

HEALTH 11 SYLLABUS

Instructor: Jennifer Henderson

Section 1192/Semester: Fall 2015

Email: henderjh@lasc.edu

Meets: Tuesday/Thursdays 1-2:25pm, GC 130

Required Textbook: Donatelle, RJ Health: The Basics. Based on the 11th Edition. Pearson Benjamin Cummings: San Francisco, 2014 ISBN: 0321774345

Course Description & Student Learning Outcomes:

UC/CSU transferrable. 3.0 units. 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 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.

Student Learning Objective: After course completion,

Students will :

- 1.) Be able to devise a prevention plan for a personal health experience or concern with investigative research
- 2.) Be able to identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.

Academic Dishonesty Policy- "Violations of academic integrity of any type by a student provides ground for disciplinary action by the instructor or college. Violations of academic dishonesty include, but are not limited to, the following actions: cheating on an exam, plagiarism, submitting the same term paper, or allowing an individual to assume one's identity. For more information on the Standards of Student Conduct refer to the college catalog at www.lattc.edu

Grading: Points

90-100% A or 425-382 points

80-89% B or 381-340 points

70-79% C or 339-297 points

55-69% D or 296-255

< 55% F or 254

Distribution of Points:

425 Points Total, Record your Grade

	Points	Total Points	<u>TRACK YOUR TOTAL</u>
3 Test	100	300	Test 1_____Test 2_____ Test 3__
Attendance	50	50	Missed Class_____ 1.5pts/class
Personal Impact Paper	50	50	Your Grade_____
Journal	25	25	Your Grade_____
Extra credit	25	25	Your Grade_____

Test-each exam is worth 100 points (300 points total). No open purses, backpacks, or electronic devices are allowed during exams. **DON'T BE ABSENT THE DAY OF THE EXAM!!!!** No make-ups!

Attendance- 50 points possible. Three or more absences **WILL** result in you being dropped from class. Three tardies equals one absence. Each time you come to class you earn about 2 points.

****It is your responsibility to withdraw from a class.***

****Late assignments will NOT be accepted.***

Personal Impact Paper- 50 points possible. This paper will consist of a double space 12 font typed paper consisting of no less than three pages on an approved health topics with a total of 5 pages. Page 1- cover page, Page 2-4 the written paper, Page 5 reference page. Discuss why you picked the topic, what you hope to learn from the topic, and the research you found regarding the personal impact topic you chose. Health topics will be discussed and agreed upon by students and the instructor.

Journals- 25 point possible. Journals are given during class so it is important to show up to every class or get information if you miss from another student.

Extra Credit- 25 points possible. Extra credit includes a written summary of 5 current health events (each extra credit is worth 5 extra credit points and is one-typed page each) or 10 pts for a 2-page summary of the following movies, or movies: Food Inc/ Fat, Sick and Almost Dead, Forks versus Knives, Food Rules, Fast-food nation, or any Health movies approved by instructor.

Test :

Exam # 1 Chapters 1-6 Test

Exam #2 Chapters 7, 8, 9, 11 Test

Exam #3 Chapters 12, 13, 15

Classroom Rules:

****Cheating and plagiarism will result in disciplinary acts.***

Student Services:

“Any student who feels she/he may need an accommodation based on the impact of a disability should contact Disabled Students Programs and Services (DSP&S) to discuss your specific needs.”

9/1- Week 1- Intro to Class/Chapter 1	10/20- week 8 - Chapter 7
9/3-Week 1- Chapter 1/ Activity	10/22- Week 8- Chapter 8
9/8-Week 2- Chapter 2- <u>DECIDE PERSONAL TOPIC</u>	10/27- Week 9-Chapter 8
9/10-Week 2- Chapter 2	10/29- Week 9-Chapter 9
9/15-Week 3- Chapter 3	11/3- Week 10- Chapter 9
9/17-Week 3-Chapter 3- <u>Review Personal Impact</u>	11/5- Week 10- Chapter 11
9/22-Week 4- Chapter 4	11/10-Week 11- Chapter 11
9/24-Week 4- Chapter 4	11/12-Week 11- <u>Exam #2</u>
9/29-Week 5- Chapter 5- <u>Personal Impact Paper Due</u>	11/17-Week 12- chapter 12
10/1- Week 5- Chapter 5	11/19-Week 12- Chapter 12
10/6- Week 6-Chapter 6	11/24-Week 13- Chapter 13
10/8- Week 6-Chapter 6/ REVIEW	11/26- HAPPY THANKSGIVING!
10/13-Week 7- <u>Exam #1</u>	12/1- Week 14- Chapter 13
10/15-Week 7-Chapter 7	12/3- Week 14- Chapter 15
	12/8- Week 15- Chapter 15
	12/10- Week 15- Review
	<u>Final Exam</u>