

Syllabus for Contemporary Health Issues

HLTH-1-72013 CONTEMP HLTH ISS SANGER HS TUESDAY

06:00 P.M.-08:50 PM

HLTH-1-74009 CONTEMP HLTH ISS Selma HS Wednesday's

06:00 P.M.-08:50 PM

1. COURSE DESCRIPTION: To focus attention on the need for individuals to develop informed personal conclusions on how to take responsibility for their own health.

2. INSTRUCTOR: Dr. Morten L. Johnson 897-4174

E-mail: morten.johnson@comcast.net

3. REQUIRED TEXT: Core Concepts in Health, Tenth Edition, , by Insel, Roth, et. al. Mayfield Publishing Co., Mountain View, CA

4. COURSE OBJECTIVES: To learn as much as possible about the physical, mental, social, emotional, and spiritual part of life so that the student can enjoy the future heat/she has planned.

5. Materials to be taught - Chapters 1-13 in text (see text)

6. **Class Rules**

Lecture begins at 6:05! It is your responsibility to attend class, sign the role sheet.

Students are required to have a textbook! Students are responsible for reading each chapter prior to class! Students are encouraged to ask questions about the chapter and/or chapter subject matter. **No questions, needn't you know the material , and are ready for a quiz.**

Hats or sunglasses are not to be warring in class!

Cell phones are not to be on during class!

Each student is responsible for checking their name off the roster at the beginning of each class.

Students are responsible for reading the chapter to be discussed, prior to class.

Students are responsible to bring a number two pencil and pin to each class. You are also required to supply your own Scantron (unwrinkled). It is advisable that you bring your textbook, pencil, & Scantron to each class! We may have pop quizzes & open book quizzes (these will be timed exams/quizzes)

***No late papers/reports will be accepted Papers/reports maybe turned in early.**

***Quizzes/tests may be taken early, but not after the class has taken it.**

Students are responsible for acquiring information/material given in class, from other students.

Papers must include(on front page): date, topic, student #(given in class), students named (last name first), Dr. Johnson's name, location of class (SHS)or (KHS).

Papers must be stapled together – no paper clips or dogeared papers accepted

MANDATORY WRITTEN PAPERS All These Papers Are to Be Personal & About You! No One, Except Myself Reads And/or Sees These !!

1. My Stress & How I Deal With It.

Research stress - causes, effects on body & psyche, prevention, nutrition, etc. List and explain your stressors & how you deal with them. This is to be a personal paper about you and your stress!

List all sources.

Due -- beginning of third class.

2. Define Integrity,

Describe what these terms mean TO YOU & HOW THEY RELATE TO YOUR LIFE & RELATIONSHIPS! This is to be Personal, NOT ABSTRACT or Theoretical.

Due -- beginning of fourth class.

3. Your Health:

Describe in detail your health status as well as any diseases in your family history that may be hereditary (i.e. Diabetes) and/or conditions that you may be susceptible to (i.e. Substance abuse, alcoholism, overweight etc.).

All papers are extremely personal & confidential! No One Reads or Sees These Papers Except Me Due – beginning of sixth class.

4. Marriage and divorce – my expectations & boundaries.Andu

Describe what you feel constitutes a good marriage. List your criteria for divorce. List your criteria for a spouse. If you have never been married, interview your parents or grandparents. What does marriage mean to you? (No Boundaries, No Points).

Due -- beginning of eighth class.

5. When Does Life Begins

Written assignment in conjunction with chapter 6

Select from the following choices, one that you believe is when “life begins.”

Does life begin at:

1. At conception - uniting of sperm and ovum
2. At implantation - about what ten days after intercourse
3. When heart started to beat - 21 days
4. When central nervous system is complete - about 32 days
5. At completion of for - at end of second month
6. At viability - usually seven months
7. At birth

Research these seven alternatives as to when life begins, talk to many people, make up your own mind, and write a one to two page written report as to “When Life Begins”.

There is no right or wrong answer!

This is not a paper about abortion, the pro-life, or pro-choice movement!

Due -- the beginning of class when discussing birth control/abortion.

6. AGING

The affects aging has on our body and mind. Talk to older relative's/friends.

Personal experience welcome & wanted.

Due -- Third to the last class.

