

# Health 11-Principles of Healthful Living

West Los Angeles College Fall 2015

Tuesdays & Thursdays 11:10am-12.35pm Section 1190

**Associate Professor:** Melinda Smith MPH CHES

Office Hours: Mon 8:30am-9:20am, Tues 8:30-9:30am and 1-2pm, Wed 8:30am-9:20am, Thur 8:30-9:30 and 1pm-1.30pm Office: PEC South 135 Office Phone: (310)287-4581 Email: smithmm@wlaac.edu

## Required Course Textbook

Donatelle, R.J Health: The Basics 11<sup>th</sup> Edition. Pearson Benjamin Cummings: San Francisco, 2015. ISBN: 0321910427 For cheaper options , try [www.neebo.com](http://www.neebo.com), [www.chegg.com](http://www.chegg.com) or [www.amazon.com](http://www.amazon.com)

## Course Description & Student Learning Outcomes

UC/CSU transferable. 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 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.

## 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 6 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. Two absences or less and you get a bonus 2 extra credits.
- Log in to ETUDES to review PowerPoints and videos and fill in chapter study guides. Read and review the assigned material in order to learn the information and apply to classroom discussion and activities. Come to class prepared! Use this site: <https://myetudes.org>

**ETUDES User ID: Student ID number, no spaces or dashes**

**ETUDES Password mmdd of birth, unless you changed it in the spring or summer session than your password will remain the same. MonthDay (mmdd) of birth in school records . Example April 11<sup>th</sup> birthday will mean the password will be 0411**

Once you log into the site, you will see your section number: WLAC HEA 011 1188 MSMT F14

**If you have any trouble logging on to ETUDES then contact West LA College's Distance Learning website:**

[www.wlaac.edu/online](http://www.wlaac.edu/online) or call (310) 287-4306 or (310) 287-4592

- 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! Texting during class is an inexcusable sign of disrespect and I will not hesitate to make you leave class.
- 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.
- **Academic Dishonesty Policy-** “Violations of academic integrity of any type by a student provides grounds 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, working together on an assignment, paper or project when the instructor has specifically said not to do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one’s identity for the purpose of enhancing one’s grade. For more information on the Standards of Student Conduct refer to the college catalog available in hardcopy and online at:  
[http://www.wlac.edu/academics/pdf/WLAC\\_Catalog\\_Policies.pdf](http://www.wlac.edu/academics/pdf/WLAC_Catalog_Policies.pdf)
- **Office of Disabled Student Programs and Services (DSP&S):** Heldman Learning Resources Center (HLRC), Room 119 | (310) 287-4450. West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

## Course Content

**Quizzes:** (15 points each) You will have 5 quizzes throughout the semester. Quizzes take place within the first 20 minutes of class. If you are late, you get less time to take the quiz. You can drop your lowest score. Bring a 15 point scantron and a pencil. **Each quiz will be announced the class before it is to be given.** Make-up quizzes are not allowed. Quizzes and tests may be checked and reviewed in the office during office hours. This is the best way to raise your scores.

**Exams:** The two exams (100 points each) must be taken on the scheduled days unless you arrange an exam time with me that is before the scheduled class time. If you miss the midterm exam, you may make it up in within one week (10% penalty) or take it with another class for no penalty. Exams and quizzes can be based on any textbook material, lecture notes, handouts, guest speakers, and video presentations.

## **Study Guide Spot Checks- Worth 10 points each and spot checked 5 times (50 points)**

These guides found in the module section help you learn the material as you review the PowerPoints, videos and textbook. . If you are having trouble with the Etudes site, you can email me and I can send you all the study guides in an attachment. Bring the completed guide to the class. Do the guide before we discuss the material in class. I will randomly spot check the completed guides which will count as 10 points each into your total grade. I will spot check five times a semester. No study guide will result in a zero. At one time towards the end of the semester, I will call for a study guide make-up, and if you show me two completed study guide from the past weeks, I will allow you to replace TWO zeroes with 10 points.

Rubric- 90% or more completed= A (9 points), 70% completed=B (7 points), 50% completed= C (5 points), 30% completed= D (3 points), not done= F (0 points)

## Personal Impact Paper: DUE week 13 Worth 50 points

“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

**Extra Credit:** Here are a few options of help raise your grade. Maximum extra credit points allowed for the class is 20 points. **DUE: week 15**

