

HEALTH 11: PRINCIPLES OF HEALTHY LIVING



WEST LOS ANGELES COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Spring 2015

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PLEASE NOTE THAT THE PREFERRED METHOD OF COMMUNICATION IS THROUGH THE ONLINE COURSE WEBSITE. PLEASE ONLY EMAIL ME DIRECTLY FOR EMERGENCIES.

OFFICE HOURS: ONLINE, BY APPOINTMENT ONLY.

COURSE DESCRIPTION AND 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:

- 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.
- 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.
- Identify the key components of personal fitness and describe the benefits of regular physical activity and healthy diet.
- 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.

REQUIRED TEXT

Health: The Basics, WLAC 4th Customized Edition, 10th Edition, by Donatelle, R.J.; [\[Link\]](#)

Pearson Benjamin Cummings: San Francisco, 2010 [ISBN-13: 0321774345]

~\$175 new or \$25 to rent (Amazon)

Option of purchasing 11th

COURSE CONTENT (TENTATIVE)

This course will survey information regarding personal and community health, and basic principles of healthful living. The course is outlined in the table below:

Week	Start Date	Lecture Topic	Chapter	Other
1	February 9	Introduction/Basics of Healthy Change	1	Assignment
2	February 16	Psychosocial Health / Stress Management	2	
3	February 23	Stress Management	3	Quiz
4	March 2	Domestic Violence and Abuse	4	
5	March 9	Healthy Relationships / Sexuality	5	Quiz
6	March 16	Reproductive Choices	6	Assignment
7	March 23	Drug Use and Addiction	7	
8	March 30	Responsible Alcohol Use; Ending Tobacco Use	8	Midterm
	April 6	Spring Break		
9	April 13	Nutrition	9	Assignment
10	April 20	Fitness	11	Quiz
11	April 27	Cardiovascular / Cancer Risk Factors	12	Assignment
12	May 4	Diabetes/Obesity	12a	Quiz
13	May 11	Infectious Diseases	14	Assignment
14	May 18	Environmental Health	15	Paper
15	May 25	Complementary and Alternative Medicine	17	
16	June 1			Final

ACCESS TO COURSE CONTENT

Please use the **Module** portal to the left of the dashboard to access course content. Do not use CourseMap. When lectures and assignments are completed, a green checkmark will be placed next to the module.

PERSONAL IMPACT RESEARCH PAPER

You will be tasked with writing a comprehensive college-level paper on a health topic of your choice. Topics can be any of the lecture content; any topic outside of the curriculum must be first discussed with the instructor.

Requirements will be listed in the module. The paper should be at least three pages of written content with the fourth page consisting of a reference page in MLA format. Half of the paper will consist of how this chosen topic has had a personal impact on your life. The other half will be dedicated to investigative research on this topic and must include proper citations. The reference page should contain citations from at least 3 sources.

ASSIGNMENTS

Various assignments are assigned during the course. There will be a total of five assignments at 10 points each.

POINT DISTRIBUTION

	Due Date (by 11:59pm)	Points	Weight of Final Grade
Quiz 1	March 1, 2015	20	5%
Quiz 2	March 15, 2015	20	5%
Midterm	April 5, 2015	50	12.5%
Quiz 3	April 26, 2015	20	5%
Quiz 4	May 10, 2015	20	5%
Project	May 24, 2015	40	10%
Discussions	Every Sunday	80	20%
Assignments		50	12.5%
Final Exam	June 7, 2015	100	25%

All exams will consist of objective-type questions (e.g. True/False; Multiple Choice; Matching).

No makeup examinations will be administered. Any missed examinations will be counted as a zero. Please note that tests will be administered online within the Etudes class portal and will be open for 24 hours on the assigned date. Any submissions after this 24 hour period will not be accepted.

You will have one week after receiving your exam score to appeal your grade, in which you will be required to document the questions/issues for my review.

