

**Health 11, Principles of Healthy Living
Spring 2015**

Lecture: Mondays & Wednesdays 1:00 p.m. – 2:25 p.m. (Section 1192)

Classroom: PECN 11

Instructor: Farin Farahzadi, MS

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Course Description & Objectives

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 identify the 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.**
- Read the assigned material in order to learn the information and apply to classroom discussion.
- 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 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 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 Standard of Student Conduct refer to the college catalog available in hardcopy and online at www.wlac.edu.”

Course Structure

Required Text:

Donatelle, R.J Health: The Basics, WLAC 3rd Customized Edition. Based on the 10th Edition.

Assignments:

Current Event Report- DUE April 13th

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 May 20th

“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.

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%
Mid-term Exam	30%
Quizzes	10%
Assignments	10%
Final Exam	40%

Final grades are determined by percentage:

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

Exams (Midterm and final) format is a combination of multiple choices, true and false questions and short answer questions. No make-up exams will be given. No exceptions!

Quizzes:

There will be a total of 5-6 quizzes for this course. One or two of your lowest quizzes will be dropped at the end of the semester. No make-up quizzes will be given. No exceptions! Make sure you attend all classes as to not miss any quizzes. You need to bring a scantron, pencil and eraser for all your quizzes and exams.

Final Exam:

The final exam will be on the sections after Mid-term. 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 exams (Midterm and Final). 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.

Tentative Course Schedule:

Weeks	Chapter(s)
Week 1	
February 9	Intro to the course
February 11	Chapter 1
Week 2	
February 16	President's Day (No Class)
February 18	Chapter 1 (cont.)
Week 3	
February 23	Chapter 2
February 25	Chapter 2 (cont.)
Week 4	
March 2	Chapter 3
March 4	Chapter 3 (cont.)
Week 5	
March 9	Chapter 4
March 11	Chapter 4 (cont.)
Week 6	
March 16	Chapter 5
March 18	Chapter 5 (cont.)
Week 7	
March 23	Chapter 6
March 25	Chapter 6 (cont.)
Week 8	
March 30	Review for Mid-term
April 1	Mid-term Exam (Chapters 1-6)
Week 9	
April 6	Spring Break
April 8	Spring Break
Week 10	
April 13	Chapter 7 (Current Event Report Due)
April 15	Chapter 7 (cont.)
Week 11	
April 20	Chapter 8
April 22	Chapter 8 (cont.)
Week 12	
April 27	Chapter 9
April 29	Chapter 9 (cont.)
Week 13	
May 4	Chapter 11
May 6	Chapter 11 (cont.)
Week 14	

*West Los Angeles College
Department of Health
Spring 2015*

May 11	Chapter 12
May 13	Chapter 12 (cont.)
Week 15	
May 18	Chapter 13
May 20	Chapter 13 (cont.) (Personal Impact Paper Due)
Week 16	
May 25	No Class (Memorial Day)
May 27	Review Session
Week 17	
June 1	Final Exam 1:45-3:45 (Chapters 7-9 & 11-13)