

Reedley College  
Health 1 Spring 2023 Course Syllabus

**Course Title:** Contemporary Health Issues

**Instructor:** Lucas Lichtenwaldt

**CRN:** 59228 & 59229

**Course Number:** HE-1

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**Required Text:** Core Concepts in Health and Wellness Brief by Insel and Roth.  
17<sup>th</sup> edition. ISBN is 978-1-260-07409-3 (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 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.

**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, abuse, and its effects
- D. Discuss alcohol use and abuse and examine effects on society
- E. Identify the reproductive systems and various birth control methods
- 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 Discussion Question Responses
2. Weekly Lab Assignments / Projects
3. Chapter Review Quizzes
4. Weekly Take Away Assignment
5. Final Exam
6. Final Health Analysis Paper

### **1. CLASSROOM PARTICIPATION POLICY**

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

- *Each week you are expected to participate a minimum of six (6) times in the class Discussion Forum.*
- *Respond to each of the weekly discussion questions with responses of at least 150-200 words.*
- *For each DQ you then will respond to a comment made by a classmate and this should be in the range of 100 – 150 words.*

| <b>Common Participation Questions</b>                                 | <b>Instructor Responses</b>  |
|---|--|
| 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 150-200 words.</i> |
| How do I make sure I get full credit for my discussion participation? | <b>*Respond to each of the 3 discussion questions, then read a classmates comment and respond to their contribution to that week's DQ.</b>   |
| When is the online work week?   | Monday to Monday   |
| Can I make up discussion questions responses after the week is over?  | No! <b>Discussion questions responses and quizzes can't be made up.</b>  |

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 an online class if you are logging in and participating regularly.

### *SPECIFIC EXPECTATIONS FOR DISCUSSION QUESTION RESPONSES*

Weekly discussion question (DQ) responses should be at least 150 to 300 words. Responses to your classmates should be in the range of 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 ASSIGNMENTS**

Each week I will post an assignment with the required lab due at the end of that week. Late labs 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 9 quizzes, 8 quizzes worth 20 points and 1 quiz worth 10 points. Therefore, almost 20% 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 and Tests **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 two weeks* I will ask you to write a one-page reflection paper on the information you read, discussed, and learned about the weeks 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 18 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 your previous and current personal health habits/lifestyle. After evaluating yourself, you will target one problematic health behavior and explore the risk factors and provide strategies for change that will enhance your 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 11<sup>th</sup> @ Midnight. No Late Papers will be accepted after that date!**

*The following five areas should be addressed in the paper:*

1. Evaluation of your family health history. – (1 page)
2. Your personal past and current health history and lifestyle. – (1 to 2 pages)
3. Identify one health risk (physical, emotional, psychological and or social) you currently deal with and want to work on.
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 health risk and enhancing your 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

| <b>WEEK 1 – (Chapter 1) Taking Charge of Your Health</b>             | <b>January 16<sup>th</sup> – January 20<sup>th</sup></b> | <b>POINTS</b> |
|--|--|---------------|
| Check-In   | Week 1   | 5             |
| Welcomes and Introductions   |  | 5             |
| Weekly Participation and Discussion Questions                        |  | 15            |
| Assignment (Chapter 1)   |  | 10            |
| Week 1 Lab (TBA)   |  | <u>10</u>     |
| <b>Total Weekly Points</b>   |  | <b>45</b>     |
| <b>WEEK 2 – (Chapter 2) Stress</b>                                   | <b>January 23 – 27</b>                                   | <b>POINTS</b> |
| Weekly Participation and Discussion Questions                        | Week 2   | 15            |
| Assignment (Chapter 2)   |  | 10            |
| Week 2 Lab (TBA)   |  | 10            |
| Week 1 and 2 Health Takeaway Assignment                              |  | 10            |
| <i>Quiz #1 (Covers Ch. 1 – 2)</i>                                    |  | <u>20</u>     |
| <b>Total Weekly Points</b>   |  | <b>65</b>     |
| <b>WEEK 3 – (Chapter 3) Psychological Health</b>                     | <b>January 30 – February 3</b>                           | <b>POINTS</b> |
| Weekly Participation and Discussion Questions                        | Week 3   | 15            |
| Assignment #3 (Chapter 3)  |  | 10            |
| Week 3 Lab (TBA)   |  | <u>10</u>     |
| <b>Total Weekly Points</b>   |  | <b>35</b>     |
| <b>WEEK 4 – (Chapter 4) Intimate Relationships and Communication</b> | <b>February 6-10</b>                                     | <b>POINTS</b> |
| Weekly Participation and Discussion Questions                        | Week 4   | 15            |
| Assignment #4 (Chapter 4)  |  | 10            |
| Week 4 Lab (TBA)   |  | 10            |
| Week 3 and 4 Health Takeaway Assignment                              |  | 10            |
| <i>Quiz #2 (Covers Ch. 3 – 4)</i>                                    |  | <u>20</u>     |
| <b>Total Weekly Points</b>   |  | <b>65</b>     |
| <b>WEEK 5 – (Chapter 7) Drug Misuse</b>                              | <b>February 13-17</b>                                    | <b>POINTS</b> |
| Weekly Participation and Discussion Questions                        | Week 5   | 15            |
| Assignment # 5 (Chapters 7)  |  | 10            |
| Week 5 Lab (TBA)   |  | <u>25</u>     |
| <b>Total Weekly Points</b>   |  | <b>50</b>     |

