



West Los Angeles College
Department of Physical Education and Health
Syllabus

- Course:** Health 11, Principles of Healthy Living
Section 8175 Summer Semester 2015
- Instructor:** Professor Broderick Jackson M.Ed
- Contact:** Email: jacksobd@wlaac.edu please note that you can send messages to the professor through the online course. Only use the above email in an emergency
- Office hours:** (Online) I will try to respond to messages within 24/36 hours,
Campus Office Location **PEC-S137**
(South GYM) Office Phone: 310 287-7278
- Meeting** (Online) Every visit to the online course webpage counts as "attendance" You are required to post at least twice for each discussion item (see more in the discussion section)
Spring Semester 4/27-6/7 (6 week course)
- Units:** Three semester units
Transfer code- UC and CSU systems
- Textbook:** Health the Basics, by Rebecca J. Donatelle
4th Custom Edition for West Los Angeles College
ISBN 13, [978-1-269-34384-8]
Book Rentals available in the bookstore
- Course Prerequisites:** None
- Grading System:**
Assignments Note: Two Regular 50 Question Exams worth 100 points each (200pts)
Five Quizzes worth 20pts each for a total of (100pts)
Assignments (2) worth 20pts each for a total of (40pts)
Two Online Group Discussions worth 20pts each for a total of (40pts)
Total course points 380

No makeup Quizzes or Exams will be given, and no late assignments will be accepted.

Course Description: Health 11 course is designed to provide a critical analysis of factors which affect personal and community health. Primary emphasis is placed upon self empowerment and disease prevention in a culturally diverse community. General topics include communicable and non-communicable diseases, physical fitness, weight management and nutrition; human reproduction and stress management.

Program / Course Learning Objectives:

- Students will evaluate a chosen health topic and formulate their ideas in written assignments.
- Students will identify the components of physical fitness.

Student Learning Outcomes:

After completion of this course, the students will be able to:

- Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.(awareness of health issues)
- Identify one's personal responsibility to reduce health risk associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health. (decision-making and current vs. future health outcomes)
- Understand the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk. (culture and ethics; research-based, current info)
- Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet. (program SLO)
- Demonstrate through performance on exams, projects, online discussions and written assessments, evidence of ability to understand and use the concepts of this class. (combines all evidence to learn based on graded materials)

<u>Week 1</u>	Online Introduction Due Assigned Reading Chapter 1: Accessing Your Health Online Discussion Question #1 Due Chapter 2: Promoting and preserving your psychological health Quiz #1: Chapters 1, (Ten questions only)
<u>Week 2</u>	Quiz #2: Chapters 2, (Ten questions only) Chapter 3: Managing Stress and coping with life's challenges Chapter 4: Preventing Violence and Injury
<u>Week 3</u>	Quiz #3: Chapters 3, (Ten questions only) Exam # 1 (Chapters 1, 2, 3, 4) (50 questions) Online Discussion Questions #2 Due Assignment 1: Behavioral change contract Due (From your textbook)
<u>Week 4</u>	Chapter 5: Building health relationships and understanding sexuality Quiz #4: Chapters 5
<u>Week 5</u>	Chapter 6: Considering your reproductive choices Quiz #5: Chapters 6 Assignment 2: Family medical history tree chart only
<u>Week 6</u>	Chapter 7: Recognizing and avoiding addiction and drug abuse Chapter 8: Drinking Alcohol responsibly and ending tobacco use Exam # 2 (Chapters 5, 6, 7, 8) (50 questions)
Extra Credit	There will be one pop quiz that will become available (with one day notice) sometime during the semester. For those who chose to take the pop quiz, they will earn up to 20 extra credit points.
Note:	Discussion question responses must be a Full paragraph and shows critical thinking and reflection and must be college quality writing (grammar, spelling and punctuation will count!)
	Power point lecture notes can be found under the module section.

Course Requirements:

Students are responsible for dropping if they do not want to continue the class. Students must abide by the Academic Honest and LACCD Computer User Policies which prohibit misuse of computer resources, plagiarism, and misconduct. (LACCD)

Disclaimer Statement:

Students will be notified ahead of time when and if any changes are made to course Requirements or policies.

Statement of Student Conduct:

Participation is required of all students. Students are considered to have participated if they:

- A. Are actively involved in the activity or discussions
Contribute opinions, point of view, and new information on the topics being discussed.
- B. Listen attentively and are considerate of the opinions of others.
- C. Shown to have read the course material before class.