

Course Syllabus

Class Name:	Health 11 Principles of Healthful Living	Semester:	Fall 2012
Instructor :	Heather Eubanks	Section:	# 0278 Online
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Faculty Web Page: http://www.lamission.edu/health-pe/eubanks/			

Course Description : PRINCIPLES OF HEALTHFUL LIVING

(UC:CSU) 3 UNITS Prerequisite: None | Lecture 3 hours

Implements the World Health Organization's definition of health that Health is the state of physical, mental and social well being, not merely the absence of disease.

Objectives : Upon completion of the course students will be able to:

- Identify and explain in writing the dimensions of health and how they relate to total wellness
- Analyze 'overall wellness' and what one can do to maintain and improve it

Expectations:

- **Self Motivation and Self Discipline** - To succeed in this class you must do all the [assignments](#) on time! You will need to make sure you are staying current with all reading, assignments, and activities.
- **Take an Active Role** - The instructor's role in this class will be to provide you with resources and opportunities to explore and use them. I am here to guide you through as you learn therefore you will need to take active role in the learning process.
- **Time Requirements** - This is a regular 3 unit class. You will need to spend at least the same amount of time you would working on traditional format classes. (approximately 3-6 hours a week)
- **Interaction** - In online classes we stress interaction with your fellow students. Many times you will learn just as much from each other as from your instructor. Look forward to finding solutions, applications and other neat stuff and sharing it with your fellow classmates.

Attendance and Participation Policy

You will be expected to participate actively in class discussions and activities. It will be to your advantage to log in to the class website **at least 2-3 times a week** to check on discussions and to work on activities. If you will be traveling or otherwise unable to access the class website for a period of more than a few days, drop me a note and let me know so that I won't wonder where you disappeared to!

Office Hours

I maintain [virtual office hours](#) : **Wednesdays from 1:00-2:00 P.M.** This means you can reach me using your computer and a telephone at this time. Here is where you can get a response a little more quickly. Typically I will respond within 24-48 hours to most questions. To access the virtual office hours you go to www.cccconfer.org and log in. I have created a link under the Communication Tools to take you there directly. There is also a document I created titled "How to Use Virtual Office Hours." This document is listed under Important Class Documents and will give you directions on how to use the virtual office hours

Contact Instructor

If you are going to have serious problems that prevent you from completing [assignment](#) s or quizzes on time, you must let me know **PRIOR** to missing them. I prefer you send me email to: eubankha@lamission.edu .

Dropping the Class

Circumstances may arise that will keep you from completing the course. If this is the case, drop the class, or let me know so that I can exclude you.

Required Text

- **Health: The Basics** By Donatelle
Published by Pearson *ISBN # 9781256704560*
- From time to time in the course I will post other online readings for you.

Additional Materials Needed :

Computer access - you will need access to a computer with MS Word installed. Your computer must be reliable, and accessible

- **Internet access** -you can use a dial up connection, but it would be best for some of the class if you have a DSL or Cable connection. Most importantly, it must be reliable.
- **Plug Ins** - you will need to insure you have the following plug-in installed on your computers:
 - **Adobe Acrobat Reader** - You will need the most current version of Adobe Acrobat Reader to download these files from the class website. You can download Acrobat Reader from <http://www.adobe.com/products/acrobat/readstep2.html> .
 - **Quicktime** - available from <http://www.apple.com/quicktime/download/> to view video segments.
- **Email** -we will make extensive use of email. Make sure you [update your profile](#) with your current email information. If you do not have email, there are several ways you can get one for free such as www.yahoo.com or www.hotmail.com .

Grading : A traditional grading scale will apply. Grades will be determined by the following criteria and values:

A = 100-90% (865 to 778 points)

B= 89-80% (777 to 692 points)

C= 79-70% (691 to 605 points)

D= 69-60% (604 to 519 points)

F= 59% or less (518 or less points)

Assignments	Point Value	Point Total
Forum Discussions (weekly) Your post= 5 points Replies to classmates= 5 points each x 2	15	240
Private Journal Entries (15 weeks)	5	75
Written Assignments 4 assignments @ 25 points	25	100
Weekly Quizzes (by Chapter)	10	150
Exams 4 Exams @ 50 points	50	200
Cummulative Final Exam	100	100
Total Points Possible		875

Posting of Grades:

Your grades will be posted on the class web site. Only you can see your grades. It is your responsibility to insure you have received the proper grades for your [assignment](#) s, [quizzes](#) and tests. Please bring any discrepancies to my attention ASAP do not wait until the end of the course. I will assign numeric grades to several [assignment](#) s. Some [assignment](#) s will be graded as Credit or No Credit.

Course ground rules: For example,

- Participation is required
- Students are expected to communicate with other students in team projects

- Learn how to navigate in your Course Management System
- Keep abreast of course announcements
- Address technical problems immediately
- Observe course *netiquette* at all times. Instructor guidelines for communication by email, discussion groups, chat, and the use of web [resources](#). Some **examples** are:

Emails

1. Always include a subject line, as well as your name (not always apparent with your email address)
2. Remember without facial expressions some comments may be taken the wrong way. Be careful in wording your emails. Use of emoticons might be helpful in some cases.
3. Use standard fonts.
4. Do not send large attachments without permission.
5. Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an [assignment](#) or other communication.
6. Respect the privacy of other class members.

Discussion groups

1. Review the discussion threads thoroughly before entering the discussion. Be a lurker then a discussant.
2. Try to maintain threads by using the "Reply" button rather starting a new topic.
3. Do not make insulting or inflammatory statements to other members of the discussion group. Be respectful of other's ideas.
4. Be patient and read the comments of other group members thoroughly before entering your remarks.
5. Be cooperative with group leaders in completing assigned tasks.
6. Be positive and constructive in group discussions.
7. Respond in a thoughtful and timely manner.

Disabilities Policy :

In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to "reasonable accommodations." Please notify the instructor during the first week of class of any accommodations needed for the course.

[Disabled Students Program & Services](#) office strives to accommodate any special need requirements.

Class Schedule

Week #	Dates	Tentative Weekly Topics
1	August 27- Sep. 2	Class Overview, Navigating Class Webpage, Introductions
2	Sep.2-9	Chapter 1: The Basics of Healthy Change
3	Sep. 9-16	Chapter 2: Psychosocial Health
4	Sep. 16-23	Chapter 3: Managing your Stress
5	Sep. 23-30	Focus on Your Sleep
6	Sep. 30- Oct. 7	Chapter 5: Healthy Relationships and Sexuality
7	Oct. 7-14	Chapter 6: Your Reproductive Choices
8	Oct. 14- 21	Chapter 7: Addiction and Drug Abuse
9		
10	Oct 21- 28	Chapter 8: Alcohol and Tobacco
11	Oct. 28- Nov 4	Chapter 9: Nutrition and You
12	Nov 4 - Nov 11	Chapter 10: Managing Your Weight
13	Nov 11 - Nov 18	Focus on Body Image
14	Nov 18 - Nov 25	Chapter 11: Personal Fitness
15	Nov 25 - Dec 2	Chapter 12: Cardiovascular Disease and Cancer
16	Dec. 2 - Dec 9	Chapter 13 Infectious and Noninfectious Conditions
17	Dec 9 - Dec 16	Final Week

Last modified: Friday, August 24, 2012 , 2:00 P.M.