

Reedley College Health 1 Fall 2023 Course Syllabus

Course Title: Contemporary Health Issues

Course Number: HE-1- 54000

Instructor: Jeff Taber, MPH, REHS

CRN: 54000 WEB (Online)

Office Hours: Fridays 1500-1600
via Zoom

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Required Text: Core Concepts in Health and Wellness Brief by Insel and Roth. 17th edition. ISBN is 978-1-264-14459-4 (Bound); or 978-1-260-72664-8 (Loose-Leaf)

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 OUTCOMES:

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

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

STUDENT LEARNING OUTCOMES (SLOs) FOR THIS COURSE:

The following learning outcomes are from the institution's officially approved course outline.

STUDENT LEARNING OUTCOMES (SLO):	Expected SLO Performance:
HLTH-1 SLO1: Apply nutritional knowledge to one's own dietary intake and weight management	70
HLTH-1 SLO2: Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle	70
HLTH-1 SLO3: Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels	70
HLTH-1 SLO4: Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness.	70
HLTH-1 SLO5: Draw conclusions about addictions with regards to drugs, alcohol, tobacco, and their influence on wellness and behavior	70
HLTH-1 SLO6: Explain how various health issues affect individuals as well as society	70

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. Define health and discuss how it affects quality of life
- B. Recognize and evaluate signs and symptoms of stress and disease
- C. Describe drug use, addiction, abuse, and its effects
- D. Discuss alcohol use and abuse and examine its effects on society
- E. Assess and discuss how environmental factors affect every day life by focusing on the relationships between people and their environment, while promoting human health and well-being, ultimately leading to fostering healthy and safe communities.
- F. Identify and recognize signs and symptoms of diseases
- G. Define fitness and be able to critique one's exercise level
- H. Examine weight control issues and its overall effect on society
- I. Define nutrition and the various nutrients that relate to a healthy diet
- J. Understand the various dimensions of the aging process
- K. Analyze the use of tobacco and its effect on the user, non-user, and society
- L. **Have Fun, Enjoy Yourself and Learn Something!**

METHODS OF EVALUATION:

1. Participation / Weekly Classroom Online Discussion Question Responses
2. Weekly Lab/ Worksheet Assignments
3. Chapter Review Quizzes
4. Weekly Take Away Assignment
5. Final Exam
6. Final Health Analysis Paper

1. CLASSROOM/ONLINE PARTICIPATION POLICY

Participation, either in the physical classroom or the online environment is very important. The weekly participation requirements are listed below. Please message me if you have any questions.

- *In addition to participating in the physical classroom, each week you are expected to participate a minimum of **six (6)** times in the class Discussion Forum online.*
- *Respond to each of the weekly discussion questions with responses of at least **100-150 words**.*
- *For each DQ you then will respond to a comment made by a classmate and this should be in the range of **50 – 100 words**.*

Common Participation Questions	Instructor Responses
How many times a week do I have to participate to get full credit?	6
Do I have to respond to all of the discussion questions?	Yes! The point is to create dialogue and to make sure that you are reading and retaining the material and connecting the information to your personal lives. <i>These responses should be between 100-150 words.</i>
How do I make sure I get full credit for my discussion participation?	*Respond to each of the 3 discussion questions, then read a classmates comment and respond to their

	contribution to that week's DQ.
When is the online workweek?	Monday to Sunday
Can I make up discussion questions responses after the week is over?	No! Discussion questions responses and quizzes can't be made up.

Participation is a required part of your grade. Please note that both quantity and quality are important considerations when it comes to participation. A message that says simply, "I agree," for example, would not constitute participation because it does not add anything of substance to the discussion.

In order to earn full participation points, you must add something of substance to the discussion. Adding something of substance would consist of new ideas, your perspectives, pointed follow-up questions, responses to discussion questions, or connecting information from the book or Internet. You will find it is much easier to keep up with the class if you are logging in and participating regularly in the class's online environment.

