LOS ANGELES MISSION COLLEGE
Department of Physical Education & Health

Syllabus for Spring 2014

B. Choudhury
Phone: (818) 364-7600 x 4241
Email: choudhb@lamission.edu
Office Location: HFAC 202
Office Hours: Tue 8:00 a.m .- 8:35 a.m.
Thurs 12:15 p.m.–1:30 p.m.
OR BY APPOINTMENT

Number and Title of Course

Health 11 – Principle of Healthful Living (3 units)

Class Description

The purpose of this course is to bring about improved health and well-being through the promotion of healthful lifestyles, and conditions that make it possible to lead a healthy life for a long time.

Course Objectives

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

- Demonstrate understanding of the health principles from 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.

Textbook

Donatelle, Rebecca J – Health The Basics – ISBN 978-1-256-82365-0

Participation

Regular and punctual attendance is important. Roll will be taken and participation in class discussions is highly encouraged. You will lose participation points if you arrive late to class or leave early. It is the student's responsibility to drop or withdraw from class. A grade must be given even if the student stops attending class but does not drop the class.

On the days when we have quizzes, you will not be given that quiz if you arrive after the quizzes have been given out. If you are arriving after the class has begun please enter quietly through the back door.

Grading

All reading should be done prior to coming to class, so that students will be able to discuss the material. In addition, there will be:

- Seven quizzes (lowest two will be dropped) - 200 points
- Exam 1 - 100 points
- Exam 2 - 100 points
- Worksheets - 60 points
- Participation - 20 points
- Critique - 20 points

- Total - 500 points

Grades will be averaged as follows: A = 90% B = 80% C = 70% D = 60% F = Below 59%.

In order to receive a grade you must complete the information competency workshop and critique. Assignments will be explained in class. Students who are absent are responsible for getting notes / assignments from another student. Homework and exam

dates will be given in class. Late assignments will be accepted with a penalty, only at the next session and will not be accepted thereafter.

No extra credit will be available. Missed assignments, quizzes & exams cannot be made up. All quizzes and exams require a scantron and a #2 pencil.

Integrity: Any student who is caught cheating on or copying an assignment will receive 0 points. Other breaches of integrity may have more serious consequences.

Interruptions: Please do not interrupt class by having cell phones going off. Anyone who forgets to turn off these signals may be asked to leave class. Please, no eating or drinking in class.

Tentative Class Schedule

Date	Topic	Chapter
Feb 11 – Feb 13	***Introduction to Health***	**Ch 1-2**
Feb 18 – Feb 20	***Stress Management***	**Ch 3**
Feb 25 – Mar 11	***Alcohol, Tobacco and Drugs***	**Ch 7-8**
Mar 13 – Mar 25	***Aging, Death & Dying***	
Mar 27 – Apr 22	***Relationships***	**Ch 5-6**
Apr 24 – May 8	***Exercise and Nutrition***	**Ch 9-11**
May 13 – May 29	***Preventing and Fighting Disease***	**Ch 12-13**

Holidays

February 14-17, March 31, Spring Break April 7-13, May 26-27.

Drop Dates

February 23 is last day to drop without a “W”.

May 11 is last day to drop for semester with a “W”.

Note

LACCD enrollment limit – The limit is now three times to take a class and includes both substandard grades and withdrawals.