

HEALTH 11
Cooper, C
Spring, 2019

SYLLABUS # 17585
28313 M W 3:45-5:10pm

Office hr: HFAC 202D, 12-2:30pm on MW
or Tues. 10:20-11:20am, or arrange apt.
CANVAS WILL BE USED, (818) 364-770

cooperck@lamission.edu

Required Textbook: Health, the Basics, 13th edition, Rebecca J. Donatelle. Sold in the Eagles Landing Student Store on main campus or at CMS annex store. You have a choice of purchasing the
Hard copy textbook ISBN #9780134814285 or the E-book ISBN #9780134814506

Note: There will be a health textbook at the reference desk in the Mission Library that you may check out for a maximum of 2 hours.

Guide/schedule to cover material during the semester. Read, study, and use your text now.

Part 1- Chapters 1-4 Focus ON, (15&16), Psychological & Spiritual health, Manage Stress, Sleep,

Part 2- Chapters 8 & 9, Addiction and Drugs

Part 3- Chapter 5-7, Communication, Violence & injury, Sexuality, Reproduction

Part 4- Chapters 10-12 Nutrition, Fitness and Maintaining Weight

Part 5- Chapters 13 & 14, Heart disease, Cancer, Infectious disease

Part 6- Chapters 15 & 16 Health Care and Environmental Health subjects are integrated

Evaluation:	Exams-midterm, final 50 points each,	100 pts
	Quizzes, 15 X 4pts (5 or 6 given, drop lowest score)	60 pts
	Radio lab, ethics paper- 20pts Global Awareness RxDW 15 pts.	35 pts
	Assignments: CDC (5), Nutr log (5), Data sheet (10pt classwork)	20 pts
	Participation	<u>5 pts</u>
		220 total points

Note: quizzes & exams will have time limits, allowing approx. 1 minute per question

Grading Scale:	90% of 220 and above earns an A grade in the class.	198
	80%-89% = earns a B	176-196
	70%-79% = earns a C	154-174
	60%-69% = earns a D	132-151
	59% of 220 points, or less, earns a fail mark	131 or lower, suggest class repeat

Final exam schedule is posted on the LA Mission website. Final class is a 2 hour class during the last week of the semester. Final exams week is Tuesday, May 28 to Monday, June 3rd.

Our final is May 31st from 10:00-12:00

Holidays, or NO CLASS days are as follows. Presidents Day, February 15 & 18th. Cesar Chavez Birthday April 1, Spring Break-March 29 to March 31, & April 2 to April 5. Memorial Day, May 27th

Note: College closed from February 15-18 and March 28 to April 5.

The standard for evaluation remains the same for all students enrolled. There is no "extra credit" or way for one student to get ahead or make up for lost point opportunities, for I would consider that favoritism or unfair to other students. If an opportunity for added points is offered, it will be to all students. No late papers or assignments will be accepted, yet they may be turned in prior to a due date. Students may have relatives, friends or classmates hand it in for them if a situation does not allow direct contact. No exceptions, so please plan ahead. No notes from parents, doctors or school administrators are required or accepted at any time, as there is no outside authority that can "excuse" your behavior or performance that warrants the class standards to be lowered or altered. Thank you.

EXAMS and Quizzes: Test questions reflect information from the textbook, lecture, and films shown in class and class discussion. The exams and quizzes will include multiple choice questions (primarily), yet with some true/false. Short answer questions will appear on quizzes only. Quizzes will be given during a class time that is determined as the class

material is covered, about every other week. The quizzes will be administered to all students at the same time in the same classroom environment, exception is if there is a take home quiz or DSPS students. Please do not ask to take a quiz early or late within a class time. If you miss taking a quiz, remember, your lowest score is dropped. The highest 6 quiz scores count. All phones and devices must be put away out of sight especially while taking tests. If a device is seen, or other evidence of gaining information during evaluation, the quiz will be scored as "0" points.

Global Awareness Paper: The instructions for these 2 papers will be assigned in class. The instructions and rubric will be posted on my website and or on CANVAS. They are each 1-2 pages in length only. The exact due dates will be announced in class. Again, late papers will not be accepted, yet papers may be handed in pre-due date.

Assignments: These are done in and outside of class, worth 5 points each and are easy assignments that are personalized. These enhance learning concepts related to health concepts indicated in the text.

Participation points: All students begin with 5 points in participation. Single points may also be deducted for any disruption. Examples of disruptions: bringing food or drink other than water into room, talking during lecture, films, or while another student is speaking, continued talking after asked to stop, cell phone or laptop noise, breaking class rules (see below), constantly going in and out of the classroom door, shuffling papers or tapping neurotically, cheating, eating in class.

You risk being 'excluded' from the class roster if a non-participation occurs in two consecutive class meetings with no notification to the instructor within 24 hours of the second missed class. Once excluded, you will remain excluded. However, if you do not wish to continue the class, it is your responsibility to 'drop' the class in a timely manner. It is a courtesy to notify the instructor, yet is not a requirement. If you miss the first class meeting, your spot will be given to another student present and wishing to add.

Class information: NO FOOD OR DRINK, other than water, in the building. Keep a clean environment.

1. Scantrons – These are needed for quizzes and exams. These are available at the bookstore. You will need the small 15pt. scan sheet for quizzes, and the 50pt. question scantron for exams.

2. Being punctual is appreciated. Regular participation will increase success. Plan on attending every class. Get contact information from 5 other classmates just in case you miss a class. Contact them to keep you abreast of what was announced and covered in class.

3. There is no 'extra credit'. All students have equal opportunity to gain points. Concentrate on doing your best work on all assignments at all times. Manage your time to meet all deadlines.

4. Due dates- It is my policy to hold all students to the same standards. There will be no late papers accepted. You may hand it in before the due date. There are no "make ups" given.

5. If you have a learning disability that is a concern, and which may act as a barrier for success, please express it to me early in the semester, such as the first week of class. I will be more than happy to discuss options available within our institution's policy.

6. The student is responsible to register, add, drop or/ and confirm their class position.

7. Please be certain that your correct email address is on file with Mission College for messages. This is a student responsibility.

8. It's not a good idea to ask the teacher for any school supplies.

9. When emailing the teacher, address him/her with proper title (Ms Mr). Identify yourself with your full school "on record" name, class title, section number, or days and time of the class. Allow 24 hours for a reply before emailing with the same content. Do not assume it is read within minutes or a few hours after sending. Most of my time spent teaching is away from my desk. When in class or meetings, accessing school mail is not to be counted on.

HFAC- Health Fitness Athletics Center- facility rules:

1. No guests, or children are allowed to participate in any classroom environment. Children on campus must be supervised at all times for their safety and the safety of all others on campus. Supervised means within the sight and reach of the parent or guardian.

2. No food, gum, or drink other than water in an unbreakable container is permitted in the facility. Discard gum in a paper or tissue, not under the tables or chair seats. Then place the gum in a trash can. Ask for a tissue or small piece of paper if needed.
3. No smoking within 20 feet of the doorway to the outdoor environment.
4. If you have or make trash, please discard it in the trash can. If you have a recyclable item, please discard it in the recycling can. Replace your chair to proper desk position upon leaving.
5. Please turn off all cell phones while in the classrooms. Thanks a bunch.

You may eat when outside the building where there are tables and chairs across the pathway. You may smoke outside at a distance more than 20 feet from the building. Please place cigarette butt and trash in the trash cans nearby

Below is some contact information for your convenience.

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