SPECIFIC EXPECTATIONS FOR DISCUSSION QUESTION RESPONSES

Weekly discussion question (DQ) responses should be at least 100 to 150 words. Responses to your classmates should be in the range of 50 to 100 (or more) words.

Unlike your formal written assignments, I do not require that your discussion question responses adhere to specific formatting requirements. However, please make sure to proofread carefully. I will evaluate your grammar, spelling, and punctuation. ☺

**I expect your discussion question responses to reflect critical thought. Whenever possible, please try to relate the course content to real-world applications from your personal or professional experiences.*

2. WEEKLY LAB/ WORKSHEET ASSIGNMENTS

Each week I will post an assignment with the required lab and worksheet due at the end of that week. Late labs/worksheets will carry a **10%-point deduction for each week it is turned in late.**

3. CHAPTER REVIEW QUIZZES

Throughout this quarter there will be a total of 8 quizzes worth 20/25/40 points each. Therefore, almost 40% of your grade will consist of your quiz grades. Quizzes may include *multiple choice, fill in the blank, matching, short answer, and or essay questions.*

Quizzes cannot be made up! Each quiz will stay **open for one week**. The scheduled weeks are listed below in the weekly schedule. Quizzes must be taken in one sitting. Please make sure that you allow yourself enough time to start and complete the quiz and use a reliable Internet service so that there is no interruption.

4. WEEKLY PERSONAL HEALTH TAKEAWAY ASSIGNMENT

Every week I will ask you to write a one-page reflection paper on the information you read, discussed, and learned about the week's topics. I specifically want you to talk about new ideas, concepts, or perspectives you developed, how it connects to you or your life,

as well as the impact on you personally, your family, your community and the entire world. The response is to be no longer than 2 pages.

5. FINAL EXAM

The final exam will be given during **Week 9** of this class and will cover a variety of chapters. A final study guide will be handed out with the chapters covered and information needed to be successful. The final exam is worth **75** points.

6. FINAL HEALTH ANALYSIS ESSAY

You are expected to TYPE and submit an essay paper evaluating health habits/lifestyle. Target one problematic health behavior that was covered during the semester and explore the risk factors and provide strategies for change that will enhance one’s well-being. The paper should be a minimum of four pages and no more than six pages. Please double space papers, using size 12 font, times new roman lettering. **The last day to turn this paper in is Friday December 8th @ 5:00 PM. No Late Papers will be accepted after that date!**

The following five areas should be addressed in the paper:

1. Identify and discuss a type of generational health (can include environmental health) issue. – (1 page)
2. Describe your current wellness beliefs, philosophies and lifestyles surrounding the health issue you have chosen. – (1 to 2 pages)
3. Identify one health risk (physical, emotional, psychological and or social) that concerns or interests you about your topic.
4. Research that health risk and include information in the paper about the dangers. – (1 to 2 pages)
5. Develop a plan for minimizing the identified health risk and enhancing one’s own well-being in the future. – (1 to 2 pages)
6. Cite the sources for your information in APA format (last page - not included in your 4 – 6 pages ☺)

Weekly Schedule / Assignments

WEEK 1 –	October 9th – October 15th
Lecture Presentation	
(Chapter 1) Taking Charge of Your Health (Chapter 2) Stress	
Week 1 Assignments	POINTS
Check-In (5)	5
Welcomes and Introductions (5)	5
Weekly Participation and Discussion Questions (15)	15
Week 1 Lab (15)	15

