HEALTH 11

COURSE SYLLABUS

Principles of Healthful Living

Introduction:

This course will present you with the basic principles of healthy living. You will be presented with subject matter concerning: drugs, alcohol, tobacco; diet, nutrition; infectious diseases, personal fitness; cancer; personal care; consumer health; and several other topics related to maintaining a healthy lifestyle.

Professor (Emeritus):

Mr. James D. Raack, B.S., M.S.

Since this is an online class you can contact me via the Private Message area within the Discussion Forums. I will make every attempt to get back to you as soon as possible.

Required Course Textbook:

Health, The Basics, 11th Edition, by Donnetelle. The book can be purchased or rented at the West Los Angeles College Bookstore or on-line via the www.wlac.edu student services. You can also purchase this textbook via Amazon.com (be sure you get edition 11). There are usually 3 or 4 textbooks on reserve in the reference desk area of the WLAC library for those that wish to come to campus to read their assigned chapters. **YOU CANNOT PASS THIS CLASS WITHOUT THE TEXTBOOK!**

Course Description & Objectives:

UC/CSU transferable. General study of health designed to promote desirable health attitudes and to provide up-to-date information in the areas of individual, family and community health. As a result of taking this course, students will be able to:

1. Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.

2. Identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.

3. Understanding the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.

4. Identify the key components of personal fitness and describe the benefits of regular physical activity and healthy diet.

5. Demonstrate through performance on exams, projects, class discussions and written assessments, evidence of ability to understand and use the concepts of this class.
Plagiarism:

You are expected to submit your own responses for all class requirements. All of your submissions will be checked against each of the other classmates to see if there is too much similarity. You will be warned once if it is determined that your work is exactly or even similar to other students submissions. After the first warning, if you continue with the plagiarism, your name, and that of the person you copied from, will be given to the Dean of Students. I urge you NOT to study together with another classmate, it is too easy to fall into the trap of submitting similar work. Do your own work!

Program Learning Objectives:

1. Students will be able to devise a prevention plan for personal health experience or concern with investigative research paper.

2. Students will be able to identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.

Course Format:

* This is a fully on-line course, except for the use of the textbook and the Internet.

* Every time you log on to the site ALWAYS check the Announcement area on the home page first to see if I have given you some important updates or comments. You may also receive information from me via your email address. Next read the module for the topic, read all related websites given within the modules, read the chapter, do the assignment and finally take the chapter examinations. Get in a habit of doing this routine.

* There are specific due dates for each assignment. You must keep pace with these assignments and stay engaged with the course topic(s). The opening and due dates are set to motivate the student to stay in touch with the class throughout the week(s). Generally the chapter assignment and discussion forum will open on a Monday and will close on a Saturday night. The chapter examination will be incorporated within the parts that are presented via the textbook layout. The modules will open in relation to the part's dates. The Discussion Forum for each part will also be opened and closed in relation to the dates set.

* You MUST submit the assignments and complete the chapter exams by the due date.

* Participation in topic(s) discussions for each part without demonstrating knowledge of what you are trying to express will not provide you with the points needed to meet this grading standard.

* You can earn a maximum of 690 points in this course. Your final grade will be based upon a percentage of this maximum. THERE IS NO EXTRA CREDIT ASSIGNMENT OFFERED IN THIS CLASS.

* You are required to log into the on-line course frequently. It is your responsibility to read all the module content and complete all assignments and chapter exams and discussions on time.

* NO TEXT MESSAGING ABBREVIATIONS ARE ALLOWED DURING DISCUSSIONS OR WITHIN RESPONSES TO ASSIGNMENTS.
* Check your email address to be sure it is correct. If it is not or if you change your email address during the course of this class or your email address is not listed, go to My Workspace > Account > Modify and make the change.

* You can also revise your password at "My Workspace."

* If you forget your password, go to the "Gateway" page (at the bottom of the first page).

* I will contact you via Private Message within the site. Mass announcements to the full class will be on the home page. I prefer you contact me via Private Message if you have a question, etc.

* ALWAYS CHECK check for a Private Message from me. Do this every day. If not, at least every other day. You are held accountable for any message that I place in a Private Message from me especially if I have set a time line for you to complete a task.

* The course will begin on February 9, 2016 and the final day for course assignment submission will by June 7, 2016. You may want to start entering the site a few days earlier just to see if your class mates are responding to the Introduction Discussion.

