

WEST LOS ANGELES COLLEGE
HEALTH 11 - PRINCIPLES OF HEALTHFUL LIVING
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Fall 2015

Section number 8076

August 31st-December 20th, 2015

Online class only

Office hours: 24/7 on line. I will do my best to respond within 24 hours.

Required Textbook: 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.

Assignments/Lectures/Quizzes/Exams/Research paper: Online

Course Description & Student Learning Outcomes

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:

- 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.

Course Learning Outcomes- After completion of this course,

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

Modules

| | |
|-----------|-----------------------------------------------------------|
| Lecture 1 | Introduction- and Promoting Healthy Behavior |
| Lecture 2 | Psychosocial Health |
| Lecture 3 | Managing Stress |
| Lecture 4 | Violence and Abuse |
| Lecture 5 | Healthy Relations and Sexuality |
| Lecture 6 | Infectious Diseases/Sexually Transmitted Diseases (STD's) |
| Lecture 7 | Health effects of Alcohol |
| Lecture 8 | Health effects of Caffeine |
| Lecture 9 | Health effects of Tobacco |

-----**UNIT ONE EXAM (Online; covers lectures 1-9 only)**

| | |
|------------|------------------------------------------------------------------|
| Lecture 10 | Dietary Health |
| Lecture 11 | Healthy Heart; cardiovascular |
| Lecture 12 | Aging- Death-Dying- Methods of Birth Control |
| Lecture 13 | Illicit Drug use- -Environmental Health/Sources of Air Pollution |
| Lecture 14 | Financial Planning— <i>Discussion</i> |
| Lecture 15 | HIV-AIDS |
| Lecture 16 | Health effects of SLEEP Deprivation— <i>Discussion</i> |
| Lecture 17 | Cancer –Consumerism |
| Lecture 18 | WATER-- <i>Discussion</i> |

-----**UNIT TWO-FINAL EXAM (Online; cumulative; covers concepts from lectures 1-9 and then from lectures 10-18 covers details and concepts)**

ATTENDANCE:

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 letter grade at the end of the semester. Once enrolled, the instructor does not drop anyone unless he/she does not log into the course at all from day one of the class starting.

CHEATING/PLAGIARIZING: WILL NOT BE TOLERATED. IF YOU ARE FOUND CHEATING ON ANY RESEARCH PAPER, ASSIGNMENTS, QUIZZES OR EXAMS YOUR SCORE THAT WILL BE RECORDED WILL BE A ZERO FOR THAT ITEM AND YOU WILL NOT BE ELIGIBLE FOR ANY FURTHER EXTRA CREDIT. YOUR FINAL GRADE WILL BE BASED SOLELY ON ANY EXTRA CREDIT YOU MAY HAVE ALREADY EARNED AS WELL AS ANY ASSIGNMENTS, RESEARCH PAPER, QUIZZES AND EXAMS ALREADY RECORD AND ANY FUTURE ASSIGNMENTS, RESEARCH PAPER, QUIZZES OR EXAMS.

Research Paper (written assignment): Worth up to 30 pts. Due November 30th, 2015 at 11:59 PM.

“Real-life” research paper- Students, write a paper on a health topic that has directly influenced or affected your family or personal experience. One example will be a **Personal Impact paper-** The topic must have a **cover page** and a **reference page (MLA format)**. Paper must be at least **6 pages in length (4 pages of content)** and be **typed in 12 point font** and be **double spaced**. Fifty percent of the paper will describe why this topic has made a personal impact on to you and what you 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.

Again, the research paper/personal impact paper is due on the aforementioned date and online only. Please submit research paper online in the “Assignment” section of the course labeled “research paper”.

Your research paper is due by **November 30th, 2015 at 11:59 PM**. I will accept the research paper up till **December 1st, 2015 by 7:59 AM** in the **morning**. The student will not be able to submit the research paper **after December 1st, 2015 7:59 AM in the morning**. If the research paper is not submitted on time the students will receive a **“zero”** for the research paper. The latter can **endanger** a student to receive a very **low final grade**. I **strongly** advise you to submit this research paper **online before the midterm exam**. If any student submits the research paper to me at my email address then you have **not** followed directions and the student will earn a **zero** on the research paper which can result in failing the course.

QUIZZES: There will be **10 mandatory quizzes ONLINE** for the semester. The student **must** take **all** ten quizzes. I will only record **2** of your **highest quiz scores** as **extra-credit** of the **mandatory 10 quizzes**. Again, the **2** quizzes will be **extra-credit** worth up to **10 points each** for a maximum total of **20 points** earned for the 2 quizzes out of the ten **mandatory** quizzes.

YOU WILL HAVE 15 MINUTES TO COMPLETE EACH QUIZ FROM THE TIME YOU OPEN IT. EACH QUIZ WILL BE AVAILBLE ONLINE FOR ONE WEEK OR LESS; make sure you are aware of the closing dates for all quizzes.

NOTE: There is an **additional** quiz called the **Components of Physical Fitness Assessment Quiz** (2nd half of the course; see opening and closing dates/times online). Only if you get **all** of the answers correct on the **Components of Physical Fitness Assessment Quiz** you will earn an **additional 10 points extra credit** (*this latter quiz is not part of the 10 regular quizzes for this course*).

