

Reedley College
Health 1 Summer Course Syllabus

Course Title: Contemporary Health Issues

Instructor: Ross Garner

Course Number: HE-1

Office: 320B (on RC Campus)

Office Hours: Email /By Appointment

Phone: (559) 638-3522 office

Email: ross.garner@reedleycollege.edu

Required Text: Core Concepts in Health and Wellness Brief by Insel and Roth.
15th edition. ISBN is 978-1-259-70274-7

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
2. Chapter Review Quizzes
3. Weekly Assignments

CLASSROOM PARTICIPATION POLICY

Participation is very important. Please message me if you have any questions.

CHAPTER REVIEW QUIZZES

Throughout this quarter there will be a total of 6 quizzes. Quizzes may include *multiple choice, fill in the blank, matching, short answer, and or essay questions.*

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. Make up quizzes must be scheduled with me and will carry a significant late penalty.

WEEKLY PERSONAL HEALTH TAKEAWAY ASSIGNMENT

Each week I will ask you to write a one page reflection paper on the information you read, discussed, and learned about that week. 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.

Grading Scale:

| Percentage % | Grade |
|--------------|-------|
| 90 or above | A |
| 80-89 | B |
| 70-79 | C |
| 60-69 | D |
| 59 or Below | 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.

***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 RED. ☺**