

# Health 1 Course Syllabus

Fall 2021

## Course Info

Course Title: Contemporary Health Issues  
Meeting Room: Classroom Complex I 203  
(CCI-203)  
Meeting Time: 9:30am-10:45am  
Instructor: Onesta Francis

Email: [Onesta.Francis@ReedleyCollege.edu](mailto:Onesta.Francis@ReedleyCollege.edu)

Office Hours:

- Mon 1:00pm-3:30pm Learning Center
- Wed 12:30pm-3:00pm PHS 320A

## Important Dates

August 20: Deadline to drop with refund  
August 27: Deadline to drop to avoid "W" on  
your transcripts  
September 6: Labor Day (no classes held)  
October 8: Drop deadline

November 11: Veteran's Day (no classes held)  
November 25-26: Thanksgiving Holiday (no  
classes held)  
December 6-10: Finals Week  
December 10: End of Semester

## Required Text

Connect Core Concepts in Health Brief by Insel and Roth. 16th edition. ISBN is 9781260500653 (Loose-Leaf)

## Student Learning Outcomes

HLTH-1 SLO1: Apply nutritional knowledge to one's own dietary intake and weight management.  
HLTH-1 SLO2: Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle.  
HLTH-1 SLO3: Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.  
HLTH-1 SLO4: Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness.  
HLTH-1 SLO5: Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness and behavior.  
HLTH-1 SLO6: Relate how various health issues affect individuals as well as society.

## Course Objectives

In the process of completing this course, students will:

- Recognize and evaluate signs and symptoms of stress and disease
- Define fitness and be able to critique one's fitness level
- Examine weight control issues and its overall effect on society
- Identify various dimensions of the aging process.
- Identify the reproductive systems as well as various birth control methods
- Analyze the use of tobacco and its effect on the user, non-user, and society.
- Describe drug use, abuse, and its effects
- Define health and discuss how it affects the quality of life
- Identify and recognize signs and symptoms of diseases
- Define nutrition and the various nutrients that relate to a healthy diet
- Discuss alcohol use and examine effects on society

## Course Outline

Module 1 – Mental Wellness

Module 2 – Physical Wellness

Module 3 – Interpersonal Wellness

## Assignment Breakdown

Quizzes – 15%

Written Exams – 30%

Presentations – 20%

Final – 15%

Participation – 20%

## Grading Scale

<b>Letter</b>	<b>Percentage</b>
<b>A</b>	90-100
<b>B</b>	80-89
<b>C</b>	70-79
<b>D</b>	60-69
<b>F</b>	<60

## Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (e.g. 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.

## Late Policy

After the initial due date, students have two weeks to submit any assignment for partial credit.