

West Los Angeles College
Department of Physical Education and Health

Syllabus

- Course:** Health 2, Health and Fitness
Section 7591 Fall Semester 2013
- Instructor:** Professor Broderick Jackson M.Ed
- Contact:** Email: jacksobd@wlaac.edu
- Office hours:** 9:30 am -10:30 am M.W, Office Location **PECS137**
(South GYM) Office Phone: 310 287-7278
POP Location LAPD-ARTC T-TH times: 1:50pm -2:50pm
- Meeting:** Lecture: 11:40am -12:30pm T, TH
Exercise Lab: 12:40pm-1:45pm T, TH
Fall Semester 8/26-12/15
- Units:** Three semester units
Transfer code- UC and CSU systems
- Textbook:** My Health an outcomes approach, by Rebecca J. Donatelle
ISBN 13, [978-0-321-75123-2]
Textbooks required for all class meetings.
- Course Prerequisites:** None
- Classroom:** Building: LAPDARTC
- Grading System:**
- Assignments Note: Two Regular 50 Question Exams worth 100 points each (200pts)
Five Quizzes worth 10pts each for a total of (50pts)
One Health and family Medical tree worth 100 points
Final Exam worth 100 points
Exercise Labs worth 10pts each for a total of (140pts)
Five Section review Questions worth 5pts each for a total of (25pts)
Two Class Assignments worth 5pts each for a total of (10pts)
Total course points 625

No makeup Quizzes or Exams will be given, and no late assignments will be accepted!

Note: *Missed class work may not be made up.
If for some unforeseen reason the instructor is late on the day of the exam and you leave the classroom no make-ups allowed.*

Course Description: Health 2 course surveys issues that particularly affect physical fitness and health. Laboratory activities develop an understanding of activities that promote life-long fitness. This course promotes healthy physical and psychological lifestyles, with emphasis on disease prevention, nutrition, sexuality, reproduction, drugs, alcohol, tobacco, aging, stress management and weight control. The physical fitness segment emphasizes individual improvement utilizing aerobic, flexibility and strengthening activities.

Program / Course Learning Objectives:

- Students will evaluate a chosen health topic and formulate their ideas in written assignments.
- Students will identify the components of physical fitness.

Student Learning Outcomes:

After completion of this course, the students will be able to:

- Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.(awareness of health issues)
- Identify one's personal responsibility to reduce health risk associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health. (decision-making and current vs. future health outcomes)
- 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. (culture and ethics; research-based, current info)
- Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet. (program SLO)
- Demonstrate through performance on exams, projects, classroom discussions and written assessments, evidence of ability to understand and use the

concepts of this class. (combines all evidence to learn based on graded materials)

Course Requirements:

Attendance is expected of all meeting of the class in which the students is registered. Attendance will be taken 5 minutes after the "OFFICIAL BEGINNING CLASS TIME". If students arrive in class after roll call, the student is responsible for reporting attendance in class. Please wait until the end of class to inform the instructor. **Whenever the absences in hours exceed the number of hours the class meets per week, the instructor may exclude the student from the class.**

Special Accommodations:

Any student who has a disability and has special needs is to alert me of this by the second week of the semester so that special accommodations can be made.

Disclaimer Statement:

Students will be notified ahead of time when and if any changes are made to course Requirements or policies.

Statement of Student Conduct:

Participation is required of all students. Students are considered to have participated if they:

- A. Are actively involved in the activity
- B. Ask questions; contribute opinions, point of view, and new information on the topics being discussed.
- C. Listen attentively and are considerate of the opinions of others.
- D. Shown to have read the course material before class.
- E. Your textbook is required for all class meetings.

Note:

Students must acknowledge and follow the College Policies and Standards of Student Conduct (in the college schedule). Cell phones, pagers, personal communication devices (text messaging), and personal entertainment gadgets (Music players, head phones, iPods etc.) are to be turned off during class time.

Please do not disrupt class to answer cell phones and pagers. Please arrive on time. If you need to leave class for a personal reason, please make extraordinary efforts not to disrupt your fellow classmates or the class. Please no children in class.

CAMPUS DISCIPLINARY PROCEDURES

The Los Angeles Community College District faculty, staff and administration are dedicated to maintaining an optimal learning environment; the standards of behavior as outlined in Board Rule 9803 are essential to the maintenance of a quality college environment. These standards apply to all students on campus or other college property or while attending any college-sponsored classes, activities or events. Violation of such laws, policies, rules and regulations or behavior adversely affecting suitability as a student, will lead to disciplinary action.

Select forms of disciplinary action appropriate to the misconduct, as defined by the violation of the Standards of Student Conduct, Board Rule 9803, may be taken by an instructor. More severe disciplinary action must be instituted by the Vice President of Student Services.

Notifying the Sheriffs Office; when a violation of the Standards of Student Conduct occurs which threatens the lives, property or maintenance of order, Sheriffs Office should be notified immediately. Campus law enforcement will issue an incident report and will send a copy to the Vice President of Student Services or designee for appropriate action.

