

Instructor

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Course Description and Objectives

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.

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

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

Student Learning Outcomes

- **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.
- **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 Course Text

Donatelle, R., Health- The Basics, 10th edition, Pearson

It is strongly recommended that students purchase the text new at the LAMC bookstore to have the abbreviated manual that was especially arranged for Mission College students.

Expectations of Students

1. Out of respect for your peers, instructor, and academic environment, please turn off anything that beeps, plays music, rings, etc. This includes all cell phones, ipods, etc. Please note that photos and video are not permitted during class.
2. When sending e-mails to the instructor, please include "Health 11" in the subject line otherwise the email may be mistaken as junk mail.
3. Students are expected to check their Mission College email on a regular basis as class announcements or reading assignments may be given via email.
4. When sending emails to the instructor, please follow e-mail guidelines.
5. Students are expected to arrive on time and prepared to class. Students are expected to complete all reading assignments prior to class in order to be prepared to participate fully in class discussions and activities.
6. All assignments and papers are expected on the due date. Late assignments or papers will not be accepted.
7. There will be no makeup examinations; a missed exam is count as a 0 toward the final grade. In cases of emergency, students are expected to discuss alternate arrangements with the instructor prior to the exam.

Grading and Course Requirements

Final grades for this course will be based on the number of points accumulated by each student. Grades will include writing assignments, class attendance and participation, Library/Journal critique paper, midterms and the final examination. Assignments are due at the beginning of class. Late papers will be not accepted. Unexcused absences, tardiness, lack of preparation for class, and incomplete assignments will negatively affect your ability to complete class objectives, and, therefore, will affect your grade. The grade distribution is as follows:

A= 90-100%	C=70-79%	F= 59% and below
B= 80-89%	D= 60-69%	

Academic Dishonesty, Plagiarism and Unethical Conduct

Academic dishonesty includes plagiarism of work by any other individual, cheating, or handing in another student's work as your own. Any cases of academic dishonesty will reported immediately and may result in the assignment of an "F" in the course.

Method of Evaluation	Points Possible
Midterm one	100
Midterm two	100
Attendance and Participation	58
Writing Assignments	100
Library/Journal critique paper	16
Final Exam	100
Total Points Possible	474

Description of Assignments

Midterms and Final Exam (100 points each)

Exams will include material from reading assignments, handouts, lectures, guest speakers, films, class discussions and other specified material. The final exam is not cumulative.

Library/Journal Critique Paper

This assignment is designed to assess our student learning outcome dealing with global awareness. Each student is required to attend a library health workshop to assist you on this assignment. The workshop schedule and additional information on this assignment can be found in the course syllabus.

Participation and Attendance

Attendance and participation in class is required. Points will be given for attendance, participation in the library health workshops, and through mini quizzes that will be administered at the start of class sessions.

Writing Assignments (10 points each)

Periodically, students will be asked to summarize and analyze a reading assignment, class discussion, current event, activity, lecture, etc. These assignments will be assigned as homework and should be typed.

Course Schedule (*Instructor reserves the right to modify the course schedule*)

<u>Date:</u>	<u>Topic:</u>	<u>Reading Assignment:</u>
Week 1: 2/22/14	Introduction and Course Overview	Chapter 1
Week 2: 3/1/14	Promoting and Preserving Psychological Health Managing Stress	Chapters 2 and 3
Week 3: 3/8/14	Drugs and Alcohol: Avoiding Risks from Harmful Habits	Chapters 7 and 8
Week 4: 3/15/14	Midterm Exam #1	
Week 5: 3/22/14	Sexuality Relationships and Your Health	Chapter 5
Week 6: 3/29/14	Anatomy, Reproduction and Sexual Health	Chapter 5
Week 7: 4/5/14	Reproductive Life Planning: Contraception Planning for a Healthy Pregnancy: Preconception care	Chapter 6
Week 8: 4/12/14	Spring Break!	
Week 9: 4/19/14	Pregnancy and childbirth	Chapter 6
Week 10: 4/26/14	Pregnancy Options: Parenting, Adoption, Abortion	Chapter 6
Week 11: 5/3/14	Midterm Exam #2 Sexually Transmitted Infections	Chapter 13
Week 12: 5/10/14	Chronic and Infectious Disease	Chapters 12 and 13
Week 13: 5/17/14	Healthy Eating	Chapter 9
Week 14: 5/24/14	Maintaining Healthy Weight and Body Image Current Event Critique Due	Chapter 10

Week 15: 5/31/14

Personal Fitness

Chapter 11

Week 16: 6/7/14

Final Exam, 10 am- noon

**LA Mission College Health Workshop Schedule
Spring Semester 2014**

<u>Date</u>	<u>Time</u>	<u>Workshop</u>	<u>Location</u>
Thur, Feb 13	10:45am	Health	LRC205
Fri, Feb 21	9:00am	Health	LRC205
Wed, Feb 26	6:00pm	Health	LRC205
Sat, Mar 1	9:00am	Health	LRC205
Fri, Mar 7	9:00am	Health	LRC205
Tues, Mar 11	6:00pm	Health	LRC205
Fri, Mar 21	9:00am	Health	LRC205
Fri, Mar 28	9:00am	Health	LRC205
Wed, Apr 2	6:00pm	Health	LRC205
Fri, April 18	9:00am	Health	LRC205
Thur, April 24	10:45am	Health	LRC205

This assignment is designed to assess our student learning outcome dealing with global awareness. To fulfill the requirements of this assignment, each student is required to attend a library health workshop to assist you in locating appropriate health related journal articles. At the completion of the library workshop, you will be given a “receipt” for attendance, please attach this documentation to your assignment.

The assignment must be 2 pages (minimum), typed, and double spaced. Please proof read and spell check your paper as grammar and spelling matter!

To complete this assignment, you will need to select a health related journal article. Please do not select a fact sheet or news article. To find an appropriate journal article you may need to visit and explore several sites. You may choose a health topic that is of interest to you.

The article critique should include such things:

- A summary of the information in your own words
- Why did you select this article/report?
- What is the purpose of the article?
- Is this a credible and appropriate website? How can you tell that this site and information is reliable?
- Does the text help you understand the subject? What did you learn from reading this document?

Please include a copy of the article when you submit your assignment.