Los Angeles
Mission College

Department of Kinesiology
13356 Eldridge Ave
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Health 11 PRINCIPLES OF HEALTHFUL LIVING
Section: 0133

Course Syllabus

Semester & Year: Fall, 2014	Instructor: Steve Ruys
Units: 3	Office Phone: (818) 364-7621
First Day of Class: September 3rd[t], 2014	Fax: (818) 833-3307
Final Grades Posted by: December 20th, 2014	Email: ruyssc@lamission.edu
Class Days & Times: M, & W 10:35am-12:00pm	Website: www.lamission.edu/~ruyssc
Final Exam: December 17th, 2014 10:00am-12:00pm	Office: HFAC 103E
Holidays: 9/1, 11/11,	Office Hours: T & TH 10:30am-1:00pm

Course Description

Offers health concepts to use today and tomorrow as guidelines for self-directed responsible living. Emphasis is placed on relating health concepts to the individual's well-being in personal, community, vocational and leadership roles.

Student Learning Outcome

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

Course Objective

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.

Required Textbook

Donatelle, R. Health, The Basics, Custom Edition, Pearson
ISBN #: 1269926861

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. Homework 100 points

At the end of each chapter there is a section called Assess Yourself, this is your Homework. This must be turned in at the start of each new chapter. Late homework will not be accepted.

2. Class Participation 50 points

Regular and punctual attendance is extremely important. Roll will be taken either by sign in or by the collection of your quiz scores. We will meet 31 times for this class and you will receive points each day for your participation. Active participation in group and class discussions are required.

3. **Global Awareness Paper** /Current Event/Critique Paper 100 points

You will have 2 current event papers due throughout the summer. They must be on a health related topic we have covered or are going to cover in class. Each paper is worth 50 points and must be no more than 3 pages, written in the most current APA style (12pt font with 1" margins). The article must be attached to the paper. Review the scoring rubric below.

4. Quizzes 120 points

You will have the opportunity to take 8 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.

5. Mid Term 100 points

Comprehensive Midterm on the first half of the semester.

6. Final 100 points

Comprehensive Final on the Last half of the semester.

7. Final Project 200 points

The final project will be discussed the first week of class.

Grading Procedures

A	90-100%	693-770
B	80-89%	616-692
C	70-79%	539-615
D	60-69%	462-538
F	0-59%	001-461

Participation:

5 points = Full participation
4 points = Partial participation
3 points = Some participation
2 points = Few participation
0 points = No participation

Schedule:

Week 1

September 1st Monday: No School Labor Day
September 3rd Wednesday: Go Over Syllabus, Go over Web Access, Semester Long Assignment, Add Students

Week 2

September 8th Monday: Chapter 1
September 10th Wednesday: Chapter 1, Assess Yourself Homework Due,

Week 3

September 15th Monday: **Quiz 1 Chapter 1**, Chapter 13
September 17th Wednesday: Library Workshop Meet in the Library room LRC 205

Week 4

September 22nd Monday: Chapter 13, Ch. 13 Assess Yourself Homework Due.
September 24th Wednesday: **Quiz 2 Chapter 13,** Chapter 9.

Week 5

September 29th Monday: Chapter 9.
October 1st Wednesday: Chapter 9, Ch 9 Assess Yourself Homework Due

Week 6

October 6th Monday: No Class
October 8th Wednesday: **Quiz 3 Chapter 9**, Chapter 10, Ch. 10 Assess Yourself Homework Due, **Global Awareness Paper Due**.

Week 7

October 13th Monday: **Quiz 4 Chapter 10,** Chapter 11,
October 15th Wednesday: Chapter 11, Ch. 11 Assess Yourself Homework Due.

Week 8

October 20th Monday: **Quiz 5 Chapter 11**, Chapter 12
October 22nd Wednesday: Chapter 12, Ch. 12 Assess Yourself Homework Due.

