

Cooper, C  
Fall, 2013  
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SYLLABUS  
for Health 11  
# 0282 8:55-10:20am

Office: HFAC 202D, 818-364  
M 12:05-12:35/T 11:00-1:30, Th 11-1:30  
W 12:30-1:00pm at Lanes (off campus)

TEXT: HEALTH, The Basics with Take Charge of Your Health Worksheets, by Rebecca J. Donatelle ISBN-#978-1-256-704560. Text & added booklets are packaged and available in Mission Book Store. Please purchase it there for complete required materials. It's the 2<sup>nd</sup> custom edition.

Student Learning Outcome: The student will be able to demonstrate information competency by being able to locate and identify health related articles from appropriate internet sources. 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. Identify credible health sources and methods to access health information. Compare risk factors versus benefits of health choices and assessment tools used to evaluate health status of individuals.

Week 1-6 Chapters 1,2,3,(4)+Focus on Spiritual and Sleep- Assessing Your Health, Health information, Body systems, Managing stress, Promoting and Preserving Psychological Health, Communication

Week 7 & 8- Chapters 5 & 6 – Healthy & Caring relationships, Sexuality, Reproduction

Week 9 – Chapters 7, 8 - Addiction and Drug Abuse, Alcohol, Tobacco

Week 10-13- Eating, Maintaining a Healthy Weight, and Personal Fitness

Week 14-16- Cardiovascular Disease, Cancer, Infectious and non infectious disease

[Consumerism, health care, and environmental health subjects will be covered within all units]

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

Evaluation:	2 Exams- Midterm 50pts, Final -50pts	100 pts
	Quizzes, 7 x 10 pts (8 or more will be given, drop lowest score)	70 pts
	Internet Literacy Critique Paper =40 points	40 pts
	Assignments: Example-Family Tree, CDC, CVD/Diabetes	35 pts
	BMR/THR, Nutrition Log 10 pts, Health Issue pro/con	
	Participation	<u>5 pts</u>
Note:	quizzes & exams will have time limits, approx. 1 minute per question	250 total points

Grading Scale: 90% of 250 and above earns an A grade in the class.

80%-89% = earns a B

Final exam is Monday, Dec. 9<sup>th</sup>

70%-79% = earns a C

at 10-12:00am in HFAC 204

60%-69% = earns a D

59% of 250 points or lower earns a failing grade in the class.

A new state policy in effect limits students to 3 attempts per course. Receiving a grade or "W" for a course counts as an attempt, regardless of when the course was taken. Withdrawal by

EXAMS and Quizzes: Exam questions reflect information from the textbook, lecture, and films shown in class. The exams and quizzes are timed and will include multiple choice questions (primarily), yet with some true/false and short answer. 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. The exception is with the DSPS (disabilities) office or if the quiz is a take home quiz. Please do not ask to take the quiz early or late within the class time. Final exam is Mon., Dec. 9<sup>th</sup> at 10-12am in the same room, HFAC 204

There are NO MAKEUPS. Remember, you may drop, or eliminate a quiz score. Therefore, if you miss, or do not do well on a quiz, it will be dropped from your total count.

Internet Literacy Paper: LIBRARY HEALTH WORKSHOP REQUIRED! Your 40pt paper will not be accepted without your "stamped" library workshop paper attached. To get this, you must take the 1 hour health workshop given at Mission Library, or do the online tutorial at the library website. You only take this once. After taking the workshop or completing the online tutorial, walk in the library to receive a "stamped" confirmation paper. This must be stapled to your paper along with the article you chose to read. The paper is due on or before the due date. The paper is due November 6<sup>th</sup>. The instructions and the rubric for this paper can be found on my website.

Briefly, your task is to find a full article on a health topic by searching the Internet. After reading your selected article, summarize it and comment on it by sharing your thoughts. The paper must only be one page in length. It must be typed in a 12pt letter size, and single spaced. No late papers are accepted, so please do not ask to turn it in later than class time on the due date. Please do not email them to me.

Participation: All students begin with 5 points in participation. Only if you contribute to class disruption, will points be lost. One point will be deducted if such disruptions as talking during lecture, films, or while another student is speaking. Other examples include, using the wrong size scan tron, cell phone or laptop makes noise, if food, drink other than water, children or guests (including animals) are brought into the classroom, if constant noise is created by shuffling papers or tapping compulsively, going in and out of the classroom.

If you exit the room, and plan to return, make it unknown by being quiet and hold the door. Five will not be added to your total if you do not participate in more than 4 class periods.

Class information:

1. Scantrons – These are needed for quizzes and exams unless otherwise told. Small (15 no.) and large (50 no.) are needed. These are available at our bookstore, Eagles Landing.
2. Being punctual is appreciated and avoids disrupting class. Attending a class helps students succeed, but is not required. Participation is key to success and tied to point gain or loss. Roll is taken for records regarding administrative effectiveness and participation accountability.
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-There will be no late papers accepted. If you cannot come to class to hand in your paper, arrange to have a fellow student bring it in, or turn it in before the due date. I only accept a paper that is ready for final grade. I do not "proof" read for students. It is my policy to hold all students to the same standards. You may hand in your Internet Lit. paper early.
5. If you have a learning disability, or circumstance that is a concern, 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 institutional environment.
6. The student is responsible to register, add, drop or/ and confirm their class position.

Classroom/ facility rules of Mission College HFAC

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.
6. We ask that no high point heel shoes be worn on the hallway floors.

Assignment approximate due dates:

Literacy Paper- Wednesday, November 6<sup>th</sup>

CDC-September 4<sup>th</sup>

Genetic Tree-September 11<sup>th</sup>

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