

Department of Kinesiology 13356 Eldridge Ave

3356 Eldridge Ave Sylmar, CA. 91342 (818)364-7600

# Health 11 PRINCIPLES OF HEALTHFUL LIVING

Section 0294

# **Course Syllabus**

Semester & Year: Spring 2014	Instructor: Steve Ruys	
Units: 3	Office Phone: (818) 364-7621	
First Day of Class: February 10, 2014	Fax: (818) 833-3307	
Final Grades Posted by: June 10, 2014	Email: ruyssc@lamission.edu	
Class Days & Times: M, & W 8:55am-10:20am	Website: www.lamission.edu/~ruyssc	
Final Exam: June 6th, 2014 8:00am-10:30am Office: HFAC 103E		
Holidays: 2/17/2014, & 5/26/2014	Office Hours: M & W 11am – 1:30pm	

# **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. The student will be able to demonstrate information competency concerning health subject matter and health issues in historical, current, and future perspectives by combining aspects of library literacy, research methods and technological literacy.
- 2. Students will be able to use assessment tools to evaluate and rate their current health status, determine their strength and weakness in each dimension of health, and gain insights to potentially make healthy lifestyle changes.
- 3. Students will be able to apply the principles and concepts set forth by health and medical professional organizations to function in a healthy fitness zone, live a healthy lifestyle and adapt to stressors on a daily basis in order to enhance the quality of one's life both now and in the future.
- 4. Students will be able to analyze two views of a local or global health issue and formulate a response to that issue.

## **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, 10th edition, Pearson ISBN # 9781256704560

#### **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. Class Participation 150 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 30 times for this class and you will receive 5 points per day that you participate. Homework and active participation in group and class discussions is required.

2. Current Event Paper 100 points

You will have 5 current event papers due throughout the semester. They must be on a health related topic that we have covered or are going to cover in class. Each paper is worth 20 points and must be no more than 2 pages, written in the most current APA style (12pt font with 1" margins). The article must be attached to the paper. The due dates are Wednesday on the 3<sup>nd</sup> week, 5<sup>th</sup> week, 7<sup>th</sup> week, 11<sup>th</sup> week, and 13<sup>th</sup> week.

3. Quizzes 120 points

You will have 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.

4. Mid Term 100 points

Your midterm will be on the chapter covered through the first half of the class.

5. Final Exam 100 points

The final exam will be on all chapters covered after the midterm.

## **Grading Procedures**

Α	90-100%	513-570
В	80-89%	456-512
C	70-79%	399-455
D	60-69%	342-398
F	0-59%	001-341

#### **Participation**:

5 points = full participation per class.

4 points = most, but not all are demonstrated

3 points = some are demonstrated

2 points awarded if few are demonstrated

0 points earned if participation behaviors are not demonstrated

## **Schedule:**

Week 1

Monday: Take roll, Go over syllabus, & Add students.

Wednesday: Chapter 1.

Week 2

Monday: Chapter 1.

Wednesday: **Quiz 1 on Chapter 1,** Chapter 2.

Week 3

Monday: Chapter 2.

Wednesday: 1<sup>st</sup> Current Event Paper Due, Chapter 3.

Week 4

Monday: Chapter 3.

Wednesday: Quiz 2 on Chapter 2 & 3, Chapter 5.

Week 5

Monday: Chapter 5.

Wednesday: 2<sup>nd</sup> Current Event Paper Due, Chapter 6.

Week 6

Monday: Chapter 6

Wednesday: Quiz 3 on Chapter 5 & 6, Chapter 7.

Week 7

Monday: Chapter 7.

Wednesday: 3<sup>rd</sup> Current Event Paper Due, Chapter 8

Week 8

Monday: Chapter 8. Wednesday: **Midterm** 

Week 9

Spring Break

Week 10

Monday: Chapter 9. Wednesday: Chapter 9.

Week 11

Monday: Quiz 4 on Chapter 9, Chapter 10.

Wednesday: 4th Current Event Paper Due, Chapter 10.

Week 12

Monday: Chapter 10

Wednesday: Quiz 5 on Chapter 10, Chapter 11.

Week 13

Monday: Chapter 11.

Wednesday: 5<sup>th</sup> Current Event Paper Due, Chapter 11

Week 14

Monday: Chapter 11.

Wednesday: Quiz 6 on Chapter 11, Chapter 12.

Week 15

Monday: Chapter 12.

Wednesday: Quiz 7 on Chapter 12.

Week 16

Monday: Chapter 13. Wednesday: Chapter 13

Week 17

Monday: Quiz 8 on Chapter 13, Review

Wednesday: Review

Week 18

Monday: Final

# **Class Information and Management Requirements**

#### **Scantrons**

You are going to need 10 scantrons for quizzes the midterm and the final exam – 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/

- <u>Counseling Department</u>: For appointments and information call 818-364-7655 or visit <a href="http://www.lamission.edu/counseling/">http://www.lamission.edu/counseling/</a>
- •<u>Disabled Students Programs and Services</u>: For appointments and information call 818-364-7732 or visit <a href="http://www.lamission.edu/dsps/">http://www.lamission.edu/dsps/</a>
- 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 <a href="http://www.lamission.edu/financialaid/">http://www.lamission.edu/financialaid/</a>
- •<u>Library</u>: For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or <a href="http://www.lamission.edu/library/">http://www.lamission.edu/library/</a>
- <u>Tutoring Services in Learning Center</u>: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit <u>www.lamission.edu/learningcenter</u>