Week 9
October 27th Monday: **Quiz 6 Chapter 12,** Review
October 29th Wednesday: Mid Term

Week 10
November 3rd Monday: Chapter 3,
November 5th Wednesday: Chapter 3, Ch. 3 Assess Yourself Homework Due.

Week 11
November 10th Monday: **Quiz 6 Chapter 3,** Chapter 5
November 12th Wednesday: Chapter 5, Ch 5 Assess Yourself Homework Due,

Week 12
November 17th Monday: **Quiz 7 Chapter 5**, Chapter 6
November 19th Wednesday: Chapter 6, Ch. 6 Assess Yourself Homework Due, **Current Event Paper Due**

Week 13
November 24th Monday: **Quiz 8 Chapter 6**, Chapter 7
November 26th Wednesday: Chapter 7, Ch. 7 Assess Yourself Homework Due

Week 14
December 1st Monday: Chapter 8
December 3rd Wednesday: Chapter 8

Week 15
December 8th Monday: Turn in Final Project, Review
December 10th Wednesday: Review

Week 16
December 17th Wednesday: Final

Class Information and Management Requirements

Scantrons

You are going to need 8 scantrons for quizzes – be prepared!

SPECIAL ACCOMMODATIONS

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

Cell Phones

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

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 quiz has been given out.

Class Attendance

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points.

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

Health 11 Current Event Paper Instructions

Search the Internet for an article on a health topic of your choice. Choose a subject area that has global impact, or relates to a global issue. Summarize the content of the article by writing out the main points of the article. Second, give your comment about what you learned from the article and how it may relate to you. Print out and attach a copy of the article to the last page of your paper. Hand it in to the instructor on the due date.

You will be more successful if you follow directions. Some details of the directions are listed below.

1. Searching Internet- Select a health related research article that has a primary or secondary source. It must be from a credible site, one respected, or valued by health professionals and one that is substantial in length, being no less than 5 paragraphs. At the beginning of your article, identify your source, the date, who wrote it, and if it is a primary or secondary source. Check if references are sited, if so identify them. (No Q & A, FACTS, encyclopedia, advertisement, or press releases).

2. Write on content- Indicate if your article is a primary or secondary source. Write the title of the article at the top of your paper. Summarize the information given in the article, including the main points made. If opinions are given, you may tell whether you agree or disagree. However, be clear on who you disagree with, and back up your opinion with facts and logic.

3. Format- Your critique should be no more than 3 pages long and written in paragraph form. Type the paper, using a 12pt size, with Times New Roman font, double spaced, black ink, on white paper. Print out the article from the website. Place your typed paper on back of the article you choose and staple it in the upper left hand corner.

4. Review the rubric posted on my website page. This is the guide used to evaluate, or grade, your paper. I suggest you always proof read your paper twice, reading it once silently, once out loud. Then hand it to another trusted friend or family member to read. Plan to make corrections to make it your best. If any material is plagiarized, zero points will be earned.

5. Caution: A good strategy is to complete the paper 24 hours before the due date. This allows for computer access problems, printer problems, emergencies etc. This will lessen the pressure, or stress factor which could prevent you from handing in your best work. In addition, it will assure it is handed in on the due date. There will be no late papers accepted, NO EXCEPTIONS. If you know you cannot be in class to hand it in, find someone to hand it in for you. If you arrange with me to hand it in earlier than the due date, it will be accepted.

Current Event Paper Rubric ~ Health 11

Grading Criteria:

