping! Sorry no guests allowed.
4. It is expected that you read each unit before the class session to interact in discussion and activities. It is expected that you complete all assignments and activities on time.
5. You are expected to follow Reedley College policy and guidelines regarding cheating, plagiarism and behavior. See catalog.

Contemporary Health Issues

COURSE CODE: 71015

ADVISORIES: ENGL 125 & ENGL 126

COURSE VALUE: 3 units

Fall 2008

INSTRUCTOR: L.LAUNER
OFFICE: By Appt
PHONE: 859-2266
E-MAIL: cllauner@prodigy.net

ATTENDANCE will be recorded on a daily basis. If a student misses (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 the absence. ***Withdrawal from the class is the final responsibility of the student.***

IMPORTANT NOTE: The final drop date for the Fall 2008 Session is **October 17, 2008.**

SPECIAL NEEDS

If you have verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible. Please feel free to contact me if you require additional study materials or need help with note taking.

NO CLASSES DURING 2008 FALL SESSION

Sept 1: MONDAY
Nov 11: TUESDAY
Nov 27-28: Thanksgiving Break

FINAL EXAM

Dec 15, 2008 6-7:50

NOTE: The above dates is the scheduled final exam. Arrange your work schedule, airplane flights and other personal agenda around these dates.

GRADES

Each unit will be valued at 100 points each

1. **Unit Exam** 50 %
2. **Article** 25%
3. **Class Activity & Interaction** 25 %

Total points = 500 points

Each Unit Exam is mandatory. A comprehensive exam will be offered during the scheduled final exam date to replace your lowest exam score from Units 1-5.

I will not accept late work or make-up assignments, exams or quizzes. This means you need to be in class and do the work as assigned.

You are required to participate, in a respectful manner, in all class discussions and activities. You may not study or read a book from another class during this class.

GRADE ASSIGNMENT

will be achieved as follows from a total of **500 POSSIBLE POINTS:**

A = 450-500

B = 400-449

C = 350-399

D = 296-349

F = <295

LECTURE & EXAM DATES SUBJECT TO CHANGE

UNIT 1: Wellness, Stress & Mental Health

Chapters 1, 2 & 3

Sept 8-Sept 15

EXAM: Sept 22

1 Article (due Sept 22)

UNIT 2: Alcohol & Tobacco Chapter 8

Sept 22-Oct 6

EXAM: Oct 13

1 Article (Oct 13)

UNIT 3: Drugs Chapter 7

Oct 13-Oct 27

EXAM: Nov 3

1 Article (due Nov 3)

UNIT 4: Nutrition & Weight Chapter 9 & 10

Nov 3-Nov 17

EXAM: Nov 24

1 Article (due Nov 24)

UNIT 5: Diseases Chapter 14

Nov 24-Dec 8

EXAM: Dec 8

1 Article (due Dec 8)

Your Scores

Exam 1 _____
Exam 2 _____
Exam 3 _____
Exam 4 _____
Exam 5 _____

Activity 1 _____
Activity 2 _____
Activity 3 _____
Activity 4 _____
Activity 5 _____

Article 1 _____
Article 2 _____
Article 3 _____
Article 4 _____
Article 5 _____

Total Points _____

NOTES & HANDOUTS

You can find my notes, assignments, grades and other relevant information for this class on the Web page and Blackboard at:

www.reedleycollege.edu

TEXT: Core Concepts in Health, Brief Tenth Edition Update, Wellness sheets

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Publisher: Mayfield Publishing Co
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