* **Assignments, Exam Points:**

  Syllabus Review

  **Part One:**
  
  Chapter 1, Accessing Your Health

  Budget Submission

  Chapter 2, Promoting and Preserving Your Psychological Health

  Chapter 3, Managing Stress and Coping with Life's Challenges, plus Sleep

  Chapter 4, Preventing Violence and Injury

  **Part Two:**
  
  Chapter 5, Building Healthy Relationships and Understanding Sexuality

  Chapter 6, Considering Your Reproductive Choices

  **Part Three:**
  
  Chapter 7, Recognizing and Avoiding Addiction and Drug Abuse

  Chapter 8, Drinking Alcohol Responsibly and Ending Tobacco Use

  **Part Four:**
  
  Chapter 9, Eating for a Healthier You

  Chapter 10: Reaching and Maintaining a Health Weight

  Chapter 11, Improving Your Personal Fitness, plus Body Image
Program Learning Objective Exam.

**Part Five:**

Chapter 12, Reducing Your Risk of CVD, Cancer and Diabetes

Chapter 13, Protecting Against Infectious and noninfectious Diseases

**Part Six:**

Chapter 14, Preparing for Aging, Death, and Dying

Chapter 15, Promoting Environmental Health

Chapter 16, Making Smart Health Care Choices

**Evaluation:**

1. Complete of all assignments and part tests obtaining as many points as possible.

2. Actively participating in the on-line discussions by posting questions, responding, and presenting new factual information on the chapter topic(s) being discussed. Up to 140 points can be obtained through discussions (20 points for the Introduction discussion and 20 points for each six part discussions, i.e., 120 points). **Acceptable minimum amount:** To get maximum points at least three responses per discussion forum of no more than 150 words per response per discussion topic(s). Two of the three responses must be in relation to your fellow classmate's response. Your first response will be in relation to the topics of at least one chapter. The more student input the more valuable the discussion forums become.

3. The Syllabus assignment is worth 20 points. Each chapter assignment is worth 10 points. Maximum number of assignment point totals 200. (160 for chapter assignments, plus 20 points for the syllabus assignment, plus 20 points for the Budget Assignment).

4. **Any assignments that are submitted late, two point will be deducted prior to grading that late assignment.**

5. **Responses to any assignment question that are either incomplete or "too brief" will receive a deduction of from .5 points to 1.5 points depending on how incomplete it is. Use your own words when responding to the chapter assignment questions, however you may use the author's key descriptions within your response. DO NOT USE the textbook definitions as the only response to a chapter assignment question. IF a response to an assignment question is not answered at all or completely wrong, two points will be deducted.**

6. There are examinations that will include questions related to the chapter topic. Chapter examinations are worth 15 points (1 point per question). All examinations are timed. The time allowed is 2 minutes per question, i.e., 30 minutes maximum per chapter. Once you begin a chapter examination you will not be able to take a break. The clock will continue to run until it reaches the time limit. Maximum points possible for the chapter exams is 240 points.
7. During the Physical Fitness Chapter, a **MANDATORY** Program Learning Objective Examination will be given. Total points possible: 10. This exam is in addition to the chapter examination that includes the physical fitness topic. Ten minutes will be allowed for you to take this short examination.

8. Turn in, on time, a comprehensive college written paper on a health topic that you will select (up to a maximum of 100 points). More information on this paper can be found in the module and the written paper assignment. This paper MUST be an original paper done strictly by you. Taking a paper from one of the Internet sites is Plagiarism and will not be tolerated.

9. Final Grade will be based upon the percentage you receive of the maximum 690 points possible. **Again, there is No Extra Credit Assignment offered in this class.**

**Maximum points per class requirement:**

- Introduction Discussion 20
- Discussion Forums 120
- Chapter Assignments 160
- Budget Submission Assignment 20
- Syllabus Assignment 20
- Chapter Examinations 240
- Program Learning Obj. Exam. 10
- Personal Impact Research Paper 100

**Your Final Grade will be determined by a percentage of the maximum points possible:**

- 100% - 90% A Points: 690 - 621
- 89% - 80% B 620 - 552
- 79% - 70% C 551 - 483
- 69% - 60% D 482 - 414
- 59% or less F 413 or less

**Additional Requirements:**
* Cable/DSL Internet connection.

* Experience and comfort using the web. (Microsoft Internet or Mozilla Firefox are the recommended browsers. (AOL can cause problems)

* Experience and comfort using email.

* Experience and comfort using a word processor, such as Microsoft Word. DO NOT USE WORD PERFECT for any written assignments attachments.

* Experience and comfort manipulating the mouse, copying and pasting text, managing files and folders, and other basic computer skills.

* Minimum of 512 MB of RAM. (Mac users must have OS X)

Good Luck. Professor J.D. Raack