

REEDLEY COLLEGE
HEALTH EDUCATION 1 (Online)

Instructor: Kathy O'Connor-Kuball
Office: P.E. 312
Phone: 638-0387 Email: kathy.kuball@reedleycollege.edu
Office Hours: Will determine after first week

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:** Students need to be actively and regularly engaged in the online requirements of this class.

IMPORTANT NOTE: The drop date for this class will be the 9th week: Friday : Oct 9th, 2020

- **Examinations:** An exam will follow each of the designated chapters or units described on the health calendar outline. You may not make up an exam but you will be able to *repeat* or take the exam one additional time to improve your score.
- **Quizzes:** You will have at least one quiz per unit on assigned readings. You may not make up a quiz but you will be able to *repeat* or take the quiz one additional time to try to improve your score ☺
- **Assignments:** You will have numerous assignments throughout the semester. These may include reading assignments, discussion questions/response, video review etc.

3. **Grading/Evaluation:**

Grades are simply based on the total number of points earned out of the total number of points available to you
There may be extra credit available to you along the way so take advantage !

The following percentage scale will be use

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 immediatly. Reasonable efforts will be made to accommodate your needs

RC 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: Richard Jennings **Dept. Office** / Ext

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.

Injury/Disclosure:

Attendance Policy: Students need to be actively and regularly engaged in the online requirements of this class.

Testing Policy: There will be several quizzes and exams – they 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 assignments 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.