

REEDLEY COLLEGE
Health 1 – Contemporary Health Issues
HLTH-1-54005
Fall 2023

Instructor: Tracy Schulte
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Class Time: TTh 9:30-10:45am
Class Location: CCI-203

Required Textbook:

Insel, C., Roth, W., and Insel, P. (2022). Connect Core Concepts in Health: Brief, 17th Ed., New York, NY: Mc-Graw Hill Education.

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. (A, CSU-GE, UC)

Course Objectives:

At the end of the course the student will demonstrate an understanding of effective instructional competencies by demonstrating an ability to:

- Define health and discuss how it affects quality of life.
- Recognize and evaluate signs and symptoms of stress and disease.
- Describe drug use, abuse, and its effects.
- Discuss alcohol use and abuse and examine effects on society.
- Identify the reproductive systems and various birth control methods.
- Identify and recognize signs and symptoms of diseases.
- Define fitness and be able to critique one's exercise level.
- Examine weight control issues and its overall effect on society.
- Define nutrition and the various nutrients that relate to a healthy diet.
- Identify the various dimensions of the aging process.
- Analyze the use of tobacco and its effect on the user, non-user, and society.

Student Learning Outcomes:

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

Participation and Engagement

Class attendance and participation are essential elements to your success in this course. It is expected that you will attend class and participate in discussions, presentations, homework assignments, and group activities each week.

Attendance Policy

1. Attendance will be recorded for each class period.
2. Students must come to class on time and stay for the entire session if they are to earn full credit for that day.
3. Students missing four consecutive classes or not making satisfactory progress because of excessive absences will be dropped from the class. A student may avoid being dropped by contacting the instructor about their absences.

COVID Statement

I will try to work as much and as reasonably possible, with students who need to remain off-campus due to COVID or COVID-related symptoms in order to support them in keeping up with the class. My desire is to support your long-term success!

If you have a positive COVID test, please email me as soon as possible to assist in contact tracing and documentation efforts.

You should follow the proper safety, isolation, and quarantine protocols to protect yourself and the college community as a whole:

- Do not come to campus if you are feeling ill (fever of 100.4°F/38°C or higher or chills, cough, sore throat, or runny nose).
- Wear a non-cloth face mask in the manner intended while on campus (if you need a mask, one will be provided for you).
- Wash your hands frequently and properly throughout the day.
- Use provided sanitizers to clean classroom spaces as needed.
- Don't share food or drinks.

If you must stay home due to isolation or quarantine protocols, please work with me to determine what alternative assignments might be possible (if necessary).

Drop Policy & Deadlines

It is the student's responsibility to drop this course. However, students missing four consecutive classes, or not making satisfactory progress because of excessive absences, will be dropped from the class. A student may avoid being dropped by contacting the instructor about their absences.

Deadlines

Census Date: 08/28/2023

1. Last day to drop with a refund – Friday, August 18th
2. Last day to add or drop – Sunday, August 27th
3. Last day to drop – Friday, October 6th

Holidays

Monday, September 4th- Labor Day

Thursday, November 23rd - Friday, November 24th - Thanksgiving Holiday

Friday, November 10th – Veterans Day Observed

Point Breakdown (250 points possible)

- “In the News” Presentations – 15 pts. (3 @ 5 pts. each)
- Worksheets/Activities/Assignments – 75 pts. (points vary)
- Quizzes – 60 pts. (6 @ 10 pts. each)
- Social Identity & Health Paper – 25 pts.
- Mid-Term Exam – 25 pts.
- Personal Plan for Change – 25 pts.
- Final Exam – 25 pts.

Grading Scale

A = 225-250

B = 200-224

C = 175-199

D = 150-174

F = 149 or below

Class Outline/Calendar

<u>Date</u>	<u>Readings</u>	<u>Topics</u>
8/8 – 8/10	Intro	Thinking about Your health
8/15 – 8/17	Chapter 1	Taking Charge of Your Health
8/22 – 8/24	Chapter 2	Stress: The Constant Challenge
8/29 – 8/31	Chapter 3/4	Psychological Health/Sleep
9/5 – 9/7	Chapter 10	Nutrition Basics
9/7 – 9/12	Chapter 11	Exercise for Health and Fitness
9/14 – 9/19	Chapter 12	Weight Management
9/21 – 9/28	Chapter 13	Cardiovascular Health and Cancer
10/3	Chapter 14	Immunity and Infection (pp.345-359)
10/10 – 10/12	Chapter 9	Alcohol and Tobacco
10/17 – 10/19	Chapter 8	Drug Use and Addiction
10/24 – 11/2	Chapter 5/6/17	Intimate Relationships and Communication/Sexuality (pp.105-123)/ Personal Safety (pp. 436-441)
11/7	Chapter 7	Contraception and Abortion
11/9	Chapter 14	Immunity and Infection – STIs (pp.359-375)
11/14	Chapter 6	Pregnancy and Childbirth (pp.123-140)

11/16 – 11/21	Chapter 18	The Challenge of Aging
11/21	Chapter 17	Personal Safety
11/28 – 11/30	Chapter 15	Environmental Health

12/5 **FINAL EXAM 9-10:50am******

DSPS Statement:

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.

Academic Dishonesty Policy

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.

Cheating

Cheating is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another’s work, supplying one’s work to another, giving or receiving copies of examinations without an instructor’s permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

Plagiarism

Plagiarism is a specific form of cheating and is the use of another’s words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or encouraging, permitting, or assisting another to do any act that could subject him or her to discipline. Incidents of cheating and plagiarism may result in a variety of sanctions and penalties that may range from a failing grade on the particular examination, 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.

***The instructor reserves the right to make changes to this syllabus only upon proper notification. Any necessary changes will be announced in class and on Canvas.**