EVALUATION CRITERIA	POINTS EARNED
A. Article Chosen (maximum 10 credit points can be earned)	
• Research article as a primary or secondary source is selected, & it clearly relates to the given assignment. Appropriate Internet source was used. It contains many thorough substantial details about a health topic.	**10**
• Research article as a primary or secondary source is selected, & it clearly relates to the given assignment. It contains some/few details about a health topic.	**8**
• Article selected is not a primary source, nor list secondary sources. It somewhat relates to the given assignment. One or No substantial details about a health topic.	**6**
• Article has little relationship to the given assignment.	**4**
B. Content/Focus of paper (maximum 10 credit points can be earned)	
• The paper clearly discusses the main points of the article with supporting comments demonstrating understanding of the points.	**10**
• The paper somewhat discusses the points of the article but is lacking in some significant area/s	**8**
• The paper vaguely focuses on the main points of the article.	**6**
• The paper does not relate to the main topic of the article.	**4**
C. Grammar/Spelling (maximum 10 credit points can be earned)	
• There are no errors in grammar/spelling that distract the reader from the content.	**10**
• There are 3-4 errors in grammar/spelling that distract the reader from the content.	**8**
• There are 5-8 errors in grammar/spelling that distract the reader from the content.	**6**
• There are more than 8 errors in grammar/spelling that distract reader from the content.	**4**
D. Thoroughness/Completeness of Assignment (maximum 10 credit points can be earned)	
• Appropriate source was used; paper was written with the specific guidelines, and instructor's instructions were all followed. Copy of the article and workshop verification was turned in with paper.	**10**
• Appropriate source was used; paper was written with specific guidelines, instructor's instructions were mostly followed. Copy of article and workshop verification was turned in with the paper.	**8**
• Inappropriate source was used; paper was not written with specific guidelines, and instructor's instructions were somewhat followed. Copy of article, or workshop verification may not have been turned in with the paper.	**6**
• Inappropriate source; paper written without following specific guidelines, and most of the instructor's instructions were not followed.	**4**

Health 11 Final Project Instructions

Create a semester long health and fitness log book. This is your final project for Health 11 and it is worth 26% of your grade. Create an informative and professional log book. Include all Homework, Goals, Daily and Weekly Workout Logs, Dietary Log, and other information you feel will help you maintain a healthy lifestyle.

- DO NOT WAIT UNTIL THE LAST WEEK!

Final Project Rubric ~ Health 11

Grading Criteria:

Personal Workout Program Student designs and implements a personal fitness program for the semester.				
	Poor **16 pts**	**Fair** **24 pts**	**Good** **32 pts**	**Exceptional** **40 pts**
Goal Setting Establish short-term and long term goals based on health related components and initial assessment	Poor -General goals for some health related components. -Goals are not based on initial personal assessment	Fair -General goals for at least three health related components. -Some (25%) goals are based on initial personal assessment. -Has at least one specific short-term & long-term goal.	Good -Has at least one specific short-term & long-term goal for all health related components. -Most (50%) goals are based on the evaluation of the initial assessment data.	Exceptional -Has at least one specific short-term & long-term goal for all health related components. -All goals are based on the evaluation of the initial assessment data.
Components of Health Related Fitness Four components of health are represented in the program. -cardiorespiratory -Muscular strength -Muscular endurance -Flexibility	Poor -One component is represented in the program.	Fair -Two components are represented in the program.	Good -Three components are represented in the program.	Exceptional -All components are represented in the program.
Planning Development of the actual workout program	Poor -Plan addresses some (25%) of the stated goals. -Activities are irrelevant or are not sequenced properly.	Fair -Plan addresses most (50%) of the stated goals. -Some (25%) activities are irrelevant and are sequenced properly.	Good -Plan addresses all of the stated goals. -Most (50%) activities are relevant and are sequenced properly.	Exceptional -Plan addresses all of the stated goals. -All activities are relevant and are sequenced properly.
Implementation Journal is filled out program is implementing throughout the semester.	Poor -Insufficient evidence of implementation of program. -Program not recorded on daily log sheets.	Fair -Implemented some (25%) of planned activities. -Program logs are incomplete.	Good -Implemented most (50%) of planned activities. -Program logs are complete.	Exceptional -Implemented all of planned activities. -Program logs are icomplete.
Organization Organization of the program	Poor -The program's format and organization is confusing to the reader.	Fair -The program is well-formatted and well-organized	Good -The program's format is attractive and well-organized.	Exceptional -The program's format is attractive and well-organized