

Cooper, C
Fall, 2014
cooperck@lamission.edu
818-364-7707

SYLLABUS
for Health 8
0276 10:35-12:00

Office: HFAC 202D
Monday, 12:00-12:30pm
Tu Th-7:30-8:30am, 12:00-1:00pm
Wed.,12:00-12:30pm

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

Student Learning Outcomes: The student will be able to demonstrate information competence in locating and identifying appropriate health related information from the internet.

1. Information Competency The student will be able to demonstrate information competency by combining aspects of library literacy, research methods and technological literacy. Evidence will be the ability to locate, evaluate, utilize and communicate information in all its various formats in understanding health issues.

2. Global Awareness Students will be able to demonstrate global perspectives by generating theoretical and pragmatic approaches to health and environmental issues.

Objectives: Define health and health terminology. Identify credible professional medical and health organizations. Identify, describe and discuss the physical, psychosocial, environmental, and economic aspects of health and health care systems. Examine how predisposing factors, culture, gender affect human behavior. Compare risk factors versus benefits of health choices and assessment tools used to evaluate health status of individuals.

Part 1: Foundation of Woman's Health, Chapters 1, 2, 3, 10,11

Historical & Political dimensions, Economics, Health Promotion & Prevention, Women in workforce.

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

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

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

The basics of BODY SYSTEMS and STRUCTURES of the human body will be included within the course.

Evaluation: 2 Exams- Mid-term 50 questions (50 pts), Final (50 pts.)	100 pts
Quizzes: 6 x 15 quizzes, (drop lowest score)	90 pts
Global Awareness SLO Assessment Paper	20 pts
Assignments: Genetic family Tree, CDC, Nutrition/Exercise plan	20pts
Participation:	<u>20 pts</u>
	250 total points

Grading Scale: 90% of total points possible + = A 224+
80%-89% of total points = B 200-223
70%-79% of total points = C 175-199
60%-69% of total points = D 150-174
59% of 250 points, or less, earns a fail mark

Final Exam is Wednesday,
Dec. 17, 10am-12 noon

Holidays, college is closed on... Labor day, Sept. 1st Veterans Day, Nov. 11 Thanksgiving, Nov. 27-30

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 17, 10:00-12:00am

Global Awareness SLO Assessment Paper: The paper is due on Wednesday, October 29, 2014. You will receive more detailed instructions and a scoring rubric explaining this assignment in class. The instructions and the rubric for this paper can be found on my website. Being present for a library workshop is a requirement of the assignment. If it is missed, participation points will be deducted. Late papers will not be accepted.

Participation points: All students begin with 20 points in participation. Single points may also be deducted for any disruption. Examples of disruptions: 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. 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.

Class information:

1. Scantrons – 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.

