

Health 11 online

West Los Angeles College

Department of Physical Education/Health

HEALTH 11

Instructor: B. Pfiffner, M.S.

Office Hours: Online MTWandTH from 9-11 am

Contact: BCPfiffner@yahoo.com or Pfiffnbc@wla.edu or call the distance education office at: 310-287-4305 and leave a message.

Course materials: Health the Basics, 4th edition, WLAC custom by Donatelle, Rebecca J.

It is available at the bookstore on campus.

To link to the WLAC bookstore website use the following web address:

<http://wla.verbacompare.com/>

Course Description & Student Learning Outcomes

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

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

Course Learning Outcomes- After completion of this course,

1. Students will be able to devise a prevention plan for a 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 Content: This course will survey information regarding personal and community health, and basic principles of healthful living. The following subject areas will be covered:

Chapter 1: The Basics of Healthy Change

Chapter 2: Psychosocial health

Chapter 3: Managing your Stress

Chapter 6: Your reproductive choices

Chapter 7: Addiction and Drug Abuse

Chapter 8: Alcohol and Tobacco

Chapter 9: Nutrition and You

Chapter 11: Personal Fitness

Chapter 12: Cardiovascular Disease and Cancer

Chapter 13: Infectious and Noninfectious Conditions

Chapter 15: Promoting Environmental Health

Chapter 17: Complementary and Alternative Medicine

Evaluation:

Discussion Forum Posts 100pts

Research Paper 100pts

Assignments 140pts

Quizzes 280pts

Midterm Exam 100pts

Final Exam 200pts

Total points 920pts

Final grade: is determined by percentage of points earned for the semester:

100-90A

89-80B

79-70C

69-60D

<59F

HEALTH 11 - Course Evaluation Criteria

The following criteria are provided to help you understand how you will be evaluated in this class, and what is expected of you.

Discussion Forum Posts

As part of your grade you will be required to post responses to questions posted in the discussion area. Additionally, you are required to post a comment to three (3) of your fellow students regarding their answer to the discussion question posted. This is worth 5 points per discussion question posted.. Please Note: Posts to the discussion area will not show on your gradebook. Points you earn for the discussion posts will be added to your total grade by me at the end of the semester.

Research Paper:

This is a college level research paper on a health-related topic.

This paper will include a cover page (title, name, date & course), body and reference page (bibliography). The body should be a minimum of 1500 typed words with one inch margins and font size of 12. The reference page will include 5 references with at least one being a bibliographical reference. Papers will become due by the end of the semester. The research paper is worth 100 points

Assignments:

Are exercises intended to help increase your knowledge base of the main topics in the chapter. Assignments are worth 10 points each.

Quizzes:

There will be a quiz after each chapter (one for each module, 14 total). The quiz will consist of multiple choice and true and false questions. Each quiz will be worth 20 points.

Midterm and Final Exam:

Exams will be cumulative and cover all chapters up to the exam (i.e. The final will cover every chapter covered in class). Each exam will consist of multiple choice, true/false and matching questions.

There are No Make ups Exams for those students who miss the due date!!

The midterm is worth 100 points.

The final is worth 200 points.

Academic Integrity (Plagiarism):

In accordance with code 9803.28, academic dishonesty is prohibited and will not be tolerated in this class. Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no material may be copied from another without proper

quotation marks, footnotes, or appropriate documentation.

- Plagiarism will result in a zero for the assignment, possible dismissal from the class and disciplinary action from the college. You will not receive credit for any essay missing previous drafts, citations and/or a Works Cited page.

Student Conduct:

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

Recording Devices:

State law in California prohibits the use of any electronic listening or recording device in a classroom without prior consent of the instructor and college administration. Any student who needs to use electronic aids must secure the consent of the instructor. If the instructor agrees to the request, a notice of consent must be forwarded to the Vice President of Academic Affairs for approval (WLAC College Catalog).

Office of Disabled Student Programs and Services (DSP&S):

Heldman Learning Resources Center (HLRC), Room 119 | (310) 287-4450.

West Los Angeles College recognizes and welcomes its responsibility to provide an equal educational opportunity to all disabled individuals. The Office of Disabled Students Programs and Services (DSP&S) has been established to provide support services for all verified disabled students pursuing a college education. DSP&S students may qualify for: priority registration, registration assistance, special parking permits, sign language interpreters and assistive technology (WLAC College Catalog).

Instructional Support (Tutoring) & Learning Skills Center:

Heldman Learning Resources Center (HLRC) | (310) 287-4486

Improve your reading, language, vocabulary, spelling, math fundamentals and chemistry knowledge with convenient, self-paced computer-aided courses in the Learning Skills Center. Increase your knowledge and learning success: sign up for tutoring in various college subjects (WLAC College Catalog).

Library Services:

Heldman Learning Resources Center (HLRC) | (310) 287-4269 & (310) 287-4486

The WLAC Library provides instruction on how to use the online catalog, periodical and research databases. In addition to a large collection of books, periodicals and videos the WLAC Library has course textbooks which students may use while in the Library. Web access is available in LIRL as well as meeting rooms. The upper floors provide a beautiful view ideal for study (WLAC College Catalog).

Course policy:

It is the student's responsibility to contact the instructor if an emergency arises. It is also the student's responsibility to drop any class they no longer wish to attend. Failure to drop any unwanted class, will result in a failing grade.

It is expected that all students participate in class each week.

All assignment must be turned in by 11 pm on the last day of class. No exceptions.

Students who do not complete the first module by the end of the first week may be from excluded from the class for lack of participation

Do not be intimidated by the amount of work in this class. Stay on schedule and you will do well.

****Your instructor reserves the right to amend any of these criteria as he deems necessary. Any changes will be announced via private message in the virtual class. ****