The following types of disciplinary action may be taken by an instructor:

Warning

a verbal or written notice, given to the student by an instructor, Vice President of Student Services or designee or any college administrator or manager, that continuation or repetition of the specified conduct may be cause for further disciplinary action. The Vice President of Student Services or designee shall place documentation of this warning in the student file. (Note: documentation of student's misconduct must be sent to the Vice President of Student Services or College Disciplinarian for this to occur.)

Reprimand

A written reprimand for violation of specified regulations, prepared by an instructor, Vice President of Student Services or designee or any college administrator or manager. The reprimand will be sent to the student by the Vice President of Student Services or designee, noting that continued violations may result in further disciplinary action. The Vice President of Student Services or designee shall place a copy of this reprimand in the student file.

An instructor may remove (suspend) a student from his or her class for the day of the incident and the next class meeting. During this period of removal, the student shall not return to the class from which he or she was removed without the concurrence of the instructor of the class.

- If a student is suspended for one class meeting, no additional formal disciplinary action is necessary; however, the faculty member is encouraged to notify the Vice President of Student Services or designee of this action.
- If a student is suspended from class for the day of the incident and the next class meeting, the instructor shall send a written report of the action to the Vice President of Student Services or designee.
- If the student who is being suspended for two class meetings is a minor, the Vice President of Student Services or designee shall notify the parent or guardian of the student involved in the incident, and shall hold a conference regarding the suspension as soon as possible with the student, his or her parent or guardian and if necessary the faculty member.
- The instructor may recommend to the appropriate instructional administrator or the Vice President of Academic Affairs that the student is suspended for longer than two class meetings. If the instructor, student and appropriate administrator cannot resolve the matter, the matter shall be referred to the Vice President of Student Services or designees who shall consider further disciplinary action.
- During the period following the initial suspension from class for the day of the incident and the following class meeting, the student shall be allowed to return to the class until due process and the disciplinary procedures are completed, unless the student is further suspended pursuant to Section 4 of the misconduct code. Suspension by the instructor shall be considered an excused absence.

<u>Week 1</u>	Course Introduction Chapter 1: Health Change Section review Homework Chapter Questions #1 Due <i>Lab: Pre-physical fitness test. Perform physical fitness test, including flexibility, strength, body composition, abdominal</i>
<u>Week 2</u>	Chapter 2: Psychological health Quiz #1: Chapters 1,2 Section review Homework Chapter Questions #2 Due Homework: Behavioral change contract Due <i>Lab continued: Pre-physical fitness test.</i>
<u>Week 3</u>	Chapter 3: Stress <i>Lab continued: BMI calculation (Body Mass Index)</i>
<u>Week 4</u>	Chapter 4: Relationships and sexuality Quiz #2: Chapters 3,4 Lab: Cardiovascular Activity program, fitness, step test and resting heart rate.
<u>Week 5</u>	Exam # 1 (Chapters 1, 2, 3, 4) (50 questions) Chapter 5: Reproductive choices <i>Lab continued:</i>
<u>Week 6</u>	Chapter 5: continued Chapter 6: addiction and Drug Abuse <i>Lab: Brockport walk test</i>
<u>Week 7</u>	Chapter 6: continued Quiz #3: Chapters 5,6

	Chapter 7: Alcohol and Tobacco Section review Homework Chapter Questions #3 Due (Chapter 6 only) Lab: Activity
<u>Week 8</u>	Chapter 7: continued Chapter 8: Nutrition Quiz #4: Chapters 7,8 Lab: Activity
<u>Week 9</u>	Chapter 8: continued Exam #2: (Chapters 5, 6, 7, 8) (50 questions) Lab: Activity
<u>Week 10</u>	Chapter 9: Weight management and body Image Chapter 10: fitness Lab: Activity
<u>Week 11</u>	Chapter 11: CVD, cardiovascular disease, cancer and Diabetes Lab: Activity
<u>Week 12</u>	Chapter 12: Infectious conditions
<u>Week 13</u>	Chapter 13: Violence and Unintentional injuries Lab: Activity
<u>Week 14</u>	Health and family Medical tree Due Tuesday and Thursday Lab: Post-physical fitness testing. Participate in a variety of physical fitness activities including warm-up, stretching, and aerobic activity, cool down and stretch. Identify the four components of a physical fitness program.
<u>Week 15</u>	Health and family Medical tree Due Tuesday only Program Assessment Quiz #5 Lab: Post-physical fitness testing continued. Perform a post-physical fitness test. Compare and contrast fitness level from pre-testing and post-testing
<u>Week 16</u>	*****Final Exam TBA*****

Campus Closed	Holiday: Labor Day, Sept 2
Last day to drop with an (W)	Sept 6
Last day of class	Nov 15
Campus Closed	Holiday: Thanksgiving Nov 28- Dec 1