

Reedley College  
Health 1 Summer 2016 Course Syllabus

**Course Title:** Contemporary Health Issues

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**Course Number:** HE-1

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**Required Text:** Core Concepts in Health and Wellness Brief by Insel and Roth.  
14<sup>th</sup> edition. ISBN is 978-0-07-802867-0

**CATALOG DESCRIPTION:**

This course is designed to introduce students to a comprehensive study of personal and community health. This course will also introduce the student health issues at the local, state, and national levels. (A, CSU-GE, UC)

**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 addictions with regards to drugs, alcohol, tobacco and their influence on wellness and 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.

**OBJECTIVES OF THE COURSE:**

In the process of completing this course, students will:

- A. Define health and discuss how it affects quality of life
- B. Recognize and evaluate signs and symptoms of stress and disease
- C. Describe drug use, abuse, and its effects
- D. Discuss alcohol use and abuse and examine effects on society
- E. Identify the reproductive systems and various birth control methods
- F. Identify and recognize signs and symptoms of diseases
- G. Define fitness and be able to critique one's exercise level
- H. Examine weight control issues and its overall effect on society
- I. Define nutrition and the various nutrients that relate to a healthy diet
- J. Understand the various dimensions of the aging process
- K. Analyze the use of tobacco and its effect on the user, non-user, and society
- L. **Have Fun, Enjoy yourself and Learn Something!**

## **METHODS OF EVALUATION:**

1. Participation
2. Weekly Classroom Discussion Question Responses
3. Weekly Lab Assignments / Projects
4. Chapter Review Quizzes
5. Final Health Analysis Paper

### **1. CLASSROOM PARTICIPATION POLICY**

Participation in the online environment is very important. The weekly participation requirements are listed below. Please message me if you have any questions.

- *Each week you are expected to participate a minimum of six (6) times in the class Discussion Forum.*
- *Two of the six responses must be to the weekly discussion questions (150-200 words)*
- *The six messages must occur on at least three (3) different days during the week.*

Participation is a required part of your grade. Please note that both quantity and quality are important considerations when it comes to participation. A message that says simply, "I agree," for example, would not constitute participation because it does not add anything of substance to the discussion.

In order to earn full participation points, you must add something of substance to the discussion. Adding something of substance would consist of new ideas, your perspectives, pointed follow-up questions, responses to discussion questions, or connecting information from the book or internet. You will find it is much easier to keep up with an online class if you are logging in and participating regularly.

### **2. EXPECTATIONS FOR DISCUSSION QUESTION RESPONSES**

Weekly discussion question (DQ) responses should be at least 150 to 300 words. Responses to your classmates should be in the range of 100 or more words.

Unlike your formal written assignments, I do not require that your discussion question responses adhere to specific formatting requirements. However, please make sure to proofread carefully. I will evaluate your grammar, spelling, and punctuation. 😊

*I expect your discussion question responses to reflect critical thought. Whenever possible, please try to relate the course content to real-world applications from your personal or professional experiences.*

### **3. WEEKLY LAB ASSIGNMENTS**

Each week I will post an announcement with the required lab or labs due at the end of that week. Late labs will not be accepted 2 weeks after their original due date and will carry a 10% point deduction for each week it is turned in late.

#### **4. CHAPTER REVIEW QUIZZES**

Throughout this quarter there will be a total of 6 quizzes each worth 50 points. Therefore 30% of your grade will consist of your quiz grades. Quizzes may include *multiple choice*, *fill in the blank*, *matching*, *short answer*, and or *essay questions*.

Each quiz will stay open for one week. The scheduled weeks are listed below in the weekly schedule. Quizzes must be taken in one sitting. Please make sure that you allow yourself enough time to start and complete the quiz. Make up quizzes must be scheduled with me and will carry a significant late penalty.

#### **5. WEEKLY PERSONAL HEALTH TAKEAWAY ASSIGNMENT**

Each week I will ask you to write a one page reflection paper on the information you read, discussed, and learned about that week. I specifically want you to talk about new ideas, concepts, or perspectives you developed, how it connects to you or your life, as well as the impact on you personally, your family, your community and the entire world. The response is to be no longer than 2 pages.

