

Cooper, C
Fall, 2013
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SYLLABUS
for Health 8
0276 10:35-12:00

Office: HFAC 202D,818-364-7707
M 12:05-2:05/T-11:00-1:30,Th11-1:30
W 12:30-1:00pm at Lanes (off campus)

TEXT: New Dimensions in Women's Health Sixth Edition, Jones & Bartlett, 2014.
ISBN 978-1-4496-9813-3

Student Learning Outcome: Student will be able to demonstrate information competency in locating and identifying appropriate health related information from the Internet.

Student will be able to demonstrate knowledge of lifestyle practices that contribute to the health and wellness of women.

Part 1: Foundation of Woman's Health, Chapters 1, 2, 3, 15,
Historical & Political dimensions, Economics, Health Promotion & Prevention, Women in
workforce. Weeks 1-4

Part 2: Sexual & Reproduction Dimensions of Women's Health, Chap 4-8. Weeks 5-8

Part 3: Nutrition, Exercise, Wt. Management, CVD (Cardio), Cancer, Chronic Disease, Chp 9-11

Part 4: Mental Health, Substance use & abuse, Violence & harassment, Chp 12-15

Class not meeting: Monday, Sept. 2 (Labor Day), Monday, November 11th (Veterans Day)

Evaluation: 2 Exams- Mid-term 50 questions (50 pts), Final (50 pts.)	100 pts
Quizzes: 7 x 10 quizzes, (drop lowest, highest 7 cou	70 pts
Internet Literacy Critique Paper	40 pts
Assignments: Examples, Genetic family Tree, CDC,	35pts
Nutrition log & BMR/THR, Health Issue pro/con,	
Participation:	<u>5 pts</u>
	250 total points

Grading Scale: 90% of total points possible + = A

80%-89% of total points = B

70%-79% of total points = C

60%-69% of total points = D

59% of 250 points, or less, earns a fail mark

Final Exam is Wednesday,

Dec. 11, 10am-12 noon

The standard for evaluation remains the same for all students enrolled. There is no "extra credit" for any students throughout the course. No late papers or assignments will be accepted. No exceptions, so please plan ahead. No notes from parents, doctors or school administrators are required or accepted at any time, as there is no outside authority that can "excuse" your behavior or performance that warrants the class standards to be lowered or altered. Thank you.

EXAMS and Quizzes: Test questions reflect information from the textbook, lecture, and films shown in class. The exams and quizzes will include multiple choice questions (primarily), yet with some true/false. Short answer questions will appear on quizzes only. Quizzes will be given during a class time that is determined as the class material is covered. The quizzes will be administered to all students at the same time in the same classroom environment, exception is if there is a take home quiz or DSPS students.

Please do not ask to take a quiz early or late within a class time. If you miss taking a quiz, remember, your lowest score is dropped. All phones and devices must be put away out of sight while taking tests.

If it is seen, the quiz will be scored as "0" points. We will have a 2 hour block of time for last and final exam. Final Exam date is Wednesday, December 11th, 10-12pm

Internet Literacy Paper: LIBRARY HEALTH WORKSHOP REQUIRED! All health classes at Mission require the workshop obligation. You must sign up for, and complete the 1 hour health workshop, given at the Mission Library or you have the option of completing the workshop by taking the online tutorial. For your 40pt critique paper to be accepted, you must have the "stamped" library workshop paper attached to it. You will get this stamp from the librarian once you complete the workshop. You only take this once during the semester. The workshop times can be found at the Mission College website, click on "Library" on the left column. The paper is due on Wed., November 20th, and is called an Internet Literacy paper. The instructions for this paper, and the rubric, are available on my website.

About the paper....briefly, your task is to find a full, credible article of a primary or secondary research source. After reading your selected article, summarize it and comment on it. The paper must only be one page in length, single spaced, typed in a 12pt letter size. You must attach a copy of the article to your paper. You may hand it in before, or on the deadline date. It must be handed to me in class. No late papers are accepted, so please do not ask for favors and please do not email them to me. No paper will be accepted if all 3 parts or not included, the stamp, the article you read, your written paper.

Participation points: All students begin with 10 points in participation. Four non participations are given to use without a point deduction. If 5 non-participation occur, 5 points will not be added to your total.

Single points may also be deducted for any disruption. Examples of disruptions: using the wrong size scan tron, talking during lecture, films, or while another student is speaking, continued talking after asked to stop, cell phone or laptop noise, breaking class rules (see below), constantly going in and out of the classroom door, shuffling papers or tapping neurotically, cheating, eating in class.

Class information:

1. Scan trons – These are needed for quizzes and exams. These are available at the bookstore. You will need the small 15pt. scan sheet for quizzes, and the 50pt. question scantron for exams.
2. Being punctual is appreciated. Regular participation will increase success.
3. There is no 'extra credit'. All students have equal opportunity to gain points. Concentrate on doing your best work on all assignments at all times. Manage your time to meet all deadlines.
4. Due dates- It is my policy to hold all students to the same standards. There will be no late papers accepted. You may hand it in before the due date. There are no "make ups" given.
5. If you have a learning disability , or circumstance that is a concern, and which may act as a barrier for success, please express it to me early in the semester, such as the first 2 weeks of class. I will be more than happy to discuss options available within our institution's policy.
6. The student is responsible to register, add, drop or/ and confirm their class position.
7. Please be certain that your correct email address is on file with Mission College for messages.

Classroom/ facility rules:

1. No guests, or children are allowed to participate in any classroom environment.
2. No food, gum, or drink other than water in an unbreakable container is permitted in the facility.
3. No smoking within 20 feet of the doorway to the outdoor environment.
4. If you have or make trash, please discard it in the trash can. If you have a recyclable item, please discard it in the recycling can. Replace your chair to proper desk position upon leaving.
5. Please turn off all cell phones while in the classrooms. Thanks a bunch.

Final exam week is Dec. 9-14. Our Women's Health final exam is Wed. Dec.11th, 10:00-12:00pm. It's a 2 hours block of time.

Assignment approximate due dates:
Literacy Paper- Wednesday, November 20th
CDC-September 4th
Genetic Tree-September 11th
Nutrition Log-week 9, Oct.22 or 24
BMR/BMI/THR/BP/HR- week 9-10
CVD/Diabetes Assessment-week 14
Health Issue pro/con