

Health 11 Principles of Healthy Living
Section 1186
Winter session 2016

Lecture: Monday thru Thursday 10:45 am-1:20 pm.

Classroom: GC 430

Instructor: Dr. Setareh Torabian-Riasati

Contact: setareh.torabian@csun.edu

Course Description & Objectives

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:

- Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
- 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.
- 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.
- Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.
- Demonstrate through performance on exams, projects, classroom discussions and written assessments, evidence of ability to understand and use the concepts of this class.

Program/Course Learning Objectives- After completion of this course,

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

Student's Responsibilities

- Attend class, be punctual, be considerate of others and participate in class discussions. A roll-sheet will be provided the first 10 minutes of class. Once the roll-sheet has been collected, you cannot sign in and will be marked tardy/absent. **When 3 absences are recorded you will be dropped from class.** PLEASE DO NOT CALL THE OFFICE SIMPLY TO REPORT THAT YOU WILL NOT BE IN CLASS.
- Read the assigned material in order to learn the information and apply to classroom discussion.
- Please check your WLAC email regularly for any course updates or possible class cancellations or notifications from the instructor.
- Paper Format- submit all projects/papers TYPED, DOUBLE-SPACED, 12 point, blank ink font on white paper. Must be turned in on the due date. Ten percent per day will be

deducted for late work for any reason. Emergencies should be discussed with the instructor.

- Cell phones must be turned off or on silent during class. NO TEXTING! If I see your phone or MP3 player at ANY time once class has started, then there will be consequences. 1st strike- minus 5 participation points. 2nd strike- minus remaining 5 participation points. 3rd strike- you will be DROPPED from the class. Texting during class is an inexcusable sign of disrespect and I will not hesitate to drop you.
- If you withdraw from this class, you must formally file a drop card at the admissions office. Failure to do so will result in a failing grade at the end of the semester.
- Cheating/plagiarizing will not be tolerated. You will get a ZERO score on the exam(s) and no extra credit points can apply to your overall grade.

Course Structure

Assignments:

Current Event Report- DUE January 19th

Find an article in a newspaper, magazine or online and write a two-page double spaced report on the impact of the current event on health. Offer suggestions or insight on the situation. You must connect the article to information found in the textbook and quote the textbook page number. To get full credit for this assignment, you must attach the current event article and two or more textbook page numbers with corresponding info.

Personal Impact Paper: DUE February 1st

“Real-life” research paper- Students are required to write a paper on a health topic that has directly influenced or impacted his/her family or personal experience. The topic must have a cover page and a reference page (MLA format). Suggestions- paper will be at least 6 pages in length (4 pages of content) and be typed in 12 point font and be double spaced. Margins will not be larger than 1 inch top, bottom and sides. Fifty percent of the paper will describe why this topic has made a personal impact on you and what the student hopes to learn by researching this topic. The second half (fifty percent) of the content will be dedicated to investigative research of this topic and must include proper citations along with a reference page. Students must cite at least two resources in the paper. Examples may be: alcohol and drug abuse, violence, mental health issues, family history of disease or personal ailments/conditions, food choices, obesity, eating disorders, exercise, culture and health topics, pregnancy, STIs, stress

Required Text:

Donatelle, R.J. Health: The Basics 11th Edition. Pearson Benjamin Cummings: San Francisco, 2015. ISBN: 0321910427. You might find cheaper copies of the book on websites such as www.chegg.com, www.neebo.com or www.amazon.com.

Attendance Policy:

Students must attend class regularly to receive credit for the course. A student may be excluded when he/she misses three classes. Being late in class may result in final grade reduction.

Classroom Disruption, Food and Beverages:

Audible ringers of cell phones and pagers must be silenced upon entering the classroom. Do not answer cell phones during class. If necessary, students may quietly enter and exit the classroom during class.

Consumption of food and beverages except water is not permitted in the classroom.

Student Performance Evaluation

Attendance	10%
Assignments	20%
Midterm Exam	30%
Final Exam	40%

Final grades are determined by percentage:

A (90-100) B (80-89) C (70-79) D (60 – 69) F (<60)

Important dates to remember:

Assignment (1) Due: January 19th, 2016

Assignment (2) Due: February 1st, 2016

Mid-term Exam: Thursday January 14th at 10:45 am

Final Exam: Wednesday February 3th at 11:00 a.m.

Final Exam:

The final exam will be on chapters 6-11, all multiple choice questions. Make-up final exam will be given under special circumstances.

Class Handouts:

You will be receiving class handouts via e-mail one week prior to your scheduled Midterm or Final exam. You are responsible for reading the book chapters along with the PPT handouts.

Special Needs:

Requests for accommodation in test taking or other special needs must be made to the instructor by the second class meeting. Students who are authorized the assistance of sign language interpretation or who are receiving real time captioning are permitted preferential seating in class. Please contact the DSPS office for obtaining and signing the contract with that office.

Academic Honesty:

Every member of the academic community at West Los Angeles College (WLAC) is expected to act with honesty and trustworthiness. In this course and all others, acts of cheating, plagiarism, misrepresentation, or other forms of dishonesty are not tolerated. Student academic dishonesty will result in penalties ranging from a failing grade on an assignment or examination, to a failing grade in the course.

15. Tentative Course Schedule:

Weeks	Chapter(s)
Week 1	
January 4	Intro to Class
January 5	Chapter 1
January 6	Chapter 2
January 7	Chapter 3
Week 2	
January 11	Chapter 4
January 12	Chapter 5
January 13	Chapter 5 (cont.)
January 14	Mid-term Exam (Chapters 1-5)
Week 3	
January 18	No Class Martin Luther King Holiday
January 19	Chapter 6
January 20	Chapter 7
January 21	Chapter 8
Week 4	
January 25	Chapter 8 (cont.)
January 26	Chapter 9
January 27	Chapter 10
January 28	Chapter 11
Week 5	
February 1	Chapter 12
February 3	Final Exam (Chapters 6-12) at 11:00 am