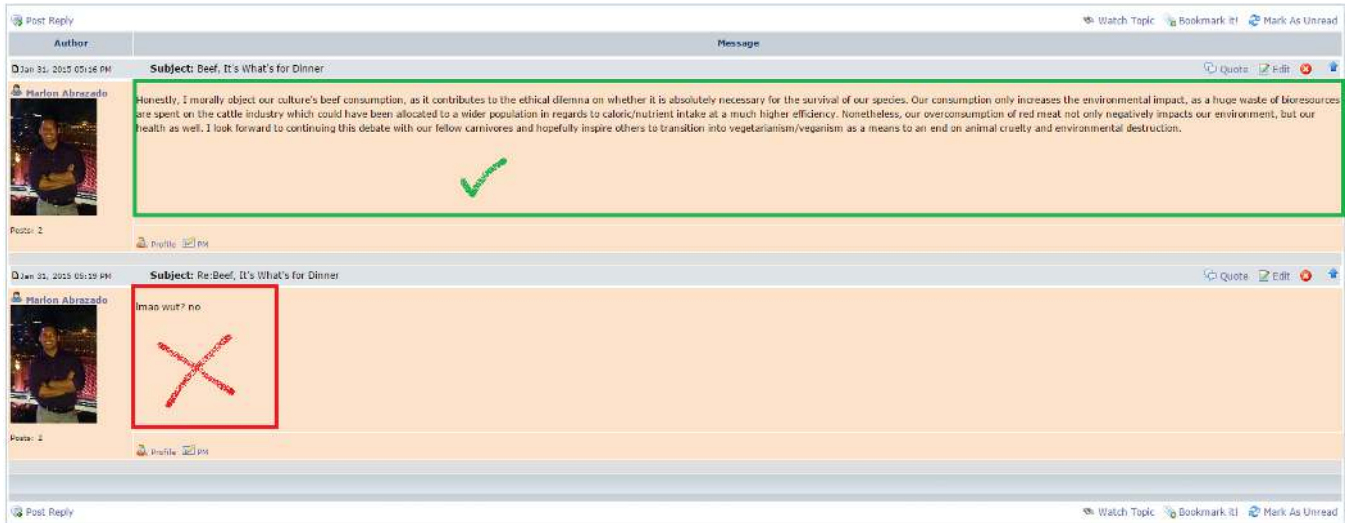
COURSE GRADE

90 - 100%	A
80 – 89.9%	B
70 – 79.9%	C
60 – 69.9%	D
below 59.9%	F

COMMUNICATION

You are required to log in to the online course frequently, as it is your responsibility to review all modules, complete assignments, quizzes, and contribute two discussion posts per week.

Discussion posts must consist of relevant, thought-provoking questions or feedback, and must not contain text message abbreviations or non-contributory responses. See below as an example.



ANNOUNCEMENTS

Check announcements sent to the class on the Etudes class website homepage. These will contain feedback to the entire class, updates / changes to curriculum or module content

PRIVATE MESSAGES

Please contact me through the private messaging portal for any class-related inquiries. Any issues regarding your account, grades, etc. will be sent to you through private message. It is your responsibility to log in and review any private messages I may have sent directly to you.

CHAT

The chatroom portal (on bottom right of home page) is meant to serve a temporary communication portal for non-curriculum related questions. The chat window is not an appropriate channel for attendance, discussion contributions, etc.

ATTENDANCE POLICY

Given that this is an online course with no physical presence in a classroom, your online presence will need to take place in the form of weekly discussion/forum contributions. You will be required to post in the discussion with content relevant to the topic of study in order to receive attendance credit.

Simply logging into the class forums does not count as attendance, you must contribute two posts per week on any listed topic under the appropriate "Weekly discussion" section.

ENROLLMENT/WITHDRAWAL

Students who are given add slips must complete the process by 2nd week. No replacement slips will be assigned.

Students are responsible for their own credit and enrollment status. Any problems (including class withdrawals) should be addressed with the admissions office. Students failing to follow the correct procedure for withdrawals will receive a grade of "F" for the semester. Last day to drop with a refund and without a "W" on your record is February 20, 2015.

ACADEMIC INTEGRITY

CLASSROOM ENVIRONMENT

Our class should promote a safe and encouraging learning environment. Students are expected to participate in the discussions and encourage positive feedback from peers. Please feel free to ask questions at any time so that others may benefit from the discussion.

ONLINE STUDENT CONDUCT GUIDELINES

The goal of the West Los Angeles College Distance Learning Program is to expand learning opportunities through the use of technology and the Internet to provide a challenging and meaningful academic environment. Student cooperation is necessary to achieve this goal.

Along with the existing Code of Student Conduct located in the Schedule of Classes, online students have additional responsibilities.

- Students are expected to submit their own work on all assignments and course-related communications. This means that students will not:
 - Cut, copy or otherwise plagiarize Internet content or the work of their online classmates or instructors.
 - Allow others to copy or submit their work.
- Students are expected to behave with respect toward their instructors and fellow students. Examples of disrespectful and prohibited behavior include:
 - Posting obscene material to discussion groups or to one's instructor.
 - Hazing and/or derogatory remarks degrading an individual's gender, race, religion, national origin, sexual orientation, or disabled status.
 - Acts of falsification, misrepresentation or deception.
 - Misuse of course tools (email, threaded discussion, chat, document sharing, etc.)
 - Forgery, alteration or misuse of college documents, records or identification.
 - Transmission of computer viruses.
 - Abuse of computer resources:
 - Unauthorized access of course file
 - Use of another individual's User ID and Password
 - Use of unlicensed software
- It is the student's responsibility to be aware of any additional policies in the course syllabus.
- Offenses will result in disciplinary action in accordance with established procedures.

CAMPUS HOLIDAYS/CLOSURES

February 13-16: President's Day

March 31: Cesar Chavez Day

April 4-10: Spring Break

May 25: Memorial Day