

Contemporary Health Issues: Health 1

Jacob Smedley

Spring 2023

01/09/23 – 05/19/23

Class Location: SHS

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Office Hours: By appointment

Course Number: 59233

Catalog 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.

Prerequisites

There are no prerequisites for this course.

What You Will Need to Purchase for this Course

The following items will be necessary for successful completion of the course.

- Connect Core Concepts In Health with Connect Registration

Important Dates

01/09/23 – Start of Spring Semester

01/09/23 – 03/10/23 – Short-term classes, first nine weeks

01/16/23 – Martin Luther King, Jr. Day observed (no classes held; campus closed)

01/20/23 – Last day to drop a Spring 2023 full-term class for full refund

01/27/23 – Last day to drop a Spring 2023 full-term class to avoid a “W” in Person

02/17/23 – Lincoln Day observance (no classes held; campus closed)

02/20/23 – Washington Day observance (no classes held; campus closed)

03/10/23 – Last day to drop a full-term class (letter grades assigned after this date)

03/13/23 – 05/19/23 – Short-term classes, second nine weeks

04/03/23 – 04/06/23 – Spring Recess (no classes held; campus closed)

04/07/23 – Good Friday observance (no classes held; campus closed)
(classes reconvene April 10)

05/15/23 – 05/19/23 – Spring 2023 final exams week

05/19/23 – End of Spring 2023 semester

Examinations and Major Assignments

- There will be FOUR exams throughout the semester
- There will be THREE written assignments

Grading Procedures:

Weekly Quiz	(25% of grade)
Writing Projects	(15% of grade)
4 Exams	(50% of grade)
Discussion Board / Class Participation	(10% of grade)

Grading Criteria (How grades are determined.)

1. Grades will be determined by calculating a final student percent.
2. The final student percent will be determined by summing the total number of points earned dividing that value by the total number of points possible.

Grade Scale

A = ≥ 90 %

B = 89 – 80 %

C = 79 – 70 %

D = 69 – 60 %

F = ≤ 59 %

Subject to Change

This syllabus and schedule are subject to change in the event of extenuating circumstances. It is your responsibility to check on announcements posted on Canvas.

ADA Statement

"If you have a verified need for an academic accommodation or materials in alternate media (ie: Braille, large print, electronic text, etc.) per the American With Disabilities Act or Section 504 of the Rehabilitation act please contact your instructor as soon as possible."

Course Policies & Safety Issues

The use of profanity or other disruptive behavior, tobacco, and/or alcohol will NOT be tolerated at any time and may result in removal from the class. Please remember to use caution and good judgment with respect for others at all times.

Communication

Keeping the lines of communication open are essential to the success of your education. I highly encourage you to email me if you are unclear about anything relating to the course.

Please include the following information in the subject line of your email: Full name, course title, and course number. Example - (Smedley_Jacob_HLTH-1_59261)

I check my email multiple times throughout a normal business day (Monday through Friday from 8 am - 5 pm).

You can expect a response to your email within 24 hours of sending it. If you do not receive a reply within 24 hours, please send the email again because sometimes there are technical difficulties. If you email me after Friday at 5 pm, I will reply the following Monday.

I am available to answer questions or provide any feedback through our discussion boards.

My virtual office hours are currently by appointment.

Late Work Policy

Exams are to be completed by the due date and will not be accepted late.

Writing assignments will incur a late penalty of 10% per day. Any writing assignment submitted more than 9 days after the due date will receive a grade of "0."

Participating in the weekly discussion boards is an important way for the class to communicate with each other. Late submissions to the discussion boards will not be accepted and may affect your grade regarding participation points.

Weekly quizzes will incur a 50% late penalty and will only be accepted up to one week after the due date.

Class Participation & Attendance

If you know in advance that you are going to be absent, it is your responsibility to notify me seven calendar days before the due date and I will allow you to turn in the material early.

With an online class, attendance and participation are very important. This will be evaluated by your completion of the module quiz, discussion boards, writing assignments, and exams.

It is important to start off on a positive note. You are expected to complete the discussion board assignment in Module 1 the first week of the semester. Failure to do so may result in being dropped from the class.

You may be dropped from the course for non-participation and missing 3 or more discussion board assignments. Please communicate with me if there are extenuating circumstances.

Cheating and Plagiarism

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 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 is a specific form of cheating: 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 contributors to work done in collaboration, submitting duplicated work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights. Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which 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. For more information, contact the Vice President of Student Services' Office or the Vice President of Instruction's Office.

Disruptive Classroom Behavior

The classroom is a special environment in which students and faculty come together to promote learning and growth. It is essential to this learning environment that respect for the rights of others seeking to learn, respect for the professionalism of the instructor, and the general goals of academic freedom are maintained. ... Differences of viewpoint or concerns should be expressed in terms which are supportive of the learning process, creating an environment in which students and faculty may learn to reason with clarity and compassion, to share of themselves without losing their identities, and to develop and understanding of the community in which they live . . . Student conduct which disrupts the learning process shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course Objectives

- 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

Primary Learning Outcomes

- 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
- Demonstrate knowledge of the relationship between lifestyle, aging and overall wellness
- Explain how various health issues affect individuals as well as society
- Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national level

Tentative Course Schedule Spring 2023

Week 1	Chapter 1
Week 2	Chapter 12
Week 3	Chapter 8
Week 4	Chapter 7
Week 5	Exam #1 / Chapter 9
Week 6	Chapter 10 Writing Assignment #1 Due
Week 7	Chapter 11
Week 8	Chapter 2
Week 9	Chapter 3
Week 10	Exam #2 / Chapter 13
Week 11	Chapter 4
Week 12	Chapter 5 Writing Assignment #2 Due
Week 13	Chapter 6
Week 14	Exam #3 / Chapter 14
Week 15	Chapter 15
Week 16	Chapter 16
Week 17	Chapter 17
Week 18	Final Exam Writing Assignment #3 Due