

Health 1 Course Syllabus

Spring 2022

Course Info

Course Title: Contemporary Health Issues

Meeting Room: WEB

Meeting Time: Asynchronous

Instructor: Onesta Francis

Email: Onesta.Francis@ReedleyCollege.edu

Office Hours: <https://calendly.com/reedley-college-soccer/onesta-francis-office-hours>

Tue/Thu 9am-10am, 12pm-1:30pm

Important Dates

January 21: Deadline to drop with refund

January 28: Deadline to drop to avoid "W" on your transcripts

February 18: Lincoln Day (no class)

February 21: Washington Day (no class)

March 11: Drop deadline

April 11-15: Spring Break

May 16-20: Finals

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
Chapters 1
- Module 2 – Mental Health
Chapters 2-4
- Module 3 – Sex and Relationships
Chapters 5-7
- Module 4 – Addiction
Chapters 8-9
- Module 5 – Fitness and Nutrition
Chapters 10-12
- Module 6 – Health Issues in American Society
Chapters 13-14, 18
- Module 5 – Final Examination
May 17

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.