

Reedley College
Health 1 55010 SPRING 2022 Course Syllabus

Course Title: Health 1
Course Number: 55010
Class Days: M/W/F

Instructor: Rob Hartenfels
Office Hrs: M/T//W/TH (1:00 -2:00)
Time: 9:00 AM – 9:50 AM

Phone: (559) 638-3641 ex 3369 office
Email: Rob.Hartenfels@reedleycollege.edu
Prerequisites: None

Required Text: Core Concepts in
Health- 16th Edition by Insel and
Roth Brief with handouts
(ISBN: 9781260500653)

CATALOG DESCRIPTION:

This course is designed to introduce students to a comprehensive study of personal and community health. This course will also introduce the student health issues at the local, state, and national levels. (A, CSU-GE, UC)

COURSE STUDENT LEARNING OBJECTIVES (CSLO'S):

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

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

OBJECTIVES OF THE COURSE:

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 exercise level
- Examine weight control issues and its overall effect on society
- Identify the various dimensions of the aging process
- Identify the reproductive systems and 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 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 effects on society

GENERAL REQUIREMENTS / INFORMATION:

General Expectations:

Do the work!

You are in college to become more educated, and learn! Don't just spend your time on this class, invest your time. These are all practical concepts that will make you and your family's lives better!

Pay attention to due dates.

Communicate issues via canvas messages or email directly if need be.

Class Format:

Class sessions will consist of lectures, films, group discussions, handouts, homework, guest speakers, PowerPoint presentations, and other activities.

Attendance:

Attendance and the subsequent points from it, will be based on your complete of the weekly pre quiz / check in.

Drop Policy: 18 week courses have a drop deadline of the 9th week. However, you may be dropped by the instructor at any time after (3) consecutive absences

Late Work Policy:

I typically do not accept late work during the semester. However if you communicate issues, I am flexible and willing to work with you.

However I will give all students a ONE WEEK LATE SEMESTERS MAKE UP WINDOW. I will open all assignments (except extra credit) for one week late in the semester. Students can earn up to half credit (50%) for any missing work they turn in during this time.

Important Dates

January 10 (M) Instruction begins

January 17 (M) Martin Luther King, Jr. Day observance

February 18 (F) Lincoln Day Observance (No Class)

February 21 (M) Washington Day Observance (No Class)

March 11 Final Drop Date

April 11-15 (M-F) Spring recess [classes reconvene April 18]

May 20 (F) End of spring semester/commencement

GRADING

Grades will be based on the following:

1. Quizzes
2. Essays
3. In class assignments
4. Final Essay Paper
5. Participation

A	90-100% OFF POSSIBLE POINTS
B	80-89% OFF POSSIBLE POINTS
C	70-79% OFF POSSIBLE POINTS
D	60-69% OFF POSSIBLE POINTS
F	0-59% OFF POSSIBLE POINTS

ACADMEIC HONESTY POLICY:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating will be reported to the Dean's office and will receive a severe punishment for their conduct.

DISABILITIES STATEMENT:

"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 or Section 504 of the Rehabilitation Act, please contact you instructor as soon as possible."

***The Syllabus is subject to change throughout the semester. You will be notified in class and via canvas of any assignment and/or point total changes.**