GRADE POINT SCALE:

230-207 = A
206-184 = B
183-161 = C
160-138 = D
≤ 137 = FAIL

POINT BREAKDOWN:

UNIT EXAM ONE: worth up to 100 points

UNIT EXAM TWO (FINAL): worth up to 100 points

RESEARCH/ PERSONAL IMPACT PAPER: worth up to 30 points

TOTAL POINTS EARNED: **230 points**

NO MAKE-UP EXAMS OR QUIZZES OR ALTERNATE DAY EXAMS OR QUIZZES WILL BE GIVEN. ABSOLUTELY NO EXCEPTIONS.

Please further refer to the schedule of classes and college catalog regarding Standards of Student Conduct and Disciplinary Action.

All exams and quizzes can be based on any textbook material, lecture material, handouts, guest speakers, and video presentations. Your grade will be based on the **two exams and the Research Paper/Personal Impact Paper**. Any extra credit earned will be added to your final point total before calculating the percentage of your final grade for the semester. The percentage will be based upon **230 points**.

Students who wish to take an “**incomplete**” (must be approved by the instructor) in the class **must request** an “incomplete” **in writing** and submit the **request** to the instructor via **email or in person prior** to the start of the final exam; **if the “incomplete” is approved, the student will not be allowed to do any further assignments or take any further quizzes or exams and also will not be able to earn any further extra credit points unless the student chooses to repeat my entire class on a successive semester**. Failure to file this incomplete **request on time** will result in a letter grade.

The final exam is **cumulative**. There will be a **timed (1 hour) Midterm** and a **timed (1 hour) Final Exam** given only **online**. **Both exams will only be available online for one week only. Pay attention to the opening and closing dates for both exams.**

Note: only one time entry into both exams. No reentry allowed. Therefore, make sure that **prior** to the exams that your **computer is working well** and that your **environment is free of distractions**. **If a reentry is requested for an invalid reason you will not be granted reentry into the exam(s) and a “zero” will be recorded for that corresponding exam.**

All students will receive the grade corresponding to the number of points they have earned, unless an “incomplete” **request is approved**. This course outline is **tentative** and can be subject to change. Any changes will be announced online in the “**Announcement**” **section**. It is the student’s responsibility to be aware of any changes announced.

Midterm exam (online): Monday, October 12th, (opens 7:00 am) to Friday, October 16th (close 11:00 pm), 2015; 1 hour exam. No reentry allowed. No exceptions. Exam will be open for 5 days only.

Final exam (online): Monday, December 14th, (opens 7:00 am) to Friday, December 18th (closes 11:00 pm), 2015; 1 hour exam. No reentry allowed. No exceptions. Exam will be open for 5 days only.

Note: When working online with ETUDES—NG, if you ever get stuck online and don’t know what you are doing and want to click on the back arrow key I suggest you **DON’T**. Instead, click on the **JIFFY LUBE SYMBOL on the upper left of your screen**. It will take you back to the beginning of the area that you first started in. **THIS IS BEST PREFERRED.**

If you have any questions/concerns please do not hesitate to email me **ON LINE** (**“PRIVATE MESSAGE”PREFERRED**) or at my aforementioned email address kuckreja@lavc.edu. I will generally respond to you within 24 hours.

Online Student Code of Conduct

Students enrolled in Health 11 online are expected to conduct themselves in a respectful manner. Proper conduct includes courteous interactions with everyone in the class.

Unacceptable online behavior includes but not limited to the following:

1. Use of threatening, harassing, sexually explicit language or discriminatory language or conduct that violates state and federal law on sexual harassment or discrimination.
2. Unauthorized posting (via email and Threaded Discussions) or transmitting sexually explicit images or other content that is deemed by Etudes, the software provider, or any administrator, supervisor or instructor of a course published utilizing Etudes or other online tools to be offensive.
3. Conduct that constitutes fraudulent behavior as enumerated in state and federal statutes.
4. Disruptive behavior on-line.
5. Spamming site participants with posts and private messages unrelated to coursework.
6. Unauthorized access to another user's private My Workspace files, private messages, account, or sites.
7. Any action that shows disrespect for individual and privacy rights of other site participants.

All users are subject to the same consequences for violations of the Etudes Code of Conduct policy.

First-time violators of inappropriate conduct will receive a warning letter (via email) and may be suspended from access to the system or their sites. Subsequent incidents will be reported to their institution's administration for appropriate action, as per local policies and procedures.

Depending on the severity of the offense, Etudes and the instructor reserve the right to block users from the system or remove their accounts, temporarily or permanently. Etudes and/or the instructor will collaborate with senior administrative staff of Client and will provide necessary data as required for campus hearings.

Mandatory

*Please only return the next page by the end of the first week via email attachment back to your instructor after printing and signing your name to the following email address:
kuckreja@lavc.edu*

Mandatory

Please read everything on this syllabus and read everything online as well.

Health 11- Principles of Healthful Living
Acknowledgment of Course Syllabus
Instructor: Mr. Jitendra Kuckreja

I have received a copy of the course syllabus.

By printing and signing below and emailing only this page back in an attachment to the above named instructor at kuckreja@lavc.edu, I acknowledge that I have read the syllabus in its entirety and understand and agree to the terms and conditions set forth within this syllabus.

Institution: *West Los Angles College*

Student Name Print:

Student Signature:

Date: _____

Once signed by you the student, please email only this signed page back to the above named instructor at the email address noted above by the end of the first week of class. If you the student have any question(s) regarding the syllabus please bring up the question(s) on the first week of class via email before starting this course and especially before signing this form. Failure to return this form signed by you the student by the end of the first week will lead to the assumption that you the student has not read the syllabus and therefore has no question(s). Keep a copy of this form with you for your own records.

Looking forward to working with all of you to help you spell

S-U-C-C-E-S-S

Strive To Excel

