

Health 1 Course Syllabus

Summer 2021

Course Info

Course Title: Contemporary Health Issues

Meeting Room: WEB

Instructor: Onesta Francis

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: Mon-Fri 8:30am-10:45am

Important Dates

June 15: First Day of Class

June 21: First Exam Due

June 29: Second Exam Due

July 4: Holiday

July 9: Final Exam (All Assignments Due)

Required Text

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

Student Learning Outcomes

HLTH1-SLO1: Apply nutritional knowledge to one's own dietary intake and weight management.

HLTH1-SLO2: Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle.

HLTH1-SLO3: Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels.

HLTH1-SLO4: Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness.

HLTH1-SLO5: Draw conclusions about addictions with regards to drugs, alcohol, tobacco and their influence on wellness and behavior.

HLTH1-SLO6: Explain how various health issues affect individuals as well as society.

Course Objectives

- Recognize and evaluate signs and symptoms of stress and disease.
- Define fitness and be able to critique one's exercise level.
- Examine weight control issues and its overall effect on society.
- Identify the various dimensions of the aging process.
- Identify the reproductive system and various birth control methods.
- Analyze the use of tobacco and its effects 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 abuse, and examine its effects on society.

Assignment Breakdown

| Category | Frequency | Point Value | Total |
|--------------------------------------|-----------|-------------|-------|
| Quizzes | 10 | 10 | 100 |
| Final | 1 | 150 | 150 |
| Participation (Discussion Boards) | 17 | 15 | 250 |
| Written Exams | 2 | 150 | 300 |
| Presentations | 2 | 100 | 200 |

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 one week to submit any assignment for partial credit. All assignments must be submitted by the last day of the semester (July 9).