#### **6. FINAL HEALTH ANALYSIS ESSAY**

You are expected to TYPE and submit an essay paper evaluating your previous and current personal health habits/lifestyle. After evaluating yourself, you will target one problematic health behavior and explore the risk factors and provide strategies for change that will enhance your well-being. The paper should be a minimum of four pages and no more than six pages. Please double space papers, using size 12 font, times new roman lettering. **The last day to turn this paper in is Friday July 29<sup>th</sup> @ Midnight. No Late Papers will be accepted after that date!**

*The following five areas should be addressed in the paper:*

1. Evaluation of your family health history. – (1 page)
2. Your personal past and current health history and lifestyle. – (1 to 2 pages)
3. Identify one health risk (physical, emotional, psychological and or social) you currently deal with and want to work on.
4. Research that health risk and include information in the paper about the dangers. – (1 to 2 pages)
5. Develop a plan for minimizing the health risk and enhancing your own well-being in the future. – (1 to 2 pages)
6. Cite the sources for your information in APA format (last page - not included in your 4 – 6 pages 😊)

## Weekly Schedule / Assignments

<b>WEEK 1 – (Chapters 1 and 2) Introduction to Health and Wellness</b>	<b>June 20<sup>th</sup> – June 26<sup>th</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet #1 (Chapters 1 and 2) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz #1 (Covers Ch. 1 – 2)</i>	Week 1	30 30 30 10 50
<b>WEEK 2 – (Chapters 3 and 4) Psychological Health / Intimate Relationships and Communication</b>	<b>June 27<sup>th</sup> – July 3<sup>rd</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet #2 (Chapters 3 and 4) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz #2 (Covers Ch. 3 – 4)</i>	Week 2	30 30 30 10 50
<b>WEEK 3 – (Chapters 7 and 8) Drugs, Alcohol, and Tobacco</b>	<b>July 4<sup>th</sup> – July 10<sup>th</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet # 3 (Chapters 7 and 8) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz #3 (Covers Ch. 7 – 8)</i>	Week 3	30 30 30 10 50
<b>WEEK 4 – ( Chapters 9 and 10) Nutrition / Exercise for Health and Fitness</b>	<b>July 11<sup>th</sup> – July 17<sup>th</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet # 4 (Chapters 9 and 10) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz #4 (Covers Ch. 9 – 10)</i>	Week 4	30 30 30 10 50
<b>WEEK 5 – (Chapters 11 ) Weight Management / Eating Disorders</b>	<b>July 18<sup>th</sup> – July 24<sup>th</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet # 5 (Chapter 11) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz #5 (Covers Ch. 11)</i>	Week 5	30 30 30 10 50

<b>WEEK 6 – (Chapters 12 and 13) Cardiovascular Disease, Cancer, Immunity and Infection</b>	<b>July 25<sup>th</sup> – July 29<sup>th</sup></b>	<b>POINTS</b>
Weekly Participation and Discussion Questions Worksheet #6 (Chapters 12 and 13) Lab Worksheets (TBA) Personal Health Takeaway Assignment <i>Quiz # 6 (Covers Ch. 12 – 13)</i>	Week 6	30 30 30 10 50
<b>FINAL PAPER</b>	<b>Due July 29<sup>th</sup> @ Midnight</b>	<b>POINTS</b>
Final Health Analysis Paper	Week 6	100
Weekly Discussion and Participation Chapter Worksheets Lab Worksheets Weekly Health Takeaways Assignments Quizzes (6 x 50) Final Health Paper <b>CLASS TOTAL POINTS</b>		180 180 180 60 300 100 <b>1000</b>

**Grading Scale:**

Percentage %	Points	Grade
90 or above	900 or Above	A
80-89	800 to 899	B
70-79	700 to 799	C
65-69	650 to 699	D
64 or Below	<644	F

**Academic Honesty Policy:**

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Dean's office and will receive a severe punishment for their conduct.

**Accommodation Statement:**

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

**\*The syllabus is subject to change at any time throughout the quarter.  
You will be notified of any changes and they will be posted in RED. 😊**