Personalize all papers, whenever possible! Include any & all personal experiences relating to the topic. All papers should be one to two pages in length!

EXTRA CREDITS – 75 points (total) maximum.

Read and write(type, 12 font size) a brief 1-2 page report on one of the following books-

BOOKS

Who Moved My Cheese , The One Minute Manager, "Yes" or "No": The Guide to Better Decisions & The Present – Both books written by Spenser Johnson M.D. - 10 points each

Loving - Leo Buscallia

Boundaries : When to Say Yes When to Say No to Take Control of Your Life
Henry, Dr. Cloud, John, Dr. Townsend; Hardcover

Boundaries With Kids : When to Say Yes, When to Say No to Help Your Children Gain Control of Their Lives -- Henry Cloud, et al; Hardcover

Boundaries in Marriage -- Henry Cloud, John Dr Townsend; Hardcover

The Leaf - Leo Buscallia - 10 points
<http://www.eyetomorrow.com/embracingthechild/Ctheleafstory.htm>

Tuesdays with Morrie: An Old Man, a Young Man and Life's Greatest Lesson -- Mitch Albom; Hardcover

When Bad Things Happen To Good People By Harold S. Kushner
ISBN: 0380603926 Mass market paperback, 160 pages, Avon, September 1994
ISBN: 0805240896 Hardcover, 148 pages, Schocken Books, November 1989
ISBN: 0394297784 Published by Random House (Audio), March 1, 1987

When You're Up to Your Eyeballs in Alligators ~ Larry Wilde / Hardcover / Published 1997

Book Reports - 25 points each unless stated other wise.

1- 2 pages in length. I

Tell how it relates to you.

***ALL REPORTS MUST BE TYPED OR COMPUTER GENERATED.**

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They must include:

Date

Student's Name(last name first, first name)

Students Class Number

Dr. Johnson's name

Class Day & Place(Sanger HS or Selma HS)

NO title page! All multiple page reports Must Be Stapled!

Report on one of the following diseases/conditions - 10 pts.

Stroke Heart attack, Alzheimer's Disease, ALS, Cirrhosis, Diabetes, Parkinson's, High Blood Pressure, Herpes, AIDS, Multiple Sclerosis, SIDS, Tuberculosis, Cancer (any type) - Breast, Colon, Leukemia, Lung, Lymphoma , Prostrate, Testicular, and/or Uterine

You can also write a paper describing Your Self-Esteem and/or Intimacy and/or Compromise (these papers must describe your personal feelings & must be introspective as well as honest)!

These are just suggestions, if you have a family history of an illness/condition I prefer you research and write a paper on that!

All material/information must be current (written within the last 10 years).

Must have a bibliography with at least 3 references.

ALL EXTRA CREDIT PAPERS DUE BY The Third to the Last Class!

SYLLABUS SUBJECT TO CHANGE - Changes will be notified in class!

**STUDENTS NEED TO ATTEND CLASS TO FIND OUT EXAM, QUIZ, & PAPER DUE DATES!
THAT IS THE STUDENTS RESPONSIBILITY!!**

If you want to know your grades, etc. you will need to e-mail me! I will not bring a grade sheet to class.

PAPERS MAYBE TURNED IN EARLY, BUT NOT LATE & MUST BE TYPES/COMPUTER GENERATED (12 font size)- NO EXECEPTIONS! If you do not have access to a computer or typewriter, use the libraries!

Students can e-mail their papers to me or turned than in on floppy disks! My computer can read all formats except Microsoft Works. I have a PC and a Macintosh computer, that

I use to read papers. However, before turning in a disk or C. D. Make sure it is readable and not blank! E-mailed papers must be received prior to midnight of the day due.

Students are responsible for picking up and retaining returned quizzes, exams, written assignments, and papers – until the end of the semester. This will help verify your grade in case I make a mistake on transferring your grade to my computer or if my computer crashes. This is totally for your benefit!

All/any papers can be turned in early! I would highly suggest that students do this! Do Not Procrastinate! Historically, students that turn their papers in early, receive higher grades & have less stress!

Notes

I have read, understand and agree to the rules & information in this Syllabus.

Class Number: _____

Signed- _____

PRINT NAME _____
(LAST NAME/ FIRST NAME)

TELEPHONE # _____

E-MAIL ADDRESS (OPTIONAL) _____
