

GRADING SCALE:

Attendance and Participation	25 points
Current Event	10 points
Quizzes	80 points
Midterm Exam	100 points
Written Assignments	85 points
Final Exam	100 points

325 - 400 = A

275 - 324 = B

220 - 274 = C

160 - 219 = D

159 points or less = F

WRITTEN ASSIGNMENTS:

- 1) A 2-3 page paper describing yourself and your health projections for the future. Realistically describe your anticipation of future health problems, possible means of prevention and health goals.
- 2) A short (1 page) paper critiquing an article from a health website.
- 3) A research paper of 4 to 6 pages on a health topic of your choice. At least two current references from appropriate journals or the literature or a credible website (2005 or later) must be used to substantiate your thesis.

Papers are to be typewritten, double spaced, and stapled together. Do not put the assignment in a folder. Papers will be graded on your ability to concisely and thoroughly cover the subject, AND your use of correct grammar, punctuation and spelling.

- 4) In addition, each student must present to the class a current article from the popular press or media. You may use magazines, the newspaper, the radio, T.V. or the Internet. Something relevant to health appears daily in the media. Discuss briefly the implications of the topic discussed in the article.

STUDENT LEARNING OBJECTIVES:

Information Competency: After completing Health 11, students will be able to demonstrate competency in library literacy, research methods and technological awareness evidenced by the ability to find, evaluate, use and communicate information relating to health issues.

Global Awareness: Students will be able to demonstrate an awareness of global approaches to health and environmental issues, evidenced by the ability to analyze these issues through varied perspectives and to articulate an understanding of their interconnectedness.

Course Outline – Fall, 2011

8/28	Introduction and Orientation	
8/30	Philosophy of Health, and how it influences Behavior and decisions	Chap. 1, 2
Week of 9/4	Stress and Mental Health	Chap. 3 Chap. 2
Week of 9/11	Nutrition and Weight Management	Chap. 9, 10, pgs. 318-321
Week of 9/18	(1st paper due) Physical Fitness	Chap. 11
Week of 9/25	Sexuality	Chap. 5, pgs. 141-152
Week of 10/2	Conception, Pregnancy and Childbirth	Chap. 6, pgs. 177-188
Week of 10/9	Contraception and Birth Control	Chap. 6, pgs. 158-176
10/11	Review for Midterm	
10/16	MIDTERM EXAM	
10/18	Routine Health Care	
Week of 10/23	Substance Use and Abuse	Chap. 7
Week of 10/30	(2nd paper due – 10/25/12) Alcohol and Tobacco	Chap. 8
Week of 11/6	Cardiovascular Diseases	Chap. 12, pgs. 352=365
Week of 11/13	Communicable Disease	Chap. 13, pgs. 397-411
Week of 11/20	Sexually Transmitted Diseases	Chap. 13, pgs. 411-422
11/22	Thanksgiving Holiday	
Week of 11/27	Chronic Diseases/Cancer	Chap. 12, pgs. 365-395
	FINAL PAPER DUE	Chap. 13, pgs. 422-430
	Review for Final	
Week of 12/4	Health Choices and Resources Aging, Death and Dying	
12/13	FINAL EXAM	