

Contemporary Health Issues: Health 1

MTF 1025-1115

Jacob Smedley

Fall 2018

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08/13/18 – 12/13/18

Office Hours: By appointment

Class Location: Sanger High

Course Number: 51052

Catalog 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.

Prerequisites

There are no prerequisites for this course.

What You Will Need to Purchase for this Course

The following items will be necessary for successful completion of the course.

- Health 1 Introductory Health with Connect Registration

Important Dates

08/13/18 – Start of Fall Semester

08/24/18 – Last day to drop a Fall 2018 full-term class with a refund

08/31/18 – Last day to add a Fall 2018 full-term class with an authorization code label

08/31/18 – Last day to drop a Fall 2018 full-term class to avoid a “W” in person

09/03/18 – Last day to drop a Fall 2018 full-term class to avoid a “W” on WebAdvisor

09/03/18 – Last day to add a Fall 2018 full-term class with an authorization code label on WebAdvisor

09/03/18 – Labor Day Holiday (no classes held, campus is closed)

09/14/18 – Last day to change a Fall 2018 class to/from a Pass/No-Pass grading basis

10/12/18 – Last day to drop a Fall 2018 full-term class (letter grades assigned after this date)

11/12/18 – Veteran’s Day Observed (no classes held, campus is closed)

11/22/18 – 11/23/18 – Thanksgiving Holiday Observed (no classes held, campus is closed)

12/10/18 – 12/14/18 – Fall 2018 final exams week

12/14/18 – Fall Semester Ends

Examinations and Major Assignments

- There will be FOUR exams throughout the semester
- There will be THREE written assignments

Grading Procedures:

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|---------------------|---------------------------|
| Weekly Quiz | 250 points (25% of grade) |
| Writing Projects | 150 points (15% of grade) |
| 4 Exams | 500 points (50% of grade) |
| Connect Assignments | 100 points (10% of grade) |
| | 1000 points Total |

Grading Criteria (How grades are determined.)

1. Grades will be determined by calculating a final student percent.
2. The final student percent will be determined by summing the total number of points earned dividing that value by the total number of points possible.

Grade Scale

A = ≥ 90 %

B = 89 – 80 %

C = 79 – 70 %

D = 69 – 60 %

F = ≤ 59 %

Subject to Change

This syllabus and schedule are subject to change in the event of extenuating circumstances. If you are absent from class, it is your responsibility to check on announcements made while you were absent.

ADA Statement

"If you have a verified need for an academic accommodation or materials in alternate media (ie: Braille, large print, electronic text, etc.) per the American With Disabilities Act or Section 504 of the Rehabilitation act please contact your instructor as soon as possible."

Course Policies & Safety Issues

The use of profanity or other un-sportsman like behavior, cell phones, chewing gum, tobacco, alcohol, and/or bringing visitors or guests to class will NOT be tolerated at any time and may result in removal from the class. Please remember to use caution and good judgment with respect for others at all times.

Cheating and Plagiarism

Students at Clovis Community 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. 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 contributors to work done in collaboration, submitting duplicated 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 the 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. For more information, contact the Vice President of Student Services' Office or the Vice President of Instruction's Office.

Disruptive Classroom Behavior

The classroom is a special environment in which students and faculty come together to promote learning and growth. It is essential to this learning environment that respect for the rights of others seeking to learn, respect for the professionalism of the instructor, and the general goals of academic freedom are maintained. ... Differences of viewpoint or concerns should be expressed in terms which are supportive of the learning process, creating an environment in which students and faculty may learn to reason with clarity and compassion, to share of themselves without losing their identities, and to develop and understanding of the community in which they live . . . Student conduct which disrupts the learning process shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course Objectives

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

Primary Learning Outcomes

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

Class Participation & Attendance

The only EXCUSED absence will be for jury duty or the military.

Documentation will be required to verify your absence for jury duty or the military. If you miss class for any reason other than that, you will not be allowed to make up the missed points. If you know in advance that you are going to be absent, it is your responsibility to notify me seven calendar days before the due date and I will allow you to turn in the material early.

Regular roll will be taken and excessively being tardy, absent, or leaving early may result in being dropped from the class.

Tentative Course Schedule Fall 2018

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| Week 1 | Chapter 1 |
| Week 2 | Chapter 12 |
| Week 3 | Chapter 8 |
| Week 4 | Chapter 7 / Exam #1 |
| Week 5 | Chapter 9 |
| Week 6 | Chapter 10 / Chapter 11 Writing Assignment #1 Due |
| Week 7 | Chapter 2 |
| Week 8 | Chapter 3 |
| Week 9 | Exam #2 / Chapter 13 |
| Week 10 | Chapter 4 |
| Week 11 | Chapter 5 |
| Week 12 | Chapter 6 Writing Assignment #2 Due |
| Week 13 | Exam #3 |
| Week 14 | Chapter 14 |
| Week 15 | Chapter 15 |
| Week 16 | Chapter 16 |
| Week 17 | Chapter 17 |
| Week 18 | Final Exam 12/14/18 1025-1115 am Writing Assignment #3 Due |