

REEDLEY COLLEGE
Health 1 – Contemporary Health Issues
HLTH-1-59060
Fall 2023

Instructor: Tracy Schulte
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Class Time: M(Asynchronous)
TTh 1:46-2:36
Class Location: Fowler HS

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.

Asynchronous (Hybrid) Days - Mondays

On our hybrid days, you will be asked to complete various assignments and tests during class time – all self-directed via Canvas – so there will always be something for you to do. It is expected that you will use the entire class period to complete your assignments/tests.

On hybrid days, you will earn points for 1) showing up to class* and 2) completing the day's task(s).**

***NOTE:** You must be signed-in on the attendance sheet on these days in order to receive full credit.

****NOTE:** All tests will be completed **IN CLASS** in the time allotted. Additionally, all asynchronous assignments will be due by **9:00pm on the Monday they are assigned.**

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: 9/7/2023

1. Last day to add or drop (no W assigned) – Wednesday, September 6th
2. Last day to drop (W assigned) – Thursday, October 12th

Holidays

Monday, September 4th- Labor Day

Friday, November 10th – Veterans Day Observed

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

Point Breakdown (300 points possible)

- Worksheets/Activities/Assignments – 50 pts.
 - Your score for these will represent your points for active in-class engagement. You can earn up to 5 points per week on these tasks, for a total of 50 points. Each writing exercise will be due by 9:00pm on the day they are assigned. ***Note: You must be signed-in on the attendance sheet on these days in order to receive credit.**
- Personal Plan for Change – 25 pts.
- Social Identity & Health – 25 pts.
- Tests (6) – 200 pts.

Grading Scale

A = 270-300

B = 240-269

C = 210-239

D = 180-209

F = 179 or below

Class Outline/Calendar

<u>Week</u>	<u>Readings</u>	<u>Topics</u>
Wk. 1	Intro	Thinking about Your health
Wk. 2	Chapter 1	Taking Charge of Your Health
Wk. 3	Chapter 2	Stress: The Constant Challenge
Wk. 4	Chapter 3	Psychological Health
Wk. 5	Chapter 3	Psychological Health/Sleep
Wk. 6	Chapter 10	Nutrition Basics
Wk. 7	Chapter 11	Exercise for Health and Fitness
Wk. 8	Chapter 12	Weight Management
Wk. 9	Chapter 13	Cardiovascular Health and Cancer
Wk. 10	Chapter 13/14	Cardiovascular Health and Cancer Immunity and Infection (pp.345-359)
Wk. 11	Chapter 9	Alcohol and Tobacco
Wk. 12	Chapter 8	Drug Use and Addiction
Wk. 13	Chapter 5/17	Intimate Relationships and Communication/Personal Safety (pp. 436-441)

Wk. 14	Chapter 7/14/6	Contraception/STIs (pp. 359-375) Pregnancy
Wk. 15	Chapter 18	The Challenge of Aging
Wk. 16	Chapter 17	Personal Safety
Wk. 17	Chapter 15	Environmental Health
Wk. 18	FINAL ASSIGNMENT DUE - Social Identity and Your Health	

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.**