

West Los Angeles College

Department of Health/Kinesiology

HEALTH 11

Section #8031

Instructor: K. Olescyski, M.S.

Required Text: Donatelle, R.J. (2013). *Health: The Basics, 10th Edition*. Pearson Benjamin Cummings: San Francisco.

Earlier editions of this textbook will be acceptable for content; however, page references may be different.

***Class starts at 5:00 a.m. on Monday, Feb. 9 and ends at 11:59 p.m. on Sunday, June 7

Contact via email: olescyk@wlaac.edu

Course Content:

Promoting Healthy Behavior

Psychosocial Health

Stress

Violence

Healthy Relationships and Sexuality

Birth Control, Pregnancy, Childbirth

Licit and Illicit Drugs

Alcohol, Tobacco, and Caffeine

Nutrition and Optimum Health

Weight Management

Personal Fitness

Cardiovascular Disease

Cancer

Infectious and Noninfectious Disease

Life's Transitions

Environmental Health

Consumer Health

Complementary and Alternative Medicine

Evaluation:

Exam #1 Chapters 1-4

Exam #2 Chapters 5-8

Exam #3 Chapters 9-11

Exam #4 Chapters 12-14

Exam #5 Chapters 15-18

Quizzes:

Quiz 1 Chapter 1

Quiz 2 Chapter 2

Quiz 3 Chapter 3

Quiz 4 Chapter 4

Quiz 5 Chapter 5

Quiz 6 Chapter 6

Quiz 7 Chapter 7

Quiz 8 Chapter 8

Quiz 9 Chapter 9

Quiz 10 Chapter 10

Quiz 11 Chapter 11

Quiz 12 Chapter 12

Quiz 13 Chapter 13

Quiz 14 Chapter 14

Quiz 15 Chapter 15

Quiz 16 Chapter 16

Quiz 17 Chapter 17 & 18

Grading Scale:

90%-100% = A

80%- 89% = B

70%- 79% = C

60%- 69% = D

59% - 0% = F

Learning Objective:

Upon completion of this course, students will have gained a greater knowledge-base of the meaning of *health and wellness*. With this greater knowledge-base, students will then be able to make better choices for themselves with respect to their personal health, and the health of others.

Course policy: It is the students responsibility to contact the instructor if an emergency arises. It is also the students responsibility to drop any class they no longer wish to attend. Failure to drop any unwanted class, will result in a failing grade. Stay on schedule and you will do well.

****Your instructor reserves the right to amend any of these criteria as he sees fit.**