

Reedley College
Health 1 Spring 2018 Course Syllabus

Course Title: Health 1
Course Number: 59016
Class Days: Mon, Wed, Fri

Instructor: Eric Marty
Office Hrs: M/W (By Apt 2-3pm)
Time: 8:00-8:50am

Phone: (559) 638-3641 ex 3369 office
Email: Eric.Marty@reedsleycollege.edu
Prerequisites: None

Required Text: Core Concepts in
Health- 15th Edition by Insel and
Roth Brief with handouts
(ISBN: 9781260200409)

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!

GENERAL REQUIREMENTS / INFORMATION:

General Expectations:

Come to class on time, every day. Turn in all assignments, on time. Most importantly be engaged and present in the class. Put your phone away, listen, respond, communicate, and question – these are real issues that impact all of our lives. This class can be meaningful and engaging if you make it that or it can be boring and stale – THAT ALL DEPENDS ON WHAT YOU MAKE IT!

Phone Policy:

If you are seen using your cell phone, you will be asked to leave and will lose your participation points for that day. Put your phone away and invest your focus and energy in the class.

Class Format:

Class sessions will consist of lectures, films, group discussions, handouts, homework, guest speakers, PowerPoint presentations, and other activities.

Attendance:

Attendance is **Vital** if you want to be successful in this class. Attendance will be taken daily via canvas. Late students will only receive partial participation credit. If you are later than 10 minutes, you will be marked absent regardless.

Drop Policy: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (3) consecutive absences

Important Dates

January 8 Instruction begins
January 15 Martin Luther King, Jr. Day Holiday (Campus Closed)
February 16 Lincoln's Day Holiday (Campus Closed)
February 19 Washington's Day Holiday (Campus Closed)
March 9 Last day to withdraw from college or to be dropped from 18-week classes
March 26-30 Spring recess (Classes reconvene April 2)
May 14-18 Final examinations
May 18 End of Spring Semester 2018

CLASS ASSIGNMENTS:

Quizzes:

There will be up to 15 fifty (50) point quizzes/exams given on the chapters lectured on in class. Chapter quizzes may be combined or given individually. Question types will include multiple choice, short answer, matching, or essay questions.

In Class Pop Quizzes:

There will be up to 10 twenty five (25) point in class quizzes given on that day or chapter's lecture materials.

Research Paper:

Each student will complete a short research paper on Molly / MDMA and the electronic dance culture. The specifics of what each paper will entail will be handed out throughout the semester. I will use an Internet plagiarism software to make sure each person is turning in an authentic paper researched and written by themselves. The essay is worth 100 points.

Final Essay Paper:

Students will be expected to write and TYPE an essay paper evaluating their own health habits. They will explore the risk factors and provide strategies for change that will enhance their own well-being. The paper should be a minimum of three pages and no more than five pages. Points will be deducted if the paper is turned in late. Please double space papers, using size 12 font, times new roman lettering. **The last day to turn this paper in is May 17th. No Late Papers will be accepted!**

The following five areas should be addressed in the paper:

1. Your family health history
2. Your health history and lifestyle
3. Identify one health risk (mental, physical and or social) you may have
4. Research that health risk and include information in the paper about the dangers
5. Develop a plan for minimizing the health risk and enhancing your own well-being

Final Exam:

A final exam worth 150 points will be administered on the designated finals day. The test will cover various topics discussed in class throughout the semester. A study guide will be given prior to the test.

****Extra Credit:***

Extra credit may be passed out from time to time. In order to receive points for the extra credit, you must be in class the day that it is assigned.

GRADING

Grades will be based on the following:

1. Quizzes
2. Essay
3. In class assignments
4. Final Essay Paper
5. Final Exam
6. Participation

Participation:

Students will be expected to show up to class, be attentive and participate fully throughout the semester. Anytime class is cancelled or there is a holiday, you will automatically receive your participation points for that day.

Ways to lose participation points:

1. SLEEPING!
2. Being disrespectful to your classmates and or the teacher.
3. Showing up late to class.
4. **Texting** or talking while I am talking!

CLASS POINT BREAKDOWN:

Quizzes/Exams (Up to 15 x 50 points)	750
In Class Pop Quizzes (10 x 25 points)	200
Meal Log	100
Molly Essay	150
Participation	100
Final Essay Paper	200
Final	200
TOTAL	1700

GRADE BREAKDOWN

A	>1530
B	1360-1529
C	1190-1359
D	1020-1189
F	<1019

ACADMEIC 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 will be reported to the Dean’s office and will receive a severe punishment for their conduct.

DISABILITIES STATEMENT:

"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 or Section 504 of the Rehabilitation Act, please contact you instructor as soon as possible."

***The Syllabus is subject to change throughout the semester. You will be notified via canvas of any changes.**