

Reedley College  
**Health 1 54000 SPRING 2024 Course Syllabus**

Course Title: Health 1  
 Course Number: 54000  
 Class Days: M/W/F

Instructor: Rob Hartenfels  
 Office Hrs: M/T/W//TH/F (1:00 -2:00)  
 Time: 9:00 AM – 9:50 AM

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 Email: Rob.Hartenfels@reedleycollege.edu  
 Prerequisites: None

**Required Text:** Core Concepts in  
 Health- 16th Edition by Insel and  
 Roth Brief with handouts  
 (ISBN: 9781260500653)

**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 STUDENT LEARNING OBJECTIVES (CSLO'S):**

Upon completion of this course, students will be able to:

- SLO1: Apply nutritional knowledge to one's own dietary intake and weight management
- SLO2: Assess and analyze one's own personal wellness to be able to integrate positive health changes in lifestyle
- SLO3: Compare and contrast health issues and problems that exist at the local level with ones that exist at the state and national levels
- SLO4: Demonstrate knowledge of the relationship between lifestyle, aging, and overall wellness.
- SLO5: Draw conclusions about addictions with regards to drugs, alcohol, tobacco, and their influence on wellness and behavior
- SLO6: Explain how various health issues affect individuals as well as society

**OBJECTIVES OF THE COURSE:**

In the process of completing this course, students will:

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

- Discuss alcohol use and abuse and examine effects on society

### **GENERAL REQUIREMENTS / INFORMATION:**

#### ***General Expectations:***

Do the work and show up to class!

You are in college to become more educated, and learn! Don't just spend your time on this class, invest your time. These are all practical concepts that will make you and your family's lives better!

Pay attention to due dates.

Communicate issues via canvas messages or email directly if need be.

#### ***Class Format:***

Class sessions will consist of lectures, films, group discussions, handouts, homework, guest speakers, PowerPoint presentations, and other activities.

#### ***Attendance:***

Attendance and the subsequent points from it, will be based on your complete of the weekly pre quiz / check in.

***Drop Policy:*** Students will be dropped if inactive and not attending within the first 2 weeks of the semester. During the semester Students will be dropped if miss more than two weeks of class meeting time within the first nine weeks a semester-length course (or the first half of a shorter- term course). A student will be dropped if no longer participating in the course, except if there are extenuating circumstances. I allow for the "extenuating circumstances" if communicated to myself via canvas or in person. Drop policy is explained in the beginning of the semester on the first week of class when we go over attendance expectations and requirements.

#### ***Late Work Policy:***

I typically do not accept late work during the semester. However if you communicate issues, I am flexible and willing to work with you.

However I will give all students a ONE WEEK LATE SEMESTERS MAKE UP WINDOW. I will open all assignments (except extra credit) for one week late in the semester. Students can earn up to partial credit for any missing work they turn in during this time.

### **Important Dates**

January 9 (M) Instruction begins

January 15 (M) Martin Luther King, Jr. Day no Class

January 26 Last day to DROP to Avoid a “W” in Person January 28<sup>th</sup> in Person

February 16 (F) Lincoln Day Observance (No Class)

February 19 (M) Washington Day Observance (No Class)

March 8 Last day to drop a spring 2024 full-term calss (Letter Grade assigned after this date)

March 25-29 Spring recess

March 29<sup>th</sup> Good Friday no class

May 17 End of Spring

### **GRADING**

Grades will be based on the following:

1. Quizzes
2. Essays
3. In class assignments
4. Final
5. Attendance

A	90-100% OFF POSSIBLE POINTS
B	80-89% OFF POSSIBLE POINTS
C	70-79% OFF POSSIBLE POINTS
D	60-69% OFF POSSIBLE POINTS
F	0-59% OFF POSSIBLE POINTS

### **ACADMEIC 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 will be reported to the Dean’s office and will receive a severe punishment for their conduct.

### **DISABILITIES STATEMENT:**

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

**\*The Syllabus is subject to change throughout the semester. You will be notified in class and via canvas of any assignment and/or point total changes.**