

Health 11-Principles of Healthful Living
West Los Angeles College Fall 2015
ONLINE Section # 8075

Instructor: Ilene Sutter, MS

Email: **Private message** on Etudes (*preferred*) or sutteril@lavc.edu (please use only for emergencies)

Office hour: Online – I will respond to messages within 24/36 hours (minus weekends)

Required Course Textbook

Donatelle, R.J Health: The Basics. 11th Edition. Pearson Benjamin Cummings: San Francisco, 2010. ISBN-13: 978-0321910424 ISBN-10: 0321910427 (**earlier editions = okay**) You might find cheaper copies of the book on websites such as www.chegg.com, www.neebo.com or www.amazon.com

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.

Student's Responsibilities

- Attendance: Every visit to the Etudes web site for this class counts as attendance. Additionally, you are required to participate in the class by responding to discussion questions, assignments, quizzes, etc. If you are not active in the class at least 2 times a week, you may be dropped from the course (*please don't make me do that*).

- Please back up and keep copies of your work!
- Read the assigned material in order to learn the information and apply to discussion questions.
- 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 receive 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 hard copy and online at www.lattc.edu.”

Course Content

Quizzes: (15 points each) There will be 5 quizzes, and if you take all five, the points from your lowest score will be applied as **extra credit**. Quizzes will be taken only on predetermined dates (please see the schedule below, and/or the Coursemap, and/or the calendar), and your access will be limited for only couple of days prior to the due date. **After the due date, the quizzes and exams are NO LONGER available.** Once you log on to take the quiz, you will be given only 30 minutes to answer 15 questions. You must complete the quiz and cannot restart it. It is important to click “**submit the quiz**” once you have answered all the questions. Or, if you are running out of time, I would suggest that you submit whatever answers you have, or you will not get credit for the quiz. You are allowed to use your study guides, notes and textbook however the quizzes will be timed (in other words, it’s a good idea to study). Additionally, making sure that you have a secure internet connection will be important. If you miss a quiz, contact me via private message. Quizzes can be re-opened with a -50% penalty.

Exams: The midterm and final exam exams (100 points each) must be taken during the scheduled days. They will be timed as well. Study guides will be provided and are optional but highly recommended.

Personal Impact Paper: DUE week 12 (due 11/4, but may be submitted earlier) -- 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. 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, etc. The topic must have a

1. **Cover page and a reference page (MLA format)**
(<https://owl.english.purdue.edu/owl/resource/747/01/>).

2. Your paper will be at least **6 pages in length**
 - a. **(4 pages of content, one cover page, one reference page)**
 - b. Be typed in **12 point font and be double spaced.**
 - c. **Margins** will not be larger than 1 inch top, bottom and sides.
3. Fifty percent (2 pages) 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.
4. The second half (2 pages) of the content will be dedicated to investigative research of this topic and **must include proper (MLA format) citations along with a reference page.** Students must cite at least two resources in the paper.
5. **You will use Turnitin.com to submit this paper. You may find more information on this assignment in the Modules section of Etudes. The module contains instructions about obtaining access to Turnitin.**

Discussion participation: Discussion is an important part of understanding other people’s lives and perspectives. Participation will be worth 100 points total. For each discussion section, I ask that you reply to one of the questions for the chapter (10 pts), and respectfully reply to another student as well (10 pts).

I must remind you that you should never express yourself in a way that dishonors the opinions of other people and compromises your own integrity. Put another way: don’t be a jerk. Please do not use language that might offend other people. Please do not attack people, or write intentionally inflammatory comments that cause people to want to attack you. If you do, you will lose the points for the discussion and I will delete what you have written.

OK, with that out of the way, please write in paragraph form (except for the intro assignment, during which you may answer questions with single answers), using the best grammar you can manage. Please consider your answers and write thoughtfully. You might even change your life for the better – and this is the whole point of the class.

Special Needs:

Requests for accommodation in test taking or other special needs must be made to the instructor by the second class meeting. All videos on Etudes include closed captioning options.

Evaluation		Grading: points	letter grade	percent
Quizzes (4 @ 15 pts each) =	60	378-420	A	90% +
Exams (2 @ 100 pts each) =	200	336-377	B	80-89%
Discussion Participation =	100	294-335	C	70-79%
Personal Impact Paper =	50	252-293	D	60-69%
Introduction assignment =	<u>10</u>	<293	F	50-59%
Total points	420			

Keeping track of your grade (HIGHLY recommended)

Quiz 1 _____ Quiz 2 _____ Quiz 3 _____ Quiz 4 _____ Quiz 5 _____ TOTAL _____
(Quizzes are worth 15 points each)

Midterm score _____ out of 100 pts

Discussion Participation _____ out of 100 pts _____

Personal Impact Paper score _____ out of 50 pts

Final Exam score _____ out of 100 pts

Add final number of points in the class: _____ \div 420 x 100 = _____ %

Would you like to figure out your grade **before you complete the course?** You can: add up the points you've earned **so far**, and then divide by the *total number of points possible from work completed thus far*. Multiply the answer by 100 for fun and you get the percentage. Then compare with the chart above.

For example: following the midterm, if you scored 15 points on two quizzes and scored 80 pts. on the midterm, you would add, 15+15+80 (=110) and divide by 130 available points (one exam, 100 pts, two quizzes, 15 pts each). $110 \div 130 = .846 \times 100 = 84.6\%$ - a solid B.

Always remember to divide by the total number of available points *completed at the time* (**not** the total points for the whole class). At the end of the class, that number will be 420, even if you scored more from extra credit. (do not count extra credit in the available point total – that's why it's called EXTRA credit!) Now you will know about health and how to calculate percentages, which is a handy skill.

COURSE OUTLINE

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

Week	Topic	Reading/ Powerpoints/Study Guides
1 8/31/15	Course Introduction & Basics of Healthy Change	Chapter 1
2 9/7	Psychosocial Health	Chapter 2 (Take Quiz)
3 9/14	Stress Management	Chapter 3
4 9/21	Preventing Violence and Injury	Chapter 4 (Take Quiz)
5 9/28	Building Healthy Relationships and Understanding Sexuality	Chapter 5
6 10/5	Considering Your Reproductive Choices	Chapter 6 (Take Quiz)
7 10/12	Addiction and Drug Use	Chapter 7
8 10/19	Review materials and take Midterm Exam Drinking Alcohol Responsibly	Study (chapters 1-7) Chapter 8
9 10/26	Ending Tobacco Use – Chapter 8	Chapter 8
10 11/2	Eating for a Healthier You	Chapter 9 Impact Paper Due By November 4
11 11/9	Eating for a Healthier You	Chapter 9 (Take Quiz)
12 11/16	Personal Fitness	Chapter 11
13 11/23	Chronic Diseases: Cardiovascular Disease, Diabetes, Cancer Thanksgiving – yay!	Chapter 12 
14 11/30	Chronic Diseases: Cardiovascular Disease, Diabetes, Cancer	Chapter 12 (Take Quiz – last one!)
15 12/7	Protecting Against Infectious and noninfectious Diseases HIV/AIDS	Chapter 13
12/14-12/17	Final exam Chapters 8-13 Available December 14-18 ONLY	<i>Do NOT forget to take the final exam</i>