

Cooper, C
Fall, 2014
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SYLLABUS
for Health 11
#0282 MW(8:55-10:20am)

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

Required Textbook: Health, The Basics, 3rd Custom Edition, Pearson, by Rebecca J. Donatelle ISBN-#978-1-269-92686-7, and available in Mission bookstore. IF buying online, the ISBN# is 1269963015. Be sure to purchase the access code for the Mastering Health web site.

Student Learning Outcomes,

1.Information CompetencyThe 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-Finding the Right Balance- defining health, influences on it, and improving your mental, emotional, and spiritual health. Studying chapters 1,2,3 and FOCUS ON financial,spiritual,sleep.

Part 5-Preventing and Fighting Disease-non infectious and infectious disease. Studying chapters 12, 13 and FOCUS ON minimizing risk for diabetes, reducing risks and coping with chronic disease conditions.

Part 2-Creating Healthy and Caring Relationships- communication, sexuality, avoiding drug use and addiction.Studying chapters 5,6,7,8.

Part 4-Building Healthy Lifestyles- eating, body weight control, fitness. Studying chapters 9,10,11 and FOCUS ON body image

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

Evaluation:	2 Exams- midterm (50 points), final 50	100 pts
	Quizzes, 6 x 15pt (more may be given, drop lowest score)	90 pts
	Global Awareness SLO Assessment Paper	20 pts
	Assignments: CDC, Family Tree, Nutrition/Exercise plan	20 pts
	Participation	<u>20 pts</u>
Note:	quizzes & exams will have time limits, allowing approx. 1 min.per question	250 total points

Grading Scale: 90% of 250 and above earns an A grade in the class. 224+
80%-89% = earns a B 200-223
70%-79% = earns a C 175-199
60%-69% = earns a D 150-174
59% of 250 points or lower earns a failing grade in the class.

Final exam is Monday, December 15, 10:00-12:00am

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

EXAMS and Quizzes: Exam questions reflect information from the textbook, lecture, and films shown in class. The exams and quizzes are timed will include multiple choice questions (primarily), yet with some true/false . Short answer question 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. The exception is with the DSPS (disabilities) office or if the quiz is a take home quiz. Approximately 8 will be given during the semester. If you miss the quiz, it cannot be taken after it's handed out. Please do not ask to take the quiz earlier or later within the class time. There are NO MAKE-UPS . 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. Your 6 best scores will be used for your final grade

Global Awareness SLO Assessment Paper: The paper is due on Monday, October 20, 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: All students begin with 20 points in participation. Being punctual and in class regularly is important. Roll will be taken at the beginning of class, or taken by quiz. If you miss roll, inform me of your participation at the end. Taking part in class discussion and group activity is highly encouraged. If you contribute to class disruption, will points be lost. One point will be deducted for each class disruption. Examples of disruption include, talking during class lecture or films, using the wrong size scantron, 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. 20 points will not be added to your total if you do not participate in more than 5 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 the bookstore, Eagles Landing.
2. Being punctual is appreciated and avoids disrupting class. Attending 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.
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.

