

Health 11 (Spring 2015)

Section 8074

**HEALTH 11  
COURSE SYLLABUS  
Principles of Healthful Living**

**Introduction:**

This course will present you with the basic principles of healthy living. You will be presented with subject matter concerning: drugs, alcohol, tobacco; diet, nutrition; infectious diseases, personal fitness; cancer; personal care; consumer health; and several other topics related to maintaining a healthy life style.

**Professor (Emeritus):**

Mr. James D. Raack, B.S., M.S.

Since this is an online class you can contact me via the Private Message area within the Discussion Forums. I will make every attempt to get back to you as soon as possible.

**Required Course Textbook:**

Health, The Basics, WLAC Fourth Custom Edition, by Donnetelle. The book can be purchased or rented at the West Los Angeles College Bookstore or on-line via the [www.wlac.edu](http://www.wlac.edu) student services. You CANNOT purchase this version of the book from Amazon or any other on line retail book site, BUT you can get Health, The Basics (10th Edition). The 10th Edition has all the information the WLAC Editions has, plus more (do not get a older or newer edition). Also there are usually 3 or 4 textbooks on reserve in the reference desk area of the WLAC library for those that wish to come to campus to read their assigned chapters. **YOU CANNOT PASS THIS CLASS WITHOUT THE TEXTBOOK!**

**Course Description & Objectives:**

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:

1. Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
2. 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.
3. Understanding the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.
4. Identify the key components of personal fitness and describe the benefits of regular physical activity and healthy diet.

5. Demonstrate through performance on exams, projects, class discussions and written assessments, evidence of ability to understand and use the concepts of this class.

**Program Learning Objectives:**

1. Students will be able to devise a prevention plan for 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.

**Course Format:**

- \* This is a fully on-line course, except for the use of the textbook.
- \* Every time you log on to the site ALWAYS check the Announcement area on the home page first to see if I have given you some important updates or comments. You may also receive information from me via your email address. Next read the module for the topic, read all related websites given within the modules, read the chapter, do the assignment and finally take the chapter examinations. Get in a habit of doing this routine.
- \* There are specific due dates for each assignment. You must keep pace with these assignments and stay engaged with the course topic(s). The opening and due dates are set to motivate the student to stay in touch with the class throughout the week(s). Generally the chapter assignment and discussion forum will open on a Monday and will close on the next Saturday night. The chapter examination will open on a Thursday and close on the next Sunday night. The chapter module will open on a Monday for the appropriate chapter and will stay open for the rest of the class time. The Discussion Forum for each chapter will open on Monday morning and close on the Sunday night for the appropriate chapter.
- \* You MUST submit the assignments and complete the chapter tests by the due date.
- \* Participation in topic(s) discussions without demonstrating knowledge of what you are trying to express will not provide you with the points needed to meet this grading standard.
- \* You can earn a maximum of 620 points in this course. Your final grade will be based upon a percentage of this maximum. **THERE IS NO EXTRA CREDIT ASSIGNMENT OFFERED IN THIS CLASS.**
- \* You are required to log in to the on-line course frequently. It is your responsibility to read all the module content and complete all assignments and chapter tests and discussions on time.
- \* **NO TEXT MESSAGING ABBREVIATIONS ARE ALLOWED DURING DISCUSSIONS OR WITHIN RESPONSES TO ASSIGNMENTS.**

- \* You will want to always look at the discussion forum that is related to the topic, looking for questions, etc.
- \* Check your email address to be sure it is correct. If it is not or if you change your email address during the course of this class or your email address is not listed, go to My Workspace > Account > Modify and make the change.
- \* You can also revise your password at "My Workspace."
- \* If you forget your password, go to the "Gateway" page (at the bottom of the first page).
- \* I will contact you via your email address or via Private Message within the site (mass announcements to the class will be the home page). I prefer you contact me via Private Message if you have a question, etc.
- \* ALWAYS CHECK check for a Private Message from me. Do this every day if you can. If not, at least every other day. You are held accountable for any message that I place in a Private Message from me especially if I have set a time line for you to complete a task.
- \* The course will begin on February 9, 2015 and the final day for course assignment submission will by June 7, 2015. You may want to start entering the site a few days earlier just to see if your class mates are responding to the Introduction Discussion.

