

# Health 1 Course Syllabus

Spring 2021

## Course Info

Course Title: Contemporary Health Issues

Meeting Room: WEB

Instructor: Onesta Francis

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: Tue, Thu, Fri 9am-1pm

## Important Dates

January 18: Martin Luther King Jr. Day (no classes held)

January 22: Deadline to drop with refund

January 29: Deadline to drop to avoid "W" on your transcripts

February 12: Lincoln Day (no classes held)

February 15: Washington Day (no classes held)

March 12: Drop deadline

March 29-April 2: Spring Recess and Good Friday (no classes held)

May 21: 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

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

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

## Course Objectives

In the process of completing this course, students will:

- Define health and discuss how it affects the quality of life
- Recognize and evaluate signs and symptoms of stress and disease
- Describe drug use, abuse, and its effects
- Discuss alcohol use and examine effects on society
- Identify the reproductive systems as well as various birth control methods
- Define fitness and be able to critique one's fitness level
- Examine weight control issues and its overall effect on society

## Course Outline

- Module 1 – Intro to Health  
January 11 – January 23  
Chapters 1
- Module 2 – Mental Health  
January 25 – February 13  
Chapters 2-4
- Module 3 – Sex and Relationships  
February 14 – March 6  
Chapters 5-7
- Module 4 – Addiction  
March 8 – April 3  
Chapters 8-9
- Module 5 – Fitness and Nutrition  
April 5 – April 24  
Chapters 10-12
- Module 6 – Health Issues in American Society  
April 26 – May 15  
Chapters 13-14, 18
- Module 5 – Final Examination  
May 17

## Assignment Breakdown

Type	Frequency	Point Value	Total
Quizzes	15	10	150
Midterm	1	50	50
Final	1	150	150
Handouts	14	10	140
Discussions	16	10	160
Presentations	4	50	200
Annotated Bibliographies	2	40, 60	100
Essay	1	50	50
<b>Total</b>			1000

## Grading Scale

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

## Weekly Routine

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Lecture	Selected Reading	Class Meeting	Complete Weekly Worksheet	Respond to Discussion Posts
Work on Projects	Post in Discussion Board	Work on Projects	Work on Projects	Quiz or Test