

Reedley College-DE  
Health 1 Spring 2016 Course Syllabus

Course Title: Health 1  
Course Number: HE-1

Instructor: Mrs. Chavez

**Required Text:**

- Core Concepts in

Health- 13th Edition by Insel and  
Roth Brief (ISBN: 9780078028533) (2nd semester)

**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)

**STUDENT LEARNING 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
- H. Understand the various dimensions of the aging process
- J. Analyze the use of tobacco and its effect on the user, non user, and society
- K. **Have Fun, Enjoy yourself and Learn Something!**

## **GENERAL REQUIREMENTS / INFORMATION:**

### ***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 on daily roll sheet. Each student will be responsible for signing in at the **end** of class. Please make sure first and last name are printed clearly on the roll sheet in blue or black ink so that it is easy to read. Students who leave considerably early will not receive the full participation points for that day.

**Drop Policy:** 18 week courses have a drop deadline of the 9<sup>th</sup> week. However, you may be dropped by the instructor at any time after (4) consecutive absences

<i>2016 Spring Semester Important Dates</i>	
<b>DATE</b>	<b>ACTION</b>
<b>January 29<sup>th</sup>, 2018</b>	<b>Last day to drop for full refund</b>
<b>January 29<sup>th</sup>, 2018</b>	<b>Last day to add classes</b>
<b>March 11<sup>th</sup>, 2018</b>	<b>Last day to drop (letter grades assigned after this date)</b>
<b>May 13<sup>th</sup>, 2018</b>	<b>Last day of Instruction</b>
<b>May 16<sup>th</sup> – 19<sup>th</sup>, 2018</b>	<b>Final Examinations</b>
<b>Holidays</b>	<b>Jan 15<sup>th</sup> MLK, Feb 12<sup>th</sup> Lincoln, Feb 15<sup>th</sup> Wash, Mar 21-25 Spring Break</b>

## **CLASS ASSIGNMENTS:**

### ***Quizzes/ Tests:***

There will be 8 - 9 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. Quizzes =10 pts 5 quizzes = 50 pts.

Tests 100 pts. 4= 400

### ***Current Events:***

Students will find 4 current event articles to review and examine how they are directly connected to Health and Wellness. Each student will be responsible for turning in a minimum **half page** summary evaluating a current news article that is related to the topics we discuss in the class. Due dates and more details will be given in class. The assignments will be typed and turned in with a copy of the original article.

### ***Research Papers:***

Each student will complete 3 short research papers throughout the semester. The papers will be written on a *psychological disorders*, a *specific form of cancer* and a *specific STD*. A 2 to 4 page paper will be written on each topic. Each paper will be worth 35 points and will include and

reference page (ALL WRITTEN IN MLA FORMAT). 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.

***Final Essay Paper:***

Students will be expected to write a final essay paper regarding Drug Misuses and Addiction. 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 2018 (TBD) . No Late Papers will be accepted!**

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

1. Compare and contract two differnet drugs
2. What affects does it have on the body and mind (social/ emotional and physical wellness)
3. How does drug addication affect other areas of wellness
4. Explain common facators of addiction
5. How do these drug affect society

***\*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. Current Events
3. Mini Research Papers
4. Final Essay Paper
5. In class handouts and worksheets
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. Having your ear buds in class
5. **Texting** or talking while I am talking!

**CLASS POINT BREAKDOWN:**

Quizzes/Exams	450
Current Events Assignment	20

Individual or Group Presentations	35
Mini Research Papers (3 x 35)	105
In Class Handouts, Worksheets, and activities	100
Participation	140
Final Essay Paper	<u>50</u>
<b>Total Points</b>	<b>900</b>

A	1000 – 900
B	899 – 800
C	799 – 700
D	699 – 600
F	599 – 0

**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.\*\***