

REEDLEY COLLEGE HEALTH EDUCATION 1

Instructor: Kathy O'Connor-Kuball
Office: P.E. 312
Phone: 638-0387 Email: kathy.kuball@reedleycollege.edu
Office Hours: Posted on office door _____

1. **Text:** Core Concepts in Health or *Connect Plus* (e-book)
Brief 16th Edition, 2019
Author: Insel/Roth
Publisher: McGraw- Hill Companies, Inc.

2. **Course Requirements:**

- **Attendance:** Attendance is a must. After four cumulative absences, you may be dropped from the class. Extended medical absences or special circumstances cleared in advanced by the instructor may be the only exception to this. This is up to instructor discretion. Attendance will be recorded (in some cases) by the seat assigned to you as well as a sign-in sheet. It is your responsibility to sign in daily. Failure to sign in or attend will result in an absence being recorded. If you arrive late it is your responsibility to notify the instructor at the end of the class session or your absence will remain on your record. Please come in quietly to minimize class disruption.
- **NOTE:** This class is a Hybrid class. While the class meets face-to-face on Tuesday and some Thursdays , it has a web-based component that you will be responsible for that completes the time obligation for a 3-unit class. If you are not actively engaged in the online portion of this class in essence, you are “absent”. You could be dropped from the class if there is “no activity”.

TURN OFF AND PUT AWAY ALL CELL PHONES. PLEASE NO TEXTING IN CLASS!!!!

IMPORTANT NOTE: The drop date for this class will be the 9th week: _____

- **Examinations:** An exam will follow each of the designated chapters or units described on the health calendar outline. If you miss an exam you will receive zero points. There are no make up exams. Most, if not all of your exams will be **online**. (Canvas)

*** A comprehensive final exam will be made available to those students wishing to remove one zero score or their lowest test score. This will be made available in addition to the last exam on the scheduled final date and must be taken during the allotted final time.

- **Quizzes:** You will have at least one **online** (Canvas) quiz per unit on assigned readings. You may not make up a quiz but your lowest quiz score will be dropped.

* Each of you will be required to present a current even that will be a significant portion of your final grade . Details will be addressed in class and available on Canvas.

3. **Grading/Evaluation:** Your grade will be determined by points earned from current events, evaluations, exams, assignments, and quizzes. By far, your current events and exams will have the biggest impact on your final grade. Class participation and attendance is encouraged and will be considered in final grade to evaluate borderline grade cases. Various **extra credit** opportunities will be available throughout the semester- take advantage of this!

The following percentage scale will be used

A = 100%-90% of the overall point total
B = 89%-80% of the overall point total
C = 79%-70% of the overall point total
D = 69%-60% of the overall point total
F = < 60% of the overall point total

Note“If you have special needs as addressed by the Americans with Disabilities (ADA) including alternate media requests, please notify your course instructor immediately. Reasonable efforts will be made to accommodate your needs.

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PHYSICAL EDUCATION SYLLABUS

Department Philosophy: Our department will use a “concepts” approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual’s real needs for lifetime fitness?

Department Chair: Marcy Davidson **Dept. Office** 320 C / Ext 3354

Course #: HE 1 **Course Title:** Health Education

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.

Instructor: Kathy O’Connor – Kuball **Office #** 312 / Ext 3387

Course Objectives : To define, understand, discuss and identify the connections between personal health, behaviors, family background and environmental issues that affect and impact the overall health and well being of the body and the person.

Required material(s): Core Concepts in Health
Brief 16th. Edition, 2019
Insel/Roth/Rollins/Peterson
Mayfield Publishing Co.
Connect Access Code

Injury/Disclosure:

Attendance Policy: Attendance will be recorded on a daily basis. Students will be assigned seating. If a student arrives late to class, the student must notify the instructor of their attendance and seat number at the end of the class.

Testing Policy: There will be several quizzes and exams – the majority will be online. Each exam will test your knowledge of the information presented in each unit. All exams are mandatory.

How Your Final Grade Will Be Calculated: Grades will be based on the completion of the current event assignment and points from at least 6 exams and quizzes. Grading Scale:

A = 90% of total points	D = 60% of total points
B = 80% of total points	F = Less than 60% of total points
C = 70% of total points	

Drop Policy: 18-week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, the instructor may drop you at any time after four (4) consecutive unexcused absences.