

Reedley College

Health 1 Syllabus

Instructor: Chris Woods

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Office Hours: By Appointment

Department Philosophy: Our department will use a “concepts” approach to health and physical education answering three 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?

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

- A. Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle
- B. Apply nutritional knowledge to one's own dietary intake and weight management
- C. Draw conclusions about addiction with regards to drugs, alcohol, tobacco and their influence on wellness behavior
- D. Know the relationship between lifestyle, aging and overall wellness
- E. Relate how various health issues affect individuals as well as society
- F. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels

Required Materials:

Text: Core Concepts in Health 13th Edition McGraw-Hill

Scantron: 882 E

Attendance Policy: You will sign a daily attendance sheet before, during or after class. It will be **YOUR** responsibility to do this. You will not be graded on attendance. Be on time! Class will begin on time!

Testing Policy: There will be six (6) written exams comprised of multiple choice and true/false questions. Each exam will test your knowledge of the information present in each unit. All exams are mandatory. Your opportunity to make-up an exam will be left up to the discretion of the instructor.

How Your Final Grade Will Be Calculated: Grades will be based on the completion of all six (6) exams worth 50 points each. You will be allowed to drop your lowest test score of the semester. Your grade will be calculated on your top 5 exams worth a total of 250 points.

Grading Scale: **A** = 250-225 pts (90%-100%) **B** = 224-200 pts (80%-89%)

C = 199-175 pts (70%-79%) **D** = 174-150 pts (60%-69%) **F** = below 150 pts

Accommodations For Students With Disabilities: 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. Short-term classes have a drop deadline of 4 ½ weeks. However, you may be dropped by the instructor at any time after the three (3) consecutive unexcused absences or an absences in the first week of class.

Important Dates

Aug. 15 (M) - Start of Fall Semester

Aug. 26 (F) - Last day to drop full-length class to be eligible for refund

Sept. 2 (F) - Last day to register for Fall 2016 full-length class or drop full-length to avoid "W"

Sept. 5 (M) - Labor Day Holiday (no class)

Sept. 16 (F) - Last day to change a Fall class to/from a Pass/Non-pass grading basis

Oct. 14 (F) - Last day to drop Fall 2016 full-length class (letter grades assigned after this date)

Nov. 11 (F) - Veterans Day Holiday (no class)

Nov. 24-25 (TH-F) - Thanksgiving holiday (no class)

Dec. 12-16 (M-F) - Final Exam Week

Dec. 19 (M) - Grades Due

Health 1

Unit Outlines

Fall 2016

Unit 1	<u>Wellness, Stress and Psychological Health</u> Chapters 1, 2, 3 Lecture Dates: Aug 16 - Aug 30	Exam: Thursday Sept. 1st
Unit 2	<u>Nutrition, Weight Management and Fitness</u> Chapters 9, 10, 11 Lecture Dates: Sept 5 - Sept 20	Exam: Thursday Sept. 22nd
Unit 3	<u>Drugs, Alcohol and Tobacco</u> Chapter 7 & 8 Lecture Dates: Sept 26 - Oct 11	Exam: Thursday Oct. 13th
Unit 4	<u>Cardiovascular Disease & Cancer, Environmental Health</u> Chapter 12, 14 Lecture Dates: Oct 17 - Nov 1	Exam: Thursday Nov. 3rd
Unit 5	<u>Reproduction, Pregnancy, Childbirth, Abortion & Contraception</u> Chapters 5, 6 Lecture Dates: Nov 7 - Nov 15	Exam: Thursday Nov. 17th
Unit 6	<u>Immunity & Infection, Personal Safety</u> Chapter 13, 16 Lecture Dates: Nov 28 - Dec 6	Exam: Thursday Dec. 8th
Final	Final Exam TBD	

The Syllabus is subject to change throughout the semester.