

West Los Angeles College

Department of Health/Kinesiology

HEALTH 11

Section #8174

Instructor: K. Olescyski, M.S.

Required Text: Donatelle, R.J. (2013). *Health: The Basics, 11th Edition*. Pearson Benjamin Cummings: San Francisco.

Earlier editions of this textbook will be acceptable for content; however, page references may be different.

***Class starts at 5:00 a.m. on Monday, June 15 and ends at 11:59 p.m. on Sunday, July 26

Contact via email: olescyk@wlaac.edu

Course Content:

Promoting Healthy Behavior
Psychosocial Health
Stress
Violence
Healthy Relationships and Sexuality
Birth Control, Pregnancy, Childbirth
Licit and Illicit Drugs
Alcohol, Tobacco, and Caffeine
Nutrition and Optimum Health
Weight Management
Personal Fitness
Cardiovascular Disease
Cancer
Infectious and Noninfectious Disease
Life's Transitions
Environmental Health
Consumer Health
Complementary and Alternative Medicine

Evaluation:

Exam #1 Chapters 1-4
Exam #2 Chapters 5-8
Exam #3 Chapters 9-11
Exam #4 Chapters 12-14
Exam #5 Chapters 15-18

Quizzes:

Quiz 1 Chapter 1
Quiz 2 Chapter 2
Quiz 3 Chapter 3
Quiz 4 Chapter 4
Quiz 5 Chapter 5
Quiz 6 Chapter 6
Quiz 7 Chapter 7
Quiz 8 Chapter 8
Quiz 9 Chapter 9
Quiz 10 Chapter 10
Quiz 11 Chapter 11
Quiz 12 Chapter 12
Quiz 13 Chapter 13
Quiz 14 Chapter 14
Quiz 15 Chapter 15
Quiz 16 Chapter 16
Quiz 17 Chapter 17 & 18

Discussions

5 questions regarding *Weight of the Nation: Consequences*

Grading Scale:

90%-100% = A

80%- 89% = B

70%- 79% = C

60%- 69% = D

59% - 0% = F

Learning Objective:

Upon completion of this course, students will have gained a greater knowledge-base of the meaning of *health and wellness*. With this greater knowledge-base, students will then be able to make better choices for themselves with respect to their personal health, and the health of others.

Course policy: It is the students responsibility to contact the instructor if an emergency arises. It is also the students responsibility to drop any class they no longer wish to attend. Failure to drop any unwanted class, will result in a failing grade. Stay on schedule and you will do well.

****Your instructor reserves the right to amend any of these criteria as he sees fit.**