



995 North Reed Avenue, Reedley, CA 93654 Phone: 559-638-3641 FAX: 559-638-5040

REEDLEY COLLEGE PHYSICAL EDUCATION DEPARTMENT

P.E. INSTRUCTOR: JACK HACKER
OFFICE: 559.638.0303
OFFICE LOCALE: P.E. STAFF OFFICE BUILDING
ROOM NO: PE 320 -- A
E - MAIL ADDRESS: jack.hacker@reedleycollege.edu

COURSE NAME: HEALTH ED 1

COURSE CODE NO: 54686

SEMESTER: SPRING YEAR: 2011

DAYS CLASS MEETS: (MWF) MW T/TH DAILY

CLASS TIME: 10:00 -- 10:50 AM

CLASS MEETING ROOM: MW IN POR 1 // FRIDAY IN CC1 203

OFFICE HOURS: MWF -- 1:00 -- 2:00 PM

DROP DEADLINE: FRIDAY - MARCH 11 -- 2011

FINAL EXAM DATE: WEDNESDAY -- MAY 18 -- 10:00 AM

REQUIRED TEXT(S) & MATERIALS:

- SEE SYALLABI

COURSE PREREQUISITES: NONE

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HOLIDAYS THIS SEMESTER:

1. **MONDAY -- JAN. 17 -- MARTIN LUTEHR KING JR.**
2. **FRIDAY -- FEB. 18 -- LINCOLN'S HOLIDAY**
3. **MONDAY -- FEB. 21 -- WASHINTON'S HOLIDAY**
4. **MONDAY thru FRIDAY -- APRIL 18 -- 22 -- SPRING RECESS**
5. **FINALS WEEK >> MAY 16 thru MAY 20**

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GRADING PROCEDURES:

GRADES WILL BE DETERMINED ON A TOTAL POINT SYSTEM.

GRADES WILL BE BASED ON PERCENTAGE OF TOTAL POINTS:

A = 90% OF POINT TOTAL	C = 70% OF POINT TOTAL
B = 80 % OF POINT TOTAL	D = 60% OF POINT TOTAL

TARDINESS WILL BE COUNTED AS HALF OF AN ABSENCE

AFTER THREE ABSENCES, 5 POINTS WILL BE DEDUCTED FROM OVERALL POINT TOTAL FOR EACH ABSENCE OVER THREE.

MAKE-UP EXAMS ARE NOT ALLOWED UNLESS ARRANGEMENTS ARE MADE IN ADVANCE OF AN EXAM.

STUDENT BEHAVIOR:

- **STUDENTS ARE EXPECTED TO ARRIVE ON TIME TO ALL CLASS MEETINGS.**
- **ALL STUDENTS WILL TURN OFF CELL PHONES WHILE CLASS IS IN SESSION.**
- **CLASS PARTICIPATION IS ESSENTIAL FOR A STUDENT TO EARN A PASSING GRADE. ALL STUDENTS WILL RESPECT ALL STUDENTS WHO ARE ATTENDING THE CLASS.**
- **STUDENTS ARE NOT ALLOWED TO LEAVE CLASS DURING ANY CLASS MEETING WITHOUT PERMISSON FROM THE INSTRUCTOR.**

- **VISITORS ARE NOT ALLOWED IN ANY CLASSROOM SETTING WITHOUT PRIOR APPROVAL BY THE INSTRUCTOR.**
- **FOR P.E. ACTIVITY CLASSES, STUDENTS MUST WEAR APPROPRIATE ATTIRE, SHOES, AND ANY SUPPORT SYSTEM THE BODY REQUIRES. "SCHOOL ATTIRE" WILL NOT BE ALLOWED IN P.E. ACTIVITY CLASSES.**
- **FOR P.E. ACTIVITY CLASSES, IF ANY STUDENT HAS A PREVIOUS INJURY OR DISABILITY THAT COULD CURTAIL ACTIVITY, THE STUDENT MUST NOTIFY THE INSTRUCTOR OF SUCH INJURY OR CONDITION AT THE START OF THE SEMESTER.**
- **ACCOMODATIONS FOR STUDENTS WITH DISABILITIES:
If a student has a verified need for an academic accomodation 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 the instructor with this information.**



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HEALTH ED 1

INSTRUCTOR: J. HACKER

SPRING 2011 COURSE OUTLINE

TEXT: CORE CONCEPTS IN HEALTH -- 11th EDITION

AUTHOR: INSEL & ROTH

MATERIALS REQUIRED:

TEXT // NOTEBOOK PAPER // WRITING UTENSIL

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UNIT 1 -- HEALTH & WELLNESS

CHAPTER 1

UNIT 2 -- MENTAL HEALTH

CHAPTERS 2 & 3

UNIT 3 -- BASIC HEALTH ISSUES

CHAPTERS 9, 10, 11

UNIT 4 -- ALCOHOL // DRUGS // TOBACCO

CHAPTERS 7 & 8

UNIT 5 -- CARDIOVASCULAR DISEASE & CANCER

CHAPTERS 12 & 13

UNIT 6 -- REPRODUCTION

CHAPTERS 5 & 6

=====

HEALTH ED 1 UNIT OUTLINES AND EXAM INFORMATION:

- **OUTLINES WILL BE PASSED OUT FOR EACH UNIT AS A GUIDELINE AS TO WHAT WILL BE TAUGHT IN EACH UNIT.**
- **THESE OUTLINES WILL HAVE THE LECTURE DATES & TEST DATE FOR EACH UNIT.**
- **EXTRA CREDIT EXAMS OR PROJECTS MAY BE OFFERED WITH EACH UNIT.**
- **EXAMS WILL CONSIST OF SCANTRON - TYPE ANSWERS AS WELL AS FILL - IN TYPE ANSWERS.**
- **STUDENTS WILL BE MADE AWARE OF THEIR GRADE AFTER EACH EXAM.**

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