

**Reedley College  
Physical Education**

<b>I. Course Title</b>	Contemporary Health Issues
Course Number	HLTH 1 - 50049
Unit Value	3
Time/Location	Spring 2020 WED 6:00-8:50 PM FEM 3
Course Instructor	Virginia Thomas E-mail: virginia.thomas@reedleycollege.edu Office Hours: By Appointment

**II. Catalog 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.

**III. 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?

**IV. Required Text:** Core Concepts in Health (16<sup>th</sup> ed.) Brief Edition by Paul M. Insel & Walton T. Roth with McGraw Hill Connect (see mcgrawhillconnect.com)

**V. 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 with regards to drugs, alcohol, tobacco and their influence on wellness and behavior.
4. Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness.
5. Explain 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.

**VI. Course Objectives: Upon completion of the course the student should be able to:**

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

**VII. General Requirements / Information**

***Class Format:***

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

***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

**Evaluation Procedures:**

Evaluation Papers	300 pts
Synthesis Project	250 pts
Tests (4 x 75pts each)	300 pts
Participation & In class activities	150 pts
<b>Total:</b>	<b>1000 pts</b>

**Grading Scale**

<b>Percent</b>	<b>Grade</b>	<b>Total Points</b>
90-100	= A	900-1000 pts
80-89	= B	800-899 pts
70-79	= C	700-799 pts
60-69	= D	600-699 pts
0-59	= F	0-599 pts

**VIII. Assignments & Activities**

**Attendance & Participation:** Attendance is required and will be taken each class period. Please come to class on time, with appropriate note taking materials. Place phones on silent and leave them in your bag. No eating in class. Active participation is required and will be a portion of your grade. Please read each unit before class so you may engage in the discussion.

**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!

**Assignments:** Assignments are due at the time given on canvas, all late assignments will be given **half credit**. They must be type-written and double spaced unless otherwise stated AND turned in on Canvas. Assignments will be graded on content and correctness of information as well as neatness, professionalism, proper grammar punctuation and spelling. On the occasion that graphic representation of information is used, this must be done on appropriate computer software.

**Tests:** The exams cannot be made up if missed. If you have a conflict please contact me ahead of time to schedule a different time to take the exam before the rest of the class.

**\*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.

Students may complete the SmartBook reading on Connect for 5 or 10 points each chapter for a total of 85pts of extra credit.

Students may also complete a Unit Review sheet for 10 points of extra credit each unit.

**Academic Integrity:** "Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences." (Student Handbook)

**Cheating** is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying

notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

**Plagiarism** is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

**Accommodation for Disability:** 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 (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

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

## Evaluation Tools

ASSIGNMENT	BRIEF DESCRIPTION	POINT VALUE	DUE DATE
<b>EVALUATION PAPERS</b>			
Diet Analysis	Diary of all foods eaten in a 2-day period and evaluate the nutrition quality and balance. Write a 3 page analysis paper discussing what you found.	100	
Health Issue Review Papers	Each student will complete 4 short research papers throughout the semester. The papers will be written on a <i>specific Drug</i> , a <i>specific form of cancer</i> , a <i>specific STD</i> , and a <i>topic of the students choice (must be approved by me)</i> . A 2 to 4-page paper will be written on each topic. Each paper will be worth 50 points and will include and reference page. The specifics of what each paper will entail will be handed out throughout the semester.	200	
<b>SYNTHESIS PROJECT</b>			
Personal Plan Goals	Identify 1 goal for improving your own personal health and fitness for the semester.	25	
Physical Activity Diary	Diary of physical activity for one week including all sport activity, cardiovascular activity, and strength training. Identify strengths and weaknesses in your physical activity.	25	
Medical History	Identify and discuss medical conditions of family members that may pre-dispose you to health risks	25	
Personal Plan Update	Reflection on the progress toward achieving your personal health and fitness goal and any new things learned that may affect or modify that goal.	25	
Final Health Analysis	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. <b>The last day to turn this paper in is May 15<sup>th</sup>. No Late Papers will be accepted!</b>	150	
TESTS	One for each unit x 75pts each	300	
CLASS PARTICIPATION	Attendance & In-class Discussion & Activities	150	
<b>TOTAL POSSIBLE</b>		<b>1000</b>	

**Class Schedule (Subject to change)**

Date	Topic	Reading	Assignment Due
Jan 15	Syllabus Taking Charge of your Health	Ch 1	
Jan 22	Stress: The Constant Challenge	Ch 2	
Jan 29	Psychological Health	Ch 3	Personal Plan Goals
Feb 5	Sleep	Ch 4	Family Medical History
Feb 12	UNIT 1 EXAM (Ch 1-4) Sexuality, Pregnancy and Childbirth	Ch 6 (10)	
Feb 19	Contraception & Abortion	Ch 7	
Feb 26	Drug Abuse & Addiction	Ch 8	STD Review Paper
Mar 4	Alcohol and Tobacco	Ch 9	Drug Review Paper
Mar 11	UNIT 2 EXAM (Ch 6-9) Nutrition Basics	Ch 10 (10)	
Mar 18	Nutrition Basics		Personal Plan Update
Mar 25	Nutrition Basics		
Apr 1	Exercise for Health and Fitness	Ch 11	Physical Activity Diary
Apr 8	SPRING BREAK		NO CLASS
Apr 15	Weight Management	Ch 12	Diet Analysis
Apr 22	UNIT 3 EXAM (Ch 10-12) Cardiovascular Health & Cancer	Ch 13 (10)	
Apr 29	Immunity & Infection	Ch 14 (10)	Cancer Review Paper
May 5	Conventional and Complimentary Medicine	Ch 16	Health Issue Review Paper
May 13	The Challenge of Aging Health Insurance	Ch 18	Final Health Analysis
May 20	UNIT 4 EXAM (Ch 13-14, 16, 18)		