| <b>WEEK 6 – (Chapter 7 Continued) Addiction</b>   | <b>February 20-24</b>      | <b>POINTS</b>                                  |
|---|----------------------------|--|
| Weekly Participation and Discussion Questions<br>Assignment # 6 (Chapter 7)<br>Week 6 Lab (TBA)<br>Week 5 and 6 Health Takeaway Assignment<br><i>Quiz #3 (Covers Ch. 7)</i><br><b>Total Weekly Points</b>     | Week 6                     | 15<br>10<br>10<br>10<br><u>20</u><br><b>65</b> |
| <b>WEEK 7 (Chapter 8) Alcohol</b>   | <b>February 27-March 3</b> | <b>POINTS</b>                                  |
| Weekly Participation and Discussion Questions<br>Assignment # 7 (Chapter 8)<br>Week 7 Lab (TBA)<br><b>Total Weekly Points</b>   | Week 7                     | 15<br>10<br><u>10</u><br><b>35</b>             |
| <b>WEEK 8 (Chapter 8 Continued) Tobacco</b>   | <b>March 6-10</b>          | <b>POINTS</b>                                  |
| Weekly Participation and Discussion Questions<br>Assignment # 8 (Chapter 8)<br>Week 8 Lab (TBA)<br>Week 7 and 8 Health Takeaway Assignment<br><i>Quiz #4 (Covers Ch. 8)</i><br><b>Total Weekly Points</b>     | Week 8                     | 15<br>10<br>10<br>10<br><u>20</u><br><b>65</b> |
| <b>WEEK 9 – (Chapter 9) Nutrition</b>   | <b>March 13-17</b>         | <b>POINTS</b>                                  |
| Weekly Participation and Discussion Questions<br>Assignment # 9 (Chapter 9)<br>Week 9 Lab (TBA)<br><i>Quiz #5 (Covers Ch. 9)</i><br><b>Total Weekly Points</b>  | Week 9                     | 15<br>10<br>10<br><u>10</u><br><b>45</b>       |
| <b>WEEK 10 – (Chapter 10) Exercise for Health and Fitness</b>   | <b>March 20-24</b>         | <b>POINTS</b>                                  |
| Weekly Participation and Discussion Questions<br>Assignment #10 (Chapter 10)<br>Week 10 Lab (TBA)<br>Week 9 and 10 Health Takeaway Assignment<br><i>Quiz #6 (Covers Ch. 10)</i><br><b>Total Weekly Points</b> | Week 10                    | 15<br>10<br>10<br>10<br><u>20</u><br><b>65</b> |
| <b>WEEK 11 – (Chapters 11) Weight Management / Eating Disorders</b>   | <b>March 27-31</b>         | <b>POINTS</b>                                  |
| Weekly Participation and Discussion Questions<br>Assignment #11 (Chapter 11)<br>Week 11 Lab (TBA)<br><i>Quiz # 7 (Covers Ch. 11)</i>  | Week 11                    | 15<br>10<br>10<br>20                           |

