HEALTH 11: PRINCIPLES OF HEALTHY LIVING

WEST LOS ANGELES COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

Spring 2015

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EMAIL: MABRAZADO@GMAIL.COM

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
~$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:

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

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**

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

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**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>B</td>
<td>80-89.9%</td>
</tr>
<tr>
<td>C</td>
<td>70-79.9%</td>
</tr>
<tr>
<td>D</td>
<td>60-69.9%</td>
</tr>
<tr>
<td>F</td>
<td>below 59.9%</td>
</tr>
</tbody>
</table>
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