- Get a CPR or First Aid certificate (10 pts each). Call the American Red Cross, the American Heart Association or your local Parks and Receptions for class schedules.
- Find and review health related website information on the internet. Include the link and write one short paragraph summarizing what the website is about and why it is useful to this class. (1 point per entry, maximum 10 sites).
- Design a Counter-Ad. (Turn in 2 ads for a maximum of 5 points) Take an alcohol or tobacco ad from a magazine and represent the actual consequences that can happen by using the product. You should represent what the ads would never show. Be creative- cut and paste or draw different images, words, etc. Ask to see examples.
- Get a “service” at the Student Health Center (10 points). Visit your campus health center in building A-9. Make an appointment at (310) 287-4478. Bring a receipt or signed appointment card for 10 points. Hours of operation are: Mon and Wed 8am-4pm, Tue and Thu 9.30am-6pm and Fri 8am-12pm. Free Medical Services\* (you must bring your student ID and a copy of your paid health fees)
  - First aid/over the counter pain relievers, TB testing, Pre-employment physical screens, condoms, Consultations with medical providers, physical examinations, preventative health care, Mental health services (individuals, couples and groups), annual flu vaccine
  - \*\* Via Family Pact Services: STD screening, Pap smear, family planning
  - Low cost services: Immunizations, blood tests, urine drug screen

### Evaluation

Quizzes (4 @ 15 pts each)=	60	324-360	A	90% +
Exams (2 @ 100 pts each)=	200	288-323	B	80-89%
Study Guide Spot Checks =	50	252-287	C	70-79%
Personal Impact Paper =	50	216-251	D	60-69%
Total Points =	360	<215	F	50-59%

### Grading Policy

## Keeping Track

Quiz 1 \_\_\_\_\_ Quiz 2 \_\_\_\_\_ Quiz 3 \_\_\_\_\_ Quiz 4 \_\_\_\_\_ Quiz 5 \_\_\_\_\_ TOTAL \_\_\_\_\_

(Quizzes are out of 15 points)

Midterm score \_\_\_\_\_ out of 100 pts

SG \_\_\_\_\_ SG \_\_\_\_\_ SG \_\_\_\_\_ SG \_\_\_\_\_ SG \_\_\_\_\_ TOTAL \_\_\_\_\_ (50)

Personal Impact Paper score \_\_\_\_\_ out of 50 pts

Final Exam score \_\_\_\_\_ out of 100 pts

Extra Credit to help my grade: (Maximum 20 pts)

- CPR and First Aid card 20pts
- Health-related website review 1 pt each (up to 10)
- 2 Counter Ads 5 pts for 2
- Student health center visit 10 pts

### COURSE OUTLINE

*Adjustments to the schedule may be made at the instructor's discretion.*

Week	Topic	Reading/ Powerpoints/Study Guides
1 T 9/1 R 9/3	Course Introduction & Basics of Healthy Change	Chapter 1, Module 1, SG1
2 T 9/8 R 9/10	Psychosocial Health Managing Your Stress	Chapter 2 Module 2, SG2 Chapter 3 Module 3, SG3
3 T 9/15 R 9/17	Stress Management Lab Preventing Violence and Abuse	Chapter 3 Chapter 4 Module 4, SG4
4 T 9/22 R 9/24	Sexual Assault Healthy Relationships & Sexuality	Chapter 4 Chapter 5 Module 5, SG5
5 T 9/29 R 10/1	Anatomy Anatomy/Reproductive Choices	Chapter 5 Chapter 6 Module 6, SG6
6 T 10/6 R 10/8	Reproductive Choices Pregnancy and Childbirth	Chapter 6
7 T 10/13 R 10/15	Addiction and Drug Use	Chapter 7 Module 7, SG7
8 T 10/20 R 10/22	Alcohol	Chapter 8 Module 8, SG8
9 T 10/27 R 10/29	Tobacco and Caffeine Midterm Exam	Chapter 8 <b>Study (chapters 1-8)</b>
10 T 11/3 R 11/5	Nutrition	Chapter 9 Module 9, SG9
11 T 11/10 R 11/12	Nutrition	Chapter 9
12 T 11/17 R 11/19	Personal Fitness Chronic Diseases:Cardiovascular Disease	Chapter 11 Module 11, SG11 Chapter 12 Module 12, SG12
13 T 11/24 R 11/26	Diabetes, Cancer Thanksgiving	<b>Impact Paper Due (Tuesday)</b>
14 T 12/1 R 12/3	STI HIV/AIDS	Chapter 12 Module 12, SG12 Chapter 13 Module 13, SG13
15 T 12/8 R 12/10	Environmental Health Complementary & Alternative Medicine	Chapter 15 Module 15, SG15 <b>Extra credit Due (Thursday)</b> Chapter 17 Module 17, SG17
16 T 12/15 R 12/17	<b>9:35 class final 10:15-12:15</b> <b>11:10 class final 11:30-1:30</b>	

*Adjustments to the schedule may be made by the professor's discretion.*