

Syllabus for Contemporary Health Issues

HLTH-1-52706 CONTEMP HLTH ISS Monday & Wednesday 5:30 PM to 6:45 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, 12th 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 In Book
6. **Class Rules**

Lecture begins at 5:30 p.m.! It is your responsibility to attend class, sign the role sheet.

Check your e-mail weekly (at least) notification of quizzes, paper due dates, class handouts etc. will be sent to you by e-mail!

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. Asking **No questions in Class, means 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 pen to each class. It is advisable that you bring your textbook, pencil, & paper to each class! We may have pop quizzes & open book quizzes (these will be timed exams/quizzes).

I expect students to read the chapter prior to the lecture! I will notify you each week, in class or by e-mail of the next chapter

***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, students named (last name first), & Dr. Johnson's name.**

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

MANDATORY WRITTEN PAPERS (used number 12 font)

1. My Stress & How I Deal With It. Due on Aug. 27

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.

2. Define Integrity-- Due on Sept. 12

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 class.

3. Friendships – Oct. 1.

List criteria for a good friend & describe your best friend. Also list what is expected Of You to be a good friend.

Due – beginning of class.

4. Marriage And Divorce – Due on Oct.17

Due -- beginning of class. Describe your criteria are getting married and divorced. List your boundaries! What could your significant other to that would file a divorce or separation?

5. A When Does Life Begins - Due on Nov. 5

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. Choose one of the above times. Or explaining in detail why you choose and/or believe life begins at a different time!

6. Your Self-Esteem or lack of – due on Nov 21

Describe your self-esteem and/or lack of and why you feel the way you do about yourself. Give ways at which you can raise up/improve your existing self-esteem!

Due – On the Beginning of 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!

All EXTRA CREDITS Due Nov28 – 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.eyentomorrow.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.

Tell how it relates to you.

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

They must include:

Date

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

Dr. Johnson's name

Paper Title and/or Topic.

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).

List reference sources.

ALL EXTRA CREDIT PAPERS DUE BY Nov.28

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 TYPED/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 documents written in Microsoft Office, Microsoft Word, WordPerfect as well as Microsoft works format. I prefer that papers be printed, but you may also turn them in on a CD or pin drive/thumb drive (be sure and label your storage device so I can return it to you). Papers can also be e-mailed to me – I must receive them prior to 11 PM on the date 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!

Notes

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

Signed- _____

PRINT NAME _____
(LAST NAME/ FIRST NAME)

TELEPHONE # _____

E-mail ADDRESS _____

Name used when registering for this class: _____
