health and physical education

Course Description and Content Outline

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or by appt.

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First things first...the basics:

Number and Title of Course

Health 11 – *Principles of Healthful Living (3 units)*

Class Description

This health class will attempt to assist in the development of knowledge and principles to function optimally and adapt creatively on a daily basis in order to enhance the quality of one's life both now and in the future.

Course Objectives

At the conclusion of the course, the student will be able to:

1. Demonstrate understanding of health principles incorporating a wide variety of aspects from nutrition to aging.
2. Demonstrate understanding of self-responsibility for personal health and wellness.
3. Understand implications of personal and societal behavior on diseases and disease prevention.

Student Learning Outcomes

1. Information Competency
   Students, after completing a course in the Health discipline, 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, after completing Health 11, will be able to demonstrate global perspectives by generating theoretical and pragmatic approaches to health and environmental issues. Evidence will be the ability to analyze global health and environmental issues from multiple perspectives and to articulate an understanding of these interconnected issues by formulating appropriate and global responses.

Required Textbook
Donatelle,R. *Health, The Basics,* 10th edition, Pearson
ISBN # 9781256704560

Recommended Books
Dawkins, R. *The Selfish Gene – 2006, Oxford Univ. Press*
Cartwright, F. *Disease and History – 2004,* Sutton Classics

Class Evaluation
Below are the required assignments for this class and the basis for your final grade.
We will go over these together in class.

1. Class Participation 20 points
   Regular and punctual attendance is extremely important. Roll will be taken either by sign in or by the collection of your quiz scores. Homework and active participation in group and class discussions is highly encouraged.

2. Current Event/Critique Paper 20points
   You will receive a more detailed handout and scoring rubric explaining this assignment. Attending a library workshop is a requirement of this assignment.
   To access the workshop schedule go to:_____

3. Quizzes 120 points
   You will have the opportunity to take approximately 10 quizzes during the semester. Quizzes are worth 20 points each and are based on chapter readings and class lectures and discussions. Your 6 best scores will be used for your final grade.

4. Midterm Exam 50 points
   This exam is an objective exam (T/F, Multiple Choice) and will be over all chapters covered during the first 7 weeks of class. A scantron answer sheet will be needed for this exam

5. Final Exam 50 points
   The final exam is a cumulative essay exam.

6. Final Semester Grade
   Your final grade will be determined by the following point scale.

Totals	234-260	A
	208-233	B
	182-207	C
	156-181	D
	155 or below	F

Okay, so now, what to expect:

Class Information and Management Requirements

1. Scantrons
   You're going to need them for quizzes and Midterm Exam – be prepared!
2. Cell Phones
   Yes, you know the drill...turn them off and PLEASE no texting during class.
3. Be Punctual
   I advise you to arrive on time for class. On the days when we have quizzes, you will not be given that quiz if you arrive after the quizzes have been given out. If you are arriving after the class has begun, please come in quietly through the back door.
4. Extra Credit
   I will strive to uphold my responsibilities for this class and I expect the same of you. Therefore, extra credit opportunities are not offered as part of your final grade. However, I will post bonus quizzes on My Health Lab. I encourage all students to enroll in MY Health Lab to gain the benefits of the ancillary materials.
5. Due Dates
   As a policy, late assignments are not accepted unless you and I have a prior agreement.

And Finally...

You will find that Health, as a subject matter, affects all of us on a daily basis and many topics we will be discussing may become very personal. I would like to invite this class to help foster a welcoming and open environment that encourages all of us to feel safe in participating in thoughtful, meaningful and open discussions.

I look forward to spending the next 16 weeks with you and encourage you to contact me at any time with questions you might have. My student engagement hours (aka office hours) are listed above.

Here are some additional resources on campus that you may find useful.

- **LAMC Bookstore:** For hours of operation, book availability, buybacks, and other information call 818-364-7798 or 364-7768 or visit: http://www.lamissionbookstore.com/
- **Counseling Department:** For appointments and information call 818-364-7655 or visit http://www.lamission.edu/counseling/
- **Disabled Students Programs and Services:** For appointments and information call 818-364-7732 or visit http://www.lamission.edu/dsps/
- **Extended Opportunity Programs and Services**: For appointments and information call 818-364-7645 or visit http://www.lamission.edu/eops/
- **Financial Aid:** For information and applications call 818-364-7648 or visit http://www.lamission.edu/financialaid/
- **Library:** For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or http://www.lamission.edu/library/
- **Tutoring Services in Learning Center:** Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter