

## RC HEALTH 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?

**INSTRUCTOR:** Rene Lopez

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**OFFICE HOURS:** By appointment

**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.

**COURSE OUTCOMES:** Upon completion of this course, students will be able to:

- A. Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle
- B. Apply nutritional knowledge to one's own dietary intake and weight management
- C. Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness and behavior
- D. Know the relationship between lifestyle, aging and overall wellness
- E. Relate how various health issues affect individuals as well as society
- F. Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.

**REQUIRED MATERIALS:**

**TEXT:** Core Concepts in Health 16<sup>th</sup> Edition  
McGraw-Hill

**SCANTRON:** 882 E

**ATTENDANCE POLICY:** You will sign a daily attendance sheet before, during or after class. It will be **your** responsibility to do this. You will not be graded on attendance. Attendance will be the "kicker" if you are border-line regarding your final grade. Be on time! Class will begin on time!

**TESTING POLICY:** There will be six (6) written exams comprised of multiple choice and true/false questions. Each exam will test your knowledge of the information presented in each unit. All exams are

mandatory. Your opportunity to make-up an exam will be left up to the discretion of the instructor.

**HOW YOUR FINAL GRADE WILL BE CALCULATED:** Grades will be based on the completion of all six (6) exams worth 50 points each. You will be allowed to drop your lowest test score of the semester.

Your grade will be calculated on your top 5 exams worth a total of 250 points.

**Grading Scale:** **A** = 250-225 pts. (90%-100%) **B** = 224-200 pts. (80%-89%) **C** = 199-175 pts. (70%-79%)

**D** = 174-150 pts. (60%-69%) **F** = below 150 pts.

**EXTRA CREDIT :** Comprehensive Final Exam (50 questions) worth 25 extra credit points. (One (1) extra credit point for every two (2) correct responses.)

**ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES:**

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.

**DROP POLICY:** 18-week courses have a drop deadline in the 9<sup>th</sup> week. Short-term classes have a drop deadline of 4 ½ weeks. However, you may be dropped by the instructor at any time after three (3) consecutive unexcused absences or any absences in the first week of class.

**IMPORTANT DATES**

**Aug. 20 (F) – last day to drop full-length class to be eligible for refund**

**Aug. 27(F) – last day to register for Fall 2021 full-length class or drop full-length to avoid “W”**

**Oct. 8 (F) – last day to drop Fall 2021 full-length class (letter grades assigned after this date)**

## **HEALTH EDUCATION 1**

### **UNIT OUTLINES**

**Fall 2021**

**UNIT 1**      **Establishing A Basis For Wellness**

Chapters 1, 2, 3, 4

**UNIT 2**      **Getting Fit**

Chapters 13, 14, 15

**UNIT 3**      **Substance Use Disorders: Making Responsible Decisions**

Chapter 10, 11, 12

**UNIT 4**      **Understanding Sexuality**

Chapter 5, 6, 7, 8, 9

**UNIT 5**      **Protecting Yourself From Disease**

Chapters 16, 17, 18, 19

**FINAL**      **FINAL EXAM**

**9:00am Wednesday, December 8th**