

HEALTH 1: Fall 2012 CLASS : W/F 8-19, SOC 31; Webadvisor Assignments
INSTRUCTOR: B. Fonseca OFFICE: 320 C; Phone: 638-0354, x 3354
OFFICE HOURS: MTW: Noon-1;
E- MAIL: brian.fonseca@reedleycollege.edu; or bkfonz@yahoo.com

TEXT & SUBSEQUENTWORKSHEETS: Core Concepts in Health, **12ed.**, Wellness Worksheets, Ninth Edition. Or, the Access Card (Which I recommend!)

LIBRARY/INTERNET: Library and/or the Internet may be required for some assignments.

PREREQUISITES: Basic Skills Advisories: Eligibility for English 125 and 126.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES: If you have special needs as addressed by the Americans with Disabilities Act (ADA), please notify me immediately. In addition, contact our DSP&S office at 638-0332. Additionally, if you have any other issues that might be affecting your school work, please see me as we have many programs on campus that may be able to assist you.

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.

COURSE OBJECTIVES: One of the primary goals of this class is for you to consider health issues as they relate to your life and lifestyle!! And, 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. Students will work cooperatively with classmates and instructor. I would ask you to share your opinions and experiences when deemed acceptable, but most importantly to listen quietly to the words shared by other students. Rude comments and incessant talking will not be tolerated!! On occasion, when you must arrive late to class, please enter in the back of the room and sit in one of the last two rows until the next break....

*To learn (further) and discuss topics such as illness, disease, diet, stress, exercise, relationships, the aging process and family planning; the reproductive system, and to examine the advantages and strategies, to leading a balanced and healthy life. Heart disease and Cancer causes and prevention are discussed.

Course Outcomes:

Students will have the ability to utilize and evaluate health related decisions as pertaining to their lives, and health topics in general; for students to assess choices as they pertain to healthy life-long living; for students to become familiar (Perhaps more) with the topics mentioned above. Students will become familiar with health choices, and the possible causes of such diseases as Cancer and Heart Disease.

Additionally, I ***strongly encourage*** to become acquainted with your classmates. **IF YOU MISS CLASS IT IS YOUR RESPONSIBILITY TO FIND OUT WHAT YOU MISSED FROM ONE OF YOUR CLASSMATES!** Do not ask me for notes!!

PROCEDURES AND POLICIES: Failure to attend class on a regular basis will adversely affect your performance in this course. Two consecutive absences and you will be dropped. If you know ahead of time you are going to miss a class on exam day, often time we can arrange to take the exam at an alternative time. ***If you miss an exam, you are allowed to take the missed exam the next exam period--however, your exam grade will be reduces by 15%.*** Late work will be accepted--up to one week, but points will reduced.

EVALUATION AND GRADING PROCESS:

A. Three Exams worth 40-60 points each. Two Exams worth 30 points each.

****IF YOU MISS AN EXAM, YOU MAY TAKE THE EXAM ON THE NEXT TEST DAY AT A 15% REDUCTION**

B. Quizzes; approximately one per chapter, between 5-10 points

C. Extra Credit a.) Usually in the form of extra worksheets. b.) Semester long project; 5-25 pts.

****Bring a RC person to class** 5 points!**

D. Class participation/Group assignments/Homework assignments/Worksheets: **5-20 points per week. LATE WORK WILL BE ACCEPTED BUT AT A REDUCED RATE. Thus if you consistently arrive early or leave late, you will be missing on points that affect your grade!!**

E. Topic Paper--40to 60 points -health related subject; minimum three sources, web sites acceptable -brief history/current trends/why you chose subject; **Due May 6; By April 30th, receive additional points!!**

Topics: The purpose of this paper is to *connect* some previous experience, or some new, health related topic, to your personal life--and then subsequently, write this out in an academic manner. In particular a health concern that is specifically related to you and your family!! Three resources are required, as is a Bibliography Page. Information from this class, and other classes, may be used as a source. Papers are to be written double-spaced, and 3 pages.

F. Grading Scale: 90% and above: A 80% - 89.9%: B
 70% - 79.9%: C 58% - 69.9%: D 57% and below: F

Tentative Class Schedule:

Week 1:	Chapters 14, 1, Chapters 1, 2, 3	Week 2 & 3:	Chapter 3, Exam # 1
Week 4-7:	Chapter 4-6	Week 8-9:	Chapter 7-8
Week 10-11:	Chapter 9-11	Week 12-14:	Chapter 12-15
Week 15-17:			

Blackboard/RC information:

I. Blackboard Access: ID # 1234567 ID # 1234567)

II. SCCCD Email Account: Name_1234567@my.scccd.edu
Fonseca_1234567@my.scccd.edu

III. Webadvisor: Name_ID# (Fonseca_1234567)
**Same or set up password

IMPORTANT DATES THIS SEMESTER;

****Check with admissions and records ****

Aug. 24	Last day to drop a full-term class for a refund
Sept. 3	Last day to drop a full-term class and avoid a "W"
Sept. 14	Last day to add CR/NR option
Oct. 12	Last to drop a full-term class (receive a "W")
Nov. 12	Veterans Day, no class, campus is open
Nov. 22-23	Thanksgiving Holiday, no classes, campus is closed;
Dec. 10-14	Final Exams Week