|   |                    |  |
|---|--------------------|--|
| <b>Total Weekly Points</b>  |                    | <b>55</b>                                |
| <b>WEEK 12 – (Chapters 12) Cardiovascular Disease</b>   | <b>April 3-7</b>   | <b>POINTS</b>                            |
| Weekly Participation and Discussion Questions<br>Assignment #12 (Chapter 12)<br>Week 12 Labs (TBA)<br>Week 11 and 12 Health Takeaway Assignment<br><b>Total Weekly Points</b> | Week 12            | 15<br>20<br>20<br><u>10</u><br><b>65</b> |
| <b>WEEK 13 (Chapters 12 Continued) Cancer</b>   | <b>April 10-14</b> | <b>POINTS</b>                            |
| Weekly Participation and Discussion Questions<br>Assignment #13 (Chapter 12)<br>Week 13 Lab (TBA)<br><i>Quiz # 8 (Covers Ch. 12)</i><br><b>Total Weekly Points</b>            | Week 13            | 15<br>10<br>20<br><u>20</u><br><b>65</b> |
| <b>WEEK 14 – (Chapter 13) Immunity and Infection</b>  | <b>April 17-21</b> | <b>POINTS</b>                            |
| Weekly Participation and Discussion Questions<br>Assignment #14 (Chapter 13)<br>Week 14 Labs (TBA)<br>Week 13 and 14 Health Takeaway Assignment<br><b>Total Weekly Points</b> | Week 14            | 15<br>10<br>20<br><u>10</u><br><b>55</b> |
| <b>WEEK 15 – (Chapter 15) Conventional and Complementary Medicine</b>   | <b>April 24-28</b> | <b>POINTS</b>                            |
| Weekly Participation and Discussion Questions<br>Worksheet #15 (Chapter 15)<br>Week 15 Lab (TBA)<br><i>Quiz #9 (Covers Ch.13 and 15)</i><br><b>Total Weekly Points</b>        | Week 15            | 15<br>10<br>10<br><u>20</u><br><b>55</b> |
| <b>WEEK 16 – (Chapter 16) Personal Safety</b>   | <b>May 1-5</b>     | <b>POINTS</b>                            |
| Weekly Participation and Discussion Questions<br>Assignment #16 (Chapter 16)<br>Week 16 Lab (TBA)<br>Week 15 and 16 Health Takeaway Assignment<br><b>Total Weekly Points</b>  | Week 16            | 15<br>10<br>10<br><u>10</u><br><b>45</b> |

| <b>WEEK 17 – Health Analysis Paper</b>  | <b>May 8-12</b>  | <b>POINTS</b>          |
|---|------------------|------------------------|
| <i>Final Health Analysis Paper</i><br><b>Total Weekly Points</b>                                  | Week 17          | <u>50</u><br><b>50</b> |
| <b>WEEK 18 – Final Exam</b>   | <b>May 15-19</b> | <b>POINTS</b>          |
| Study Guide Completion<br><i>Final Exam (Chapters for exam will be identified on study guide)</i> | Week 18          | EC<br>TBA              |
| <b>FINAL PAPER</b>  |                  | <b>POINTS</b>          |
| Final Health Analysis Paper   | Week 17/18       | 50                     |
| Weekly Discussion and Participation   |                  | 240                    |
| Chapter Assignments   |                  | 160                    |
| Lab Assignments   |                  | 225                    |
| Weekly Health Takeaways Assignments   |                  | 80                     |
| Quizzes (8 x 20) (1 x 10)   |                  | 170                    |
| Final Exam  |                  | 75                     |
| Final Health Paper  |                  | 50                     |
| <b>CLASS TOTAL POINTS</b>   |                  | <b>1000</b>            |



**Grading Scale:**

| Percentage % | Points       | Grade |
|--------------|--------------|-------|
| 90 or above  | 900 or Above | A     |
| 80-89        | 800 to 899   | B     |
| 70-79        | 700 to 799   | C     |
| 65-69        | 650 to 699   | D     |
| 64 or Below  | <644         | 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 Dean's office and will receive a severe punishment for their conduct.

**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 semester.**

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

**Green.** 😊