

Health 11 Course Syllabus

Instructor: Professor Heather Eubanks Email: eubankha@lamission.edu

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

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

Expectations:

- There are no on campus meetings for this course. Everything for this class is done in the online environment. This includes the instructor's office hours which are also online.
- Assignments are available on a week to week basis. You cannot miss assignments during one week and then go back and complete them at a later date. Once a week closes, those assignments are no longer available.
- 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 (online) office hours on Fridays 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. Under General Course Information there is a document I created titled "How to Use Virtual Office Hours" 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 assignments 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. If you stop participating but fail to drop the class, you will receive an F in the class.

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 @ 25 points	25	100
Weekly Quizzes (by Chapter)	10	150
4 Exams @ 50 points	50	200
Cumulative Final Exam	100	100
Total Points Possible		875

Additional Information about Student Services

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

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