

Reedley College Health 1 Fall 2017 Course Syllabus

Course Title: Health-1 **Instructor:** Teran Mawhinney

Course Number: 52167

Office Hrs: M/W Noon-1pm (By Apt)

Class Days: Tue/Thur Time: 8:00-9:15

Phone: (559) 638-0368 office

Required Text: Connect Core Concepts in Health (Brief) Fourteenth Edition. ISBN#: 978-0-07-802867-0

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Prerequisites: None

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

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:

1. Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle.
2. Apply nutritional knowledge to one's own dietary intake and weight management.
3. Draw conclusions about addictions concerning drugs, alcohol, tobacco and their influence on wellness and behavior.
4. Know the relationship between lifestyle, aging and overall wellness.
5. Relate how various health issues affect individuals as well as society.
6. 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:

1. Define health and discuss how it affects quality of life
2. Recognize and evaluate signs and symptoms of stress and disease
3. Describe drug use, abuse, and its effects
4. Discuss alcohol use and abuse and examine effects on society
5. Identify the reproductive systems and various birth control methods
6. Identify and recognize signs and symptoms of diseases
7. Define fitness and be able to critique one's exercise level
8. Examine weight control issues and its overall effect on society
9. Define nutrition and the various nutrients that relate to a healthy diet
10. Understand the various dimensions of the aging process
11. Analyze the use of tobacco and its effect on the user, non user, and society
12. Have fun and apply lessons to our daily lives

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 9th week. However, you may be dropped by the instructor at any time after (3) consecutive absences

2017 Spring Semester Important Dates

DATE	ACTION
January 19th, 2018	Last day to drop for full refund
January 26th, 2018	Last day to add classes
March 9th, 2018	Last day to drop (letter grades assigned after this date)
March 26-30th, 2018	Spring Break
May 14-18th, 2018	Final Examinations

CLASS ASSIGNMENTS:

Quizzes:

There will be a series of quizzes 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. You will have a weeks' notice before each quiz.

Research Presentation:

Each student will perform a short health presentation on a section of a chapter of your choice. Presentations are meant to improve the students public speaking, presentation skills and knowledge of the subject in which they choose. Students will be expected to highlight a minimum of 2-peer –reviewed sources in their presentation. The presenter is responsible for educating the audience on not only the results of the study but the participants, methods, statistics and conclusions of the study. Presentations are worth 100 points.

Final Essay Paper:

Students will be expected to type an essay paper regarding one of the chapters being covered in class. Students will explore a topic of their own choice and use multiple peer-review sources to demonstrate understanding on their respective topic. The paper should be a minimum of four pages and no more than six pages. Points will be deducted if the paper is turned in late. All papers should be done in APA format and include a title and references page. Please double space papers, using size 12 font, times new roman lettering.

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. Mid-Term
5. Class Presentation
6. Final Exam
7. 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

Class Point Breakdown (**Subject to Change*)

Quizzes	50*
Midterm	150
Health Presentation	100
In Class Assignments	100*
Participation	100
Final Essay Paper	200
Final	250
Total Points	1,000

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 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 your instructor as soon as possible."