

**Reedley College
Physical Education**

I. Course Title Contemporary Health Issues
Course Number HLTH 1 - 59353
Unit Value 3
Time/Location Fall 2014
TTh 6:00-7:15 pm
Portable 4
Course Instructor Virginia Thomas
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Office Hours: By Appointment

II. Catalog 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.

III. Department Philosophy: Our department will use a “concepts” approach to health and physical Education answering three (3) questions: **Why** is health and physical education important to every person? **How** to practice healthful activities given individual abilities and interests? **What** are the individual’s real needs for lifetime fitness?

IV. Required Text: Core Concepts in Health (13th ed.) Brief Edition by Paul M. Insel & Walton T. Roth with McGraw Hill Connect (see mcgrawhillconnect.com)

V. Course Outcomes: Upon completion of this course, students will be able to:

1. Assess and analyze one’s own personal wellness to be able to integrate positive health changes in lifestyle
2. Apply nutritional knowledge to one’s own dietary intake and weight management
3. Draw conclusions about addictions with regards to drugs ,alcohol ,tobacco and their influence on wellness and behavior
4. Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness
5. Explain how various health issues affect individuals as well as society
6. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels

VI. Course Objectives: Upon completion of the course the student should be able to:

1. Define health and discuss how it affects quality of life
2. Recognize and evaluate signs and symptoms of stress and disease
3. Describe drug use, abuse, and its effects
4. Discuss alcohol use and abuse and examine effects on society
5. Identify the reproductive systems and various birth control methods
6. Identify and recognize signs and symptoms of diseases
7. Define fitness and be able to critique one’s exercise level
8. Examine weight control issues and its overall effect on society
9. Define nutrition and the various nutrients that relate to a healthy diet
10. Identify the various dimensions of the aging process
11. Analyze the use of tobacco and its effect on the user, non user, and society

VII. Evaluation Procedures:

Learn Smart Modules	85 pts
Evaluation Papers	100 pts
Personal Diaries	50 pts
Synthesis Project	75 pts
Tests	200 pts
Participation	90 pts
Total:	600 pts

Grading Scale

Percent	Grade	Total Points
100-90	= A	540-600 pts
89-80	= B	480-539 pts
79-70	= C	420-479 pts
69-60	= D	360-419 pts
59-0	= F	less than 359 pts

VIII. Assignments & Activities

Assignments: Assignments are due at the beginning of class, all late assignments will be given **half credit**. They must be type-written and double spaced unless otherwise stated AND turned in on Blackboard. Assignments will be graded on content and correctness of information as well as neatness, professionalism, proper grammar punctuation and spelling. On the occasion that graphic representation of information is used, this must be done on appropriate computer software.

Tests: The exams cannot be made up if missed. If you have a conflict please contact me ahead of time to schedule a different time to take the exam before the rest of the class.

Academic Integrity: “Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.” (Student Handbook)

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another’s work, supplying one’s work to another, giving or receiving copies of examinations without an instructor’s permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism is a specific form of cheating: the use of another’s words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights.

Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

Accommodation for Disability: If you have a 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.

DROP POLICY: 18-week courses have a drop deadline in the 9th week (Oct 10). However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class.

Evaluation Tools

ASSIGNMENT	BRIEF DESCRIPTION	POINT VALUE	DUE DATE
<i>EVALUATION PAPERS</i>			
Food diary / results	Diary of all foods eaten in a 2-day period and evaluate the nutrition quality and balance. Write a 3 page analysis paper discussing what you found.	50	
Health Issue Review Paper	Find a current health related article and write a 3 page opinion/reflection on the topic.	50	
<i>PERSONAL DIARIES</i>			
Physical activity diary	Diary of physical activity for one week including all sport activity, cardiovascular activity, and strength training. Identify strengths and weaknesses in your physical activity.	25	
Medical history	Identify and discuss medical conditions of family members that may pre-dispose you to health risks	25	
<i>SYNTHESIS PROJECT</i>			
Personal Plan Goals	Identify goals for improving your own personal health and fitness	10	
Personal Plan Update	Reflection on the progress toward achieving your personal health and fitness goals	15	
Personal Plan Final Draft	Final review of goals, reflection on progress and revised or new goals, stage of change an	50	
<i>TESTS</i>			
Test 1		100	
Final Exam		100	
<i>CLASS PARTICIPATION</i>	Attendance & In-class Discussion & Assignments	90	
<i>CONNECT LEARN SMART MODULES</i>	Combines book reading with simple quizzes.	85	
TOTAL POSSIBLE		600	

Class Schedule (Subject to change)

Date	Topic	Reading	Assignment Due
Aug 12 – T	Syllabus, Wellness & Change Model, Family Med. History	Ch 1	
Aug 14 – Th			
Aug 19 – T	Stress: The Constant Challenge	Ch 2	
Aug 21 – Th			
Aug 26 – T	Psychological Health	Ch 3	
Aug 28 – Th			Personal Plan Goals
Sep 2 – T	Sexuality, Pregnancy and Childbirth	Ch 5	
Sep 4 – Th			Family Medical History
Sept 9 – T			
Sept 11 – Th	Contraception & Abortion	Ch 6	
Sept 16 – T			
Sept 18 – Th	Drug Abuse & Addiction	Ch 7	
Sept 23 – T	Alcohol and Tobacco	Ch 8	
Sept 25 – Th			
Sept 30 – T	Nutrition Basics	Ch 9	Personal Plan Update
Oct 2 – Th			
Oct 7 – T			
Oct 9 – Th	Exam 1		
Oct 14 – T	Exercise for Health and Fitness	Ch 10	
Oct 16 – Th			
Oct 21 – T			
Oct 23 – Th	Weight Management	Ch 11	
Oct 28 – T			Food Diary / Results
Oct 30 – Th			
Nov 4 – T	CV Diseases & Cancer	Ch 12	Physical Activity Diary
Nov 6– Th			
Nov 11 – T	Veterans Day		
Nov 13 – Th			Health Issue Review Paper
Nov 18 – T	Immunity & Infection	Ch 13	
Nov 20 – Th			
Nov 25 – T	The Challenge of Aging	Ch 17	Personal Plan Final Draft
Nov 27 – Th	No Class		
Dec 2 – T	Review		
Dec 4 – Th	Review		
Dec 9 – T	Final Exam		