\* **Assignments, Exam Points:**

Syllabus Review

Chapter 1, Accessing Your Health

Chapter 2, Promoting and Preserving Your Psychosocial Health

Chapter 3, Managing Stress and Coping with Life's Challenges, plus Sleep

Chapter 4, Preventing Violence and Injury

Chapter 5, Building Healthy Relationships and Understanding Sexuality

Chapter 6, Considering Your Reproductive Choices

Chapter 7, Recognizing and Avoiding Addiction and Drug Abuse

Chapter 8, Drinking Alcohol Responsibly and Ending Tobacco Use

Chapter 9, Eating for a Healthier You

Chapter 11, Improving Your Personal Fitness, plus Body Image

Program Learning Objective Exam.

Chapter 12, Reducing Your Risk of CVD, Cancer and Diabetes

Chapter 13, Protecting Against Infectious and noninfectious Diseases

Chapter 15, Promoting Environmental Health

Chapter 17, Understanding Complementary and Alternative Medicine

**Evaluation:**

1. Complete of all assignments and chapter tests obtaining as many points as possible.

2. Actively participating in the on-line discussions by posting questions, responding, and presenting new factual information on the topic(s) being discussed. Up to 160 points can be obtained through discussions (20 points for the Introduction discussion and 10 points for each chapter discussion - 14 discussion forums). Acceptable minimum amount: To get maximum points at least two responses per discussion topic of no more than 150 words per response per discussion topic(s). One of the two responses must be in relation to your fellow classmate's response. The more student input the more valuable the discussion forums become.
3. The Syllabus (5 points) and each chapter will have an assignment to complete Chapter assignments are worth 10 points for a maximum of 145 points (14 chapters plus the 5 points for the Syllabus assignment).
4. If a chapter assignment is submitted late, two point will be deducted prior to grading the assignment.
5. Responses to chapter assignment questions that are either incomplete or "too brief" will receive a deduction of from .5 points to 1.5 points. Use your own words when responding to the chapter assignment questions, however you may use the author's key descriptions within your response.
6. There are chapter examinations. Examinations are worth 15 points. All examinations are timed, 30 minutes maximum. Once you begin your chapter examination you will not be able to take a break. The clock will continue to run until it reaches the 30 minute time limit. Maximum points possible on the chapter exams is 210 points.
7. Chapter Examinations and Assignments will be one week segments.
8. During the Physical Fitness Chapter a MANDATORY Program Learning Objective Examination will be given. Total points possible: 5. This exam is in addition to the chapter examination.
9. Turn in, on time, a comprehensive college Personal Impact Research Paper on a health topic that you will select (up to a maximum of 100 points) Check the Personal Impact Research Paper Modules and Assignment for what will be required for this paper. Research Papers will be check for Plagiarism via [www.turnitin.com](http://www.turnitin.com). **Late papers will not be accepted.**
8. Final Grade will be based upon the percentage you receive of the maximum 620 points possible. **Again, there is No Extra Credit Assignment offered in this class.**

Maximum points per class requirement:

Introduction Discussion	20
Discussion Forums	140
Chapter Assignments	140
Syllabus Assignment	5
Chapter Examinations	210
Program Learning Obj. Exam.	5
Personal Impact Research Paper	100

Your Final Grade will be determined by a percentage of the maximum points possible:

100% - 90%	A	Points: 620 - 558
89% - 80%	B	557 - 496
79% - 70%	C	495 - 434
69% - 60%	D	433 - 372
59% or less	F	371 or less

Additional Requirements:

- \* Cable/DSL Internet connection.
- \* Experience and comfort using the web. (Microsoft Internet or Mozilla Firefox are the recommended browsers. (AOL can cause problems)
- \* Experience and comfort using email.
- \* Experience and comfort using a word processor, such as Microsoft Word. **DO NOT USE WORD PERFECT for any written assignments attachments.**
- \* Experience and comfort manipulating the mouse, copying and pasting text, managing files and folders, and other basic computer skills.
- \* Minimum of 512 MB of RAM. (Mac users must have OS X)