Worksheet #1 (10)	10
Week 1 Health Takeaway Assignment (10)	10
<i>Quiz #1 (Covers Ch. 1 – 2)</i>	<u>20</u>
Total Weekly Points	80
WEEK 2 –	October 16th – October 22nd
Presentation	
(Chapter 3) Psychological Health (Chapter 15) Environmental and Public Health	
Week 2 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #2	10
Week 2 Lab	15
Week 2 Health Takeaway Assignment	10
<i>Quiz #2 (Covers Ch. 3 – 15)</i>	<u>20</u>
Total Weekly Points	70
WEEK 3 –	October 23rd – October 29th
Presentation	
(Chapter 8) Drug Use & Addiction	
Week 3 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #3	10
Week 3 Lab	15
Week 3 Health Takeaway Assignment	10
<i>Quiz #3 (Covers Ch. 8)</i>	<u>20</u>
Total Weekly Points	70
WEEK 4 –	October 30th – November 5th
Presentation	
(Chapter 9) Alcohol & Tobacco	
Week 4 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #4	10
Week 4 Lab	15
Week 4 Health Takeaway Assignment	10
<i>Quiz #4 (Covers Ch. 9)</i>	<u>20</u>
Total Weekly Points	70

WEEK 5 –	November 6th – November 12th
Presentation	
(Chapter 10) Nutrition (Chapter 11) Exercise for Health and Fitness	
Week 5 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet # 5	10
Week 5 Lab	15
Week 5 Health Takeaway Assignment	10
<i>Quiz #5 (Covers Ch. 10 and Ch. 11)</i>	<u>20</u>
Total Weekly Points	70
WEEK 6 –	November 13th – November 19th
Presentation	
(Chapters 12) Weight Management (Chapters 13) Cardiovascular Health and Cancer	
Week 6 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #6	10
Week 6 Lab	15
Week 6 Health Takeaway Assignment	10
<i>Quiz # 6 (Covers Ch. 12)</i>	<u>20</u>
Total Weekly Points	70
WEEK 7	November 20th – November 26th
Presentation	
(Chapters 13 Continued) Cardiovascular Health and Cancer (Chapter 14) Immunity and Infection	
Week 7 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #7	10
Week 7 Lab (TBA)	15
Week 7 Health Takeaway Assignment	10
<i>Quiz # 7 (Covers Ch. 13)</i>	<u>40</u>
Total Weekly Points	90

WEEK 8 –	November 27 th – December 3 rd	
Presentation		
(Chapter 16) Conventional and Complementary Medicine (Chapter 17) Personal Safety		
Week 8 Assignments	POINTS	
Weekly Participation and Discussion Questions	15	
Worksheet #8	10	
Week 8 Lab	15	
Week 8 Health Takeaway Assignment	10	
<i>Quiz #8 (Covers Ch.14 and 16)</i>	<u>25</u>	
Total Weekly Points	75	
WEEK 9 –	December 4 th – December 8 th	
Health Analysis Paper/Final Exam	POINTS	
<i>Final Health Analysis Paper</i>	Due by December 8th	
<i>Final Exam</i>	@ 11:59 pm	
Total Weekly Points	125	
Study Guide Completion – Extra Credit <i>(Chapters for exam will be identified on study guide)</i>	TBD	
Check-In/Welcomes/Introductions	10	
Weekly Discussion and Participation	120	
Worksheet Assignments	80	
Lab Assignments	130	
Weekly Health Takeaways Assignments	80	
Quizzes (6 x 20/ 1 x 40/ 1 x 25)	185	
Final Exam	75	
Final Health Paper	<u>50</u>	
CLASS TOTAL POINTS	730	

Grading Scale:

Percentage %	Points	Grade
90 or above	657 or Above	A
80-89	584 to 656	B
70-79	511 to 583	C
65-69	474 to 510	D
64 or Below	<474	F

Academic 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 or plagiarizing will be reported to the Reedley College Dean's Office.

Accommodation Statement:

If you have a verified need for an academic accommodation or materials in alternate media (i.e. Braille, large print, electronic text, etc) as per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

Drop Policy

You are responsible for dropping yourself from this course before the drop deadline if you can't meet the course expectations. Students who don't participate in the discussion forum within the first week will be dropped. Students who don't turn in any assignments within the first week will also be dropped. Please communicate with me if you are experiencing any hardships that may affect your participation or turning in of assignments.

***The syllabus is subject to change at any time throughout the quarter.**

You will be notified of any changes and they will be posted in bold

Green. 😊