

HEALTH 1 – CONTEMPORARY HEALTH ISSUES

REEDLEY COLLEGE

Mr. Scott Stark Spring 2022

Office: Men's Locker Room – PE 336 / 638-3596

Office Hours: T/Th 10:00-11:00 am, T 3:00-4:00 pm

Meeting Room: CCI 203

Meeting Days: Tuesday/Thursday 1:00-2:15

E-Mail: scott.stark@reedleycollege.edu

DEPARTMENT PHILOSOPHY: Our department will use a “**concepts**” approach to health, kinesiology, and physical education, answering three (3) important questions:

1. **Why** is health and physical education important to every person?
2. **How** to practice healthful activities given individual abilities and interests?
3. **What** are the individual's real needs for lifetime fitness?

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. This course transfers to both CSU and UC schools.

COURSE 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 the ones that exist at the State and National levels

REQUIRED TEXT: *Core Concepts in Health, 16th Edition.* The McGraw-Hill Publishing Companies. You will also need **1 882E** Scantrons for the semester.

REQUIRED NOTES: You must review the Power Point presentations for each Unit that will outline the material that you will be required to know for all quizzes.

TESTING POLICY: There will be (6) midterm quizzes comprised of multiple choice and true/false questions. Each quiz will test your knowledge of the information presented in each Unit. All quizzes are mandatory. Your opportunity to make up a quiz past the deadline will be left up to the instructor.

LAB ASSIGNMENTS: There will be 6 written Lab Assignments that will be required, 1 for each Unit. The Labs will be 35 points each (210 points for the semester), and will be due by the Quiz date. Each Lab Assignment will be approximately 2-4 pages in length and will cover a specific topic related to the Unit studied.

HOW YOUR GRADE WILL BE CALCULATED:

- **TESTS:** Completion of all 6 Unit Quizzes worth 50 points each. You will be allowed to DROP your lowest test score at the end of the semester. Your grade will be calculated on your Top 5 Quizzes worth a total of 250 points for the semester.
- **WRITTEN LAB ASSIGNMENTS:** 6 Written Assignments (1 for each Unit / 35 points each), for a total of 210 points total for these assignments.
- **EXTRA CREDIT:** Extra Credit will total up to 25 points toward your final grade. You will receive 1 point for every 2 correct answers on the Final Exam (50 Questions).
- **ADDITIONAL EXTRA CREDIT:** Each Unit will have a Wellness Worksheet assignment that you can complete and submit for a 5 point extra credit opportunity – 6 Units = Up to 30 points Extra Credit for the semester.
- Calculate your grade by adding your total points for the semester: 90-100% = (A), 80-89% = (B), 70-79% = (C), 60-69% = (D), <60% = (F).

WHERE TO FIND YOUR GRADE: Your scores will be posted on **CANVAS** after each Midterm Quiz by Mr. Stark.

<u>Total Points</u>	<u>Grade</u>
414-460	A
368-413	B
322-367	C
276-321	D
0-275	F

FINAL EXAM (EXTRA CREDIT): A comprehensive Final Exam, covering Units 1 through 5, worth 25 points (50 Questions) will be given during the 18th and final week of the Fall semester. You are required to take the Final Exam. The Final Exam will count as Extra Credit and will be the final test score of the semester. Our final time and date is:

THURSDAY, MAY 19th, at 1:00-2:50 pm in CCI 203

STUDENTS WITH SPECIAL NEEDS REQUESTS: 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.

IMPORTANT DATES:

January 17 (M)	MLK Holiday observed (no class, campus CLOSED)
January 21 (F)	Last day to DROP full-length class and be eligible for a refund
January 30 (Su)	Last day to register for Fall classes or DROP to avoid a (W)
March 11 (F)	Last day to DROP Fall full-length class (receive letter grades)
April 11-14 (M-Th)	Spring Break (no class, campus OPEN)

ACADEMIC DISHONESTY

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular quiz, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

HEALTH 1 UNIT OUTLINES

Spring 2022

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| UNIT 1 | <u>Wellness, Stress, and Psychological Health</u>
Chapters 1, 2, 3
Unit #1 Dates: January 11 th – January 25 th | <u>EXAM:</u> Thurs. Jan. 27 th |
| UNIT 2 | <u>Nutrition, Weight Management, and Fitness</u>
Chapters 10, 11, 12
Unit #2 Dates: February 1 st – February 22 nd | <u>EXAM:</u> Thurs. Feb. 24 th |
| UNIT 3 | <u>Alcohol & Tobacco</u>
Chapter 9
Unit #3 Dates: March 1 st – March 10 th | <u>EXAM:</u> Tues. Mar. 15 th |
| UNIT 4 | <u>Psychoactive Drugs</u>
Chapter 8
Unit #4 Dates: March 17 th – April 5 th | <u>EXAM:</u> Thurs. Apr. 7 th |
| UNIT 5 | <u>Reproduction, Pregnancy, Childbirth, Abortion and Contraception</u>
Chapters 6, 7
Unit #5 Dates: April 19 th – April 28 th | <u>EXAM:</u> Tues. May 3 rd |
| UNIT 6 | <u>Immunity and Infection</u>
Chapters 14
Unit #6 Dates: May 5 th – May 10 th | <u>EXAM:</u> Thurs. May 12 th |
| FINAL | Thursday, May 19th @ 1:00-2:50 in CCI 203 (Units 1-5 Covered) | |