



## 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 (2008 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, 2013

|               |   |                           |
|---------------|---|---------------------------|
| 8/27          | Introduction and Orientation  |                           |
| 8/29          | Philosophy of Health, and how it influences Behavior and decisions                | Chap. 1, 2                |
| Week of 9/3   | Stress and Mental Health  | Chap. 3<br>Chap. 2        |
| Week of 9/10  | Nutrition and Weight Management   | Chap. 9, 10, pgs. 318-321 |
| Week of 9/17  | <b>(1<sup>st</sup> paper due)</b><br>Physical Fitness                             | Chap. 11                  |
| Week of 9/24  | Sexuality   | Chap. 5, pgs. 141-152     |
| Week of 10/1  | Conception, Pregnancy and Childbirth  | Chap. 6, pgs. 177-188     |
| Week of 10/8  | Contraception and Birth Control   | Chap. 6, pgs. 158-176     |
| 10/10         | <b>Review for Midterm</b>   |                           |
| 10/15         | <b>MIDTERM EXAM</b>   |                           |
| 10/17         | Routine Health Care   |                           |
| Week of 10/22 | Substance Use and Abuse   | Chap. 7                   |
| Week of 10/29 | <b>(2<sup>nd</sup> paper due – 10/25/12)</b><br>Alcohol and Tobacco               | Chap. 8                   |
| Week of 11/5  | Cardiovascular Diseases   | Chap. 12, pgs. 352=365    |
| Week of 11/12 | Communicable Disease  | Chap. 13, pgs. 397-411    |
| Week of 11/19 | Sexually Transmitted Diseases   | Chap. 13, pgs. 411-422    |
| 11/21         | Chronic Diseases/Cancer   | Chap. 12, pgs. 365-305    |
| Week of 11/26 | Chronic Diseases/Cancer   | Chap. 13, pgs. 422-430    |
| 11/28         | <b>Thanksgiving Holiday</b><br><b>Final Paper Due</b>                             |                           |
| Week of 12/4  | <b>Review for Final</b><br>Health Choices and Resources<br>Aging, Death and Dying |                           |
| 12/12         | <b>FINAL EXAM</b>   |                           |



**La Mission College Health Workshop Schedule  
Fall Semester 2013**

| <u>Date</u>   | <u>Time</u> | <u>Workshop</u> | <u>Location</u> |
|---------------|-------------|-----------------|-----------------|
| Fri, Sept 6   | 9:00am      | Health          | LRC205          |
| Thur, Sept 12 | 10:45am     | Health          | LRC205          |
| Wed, Sept 18  | 6:00pm      | Health          | LRC205          |
| Sat, Sept 21  | 9:00am      | Health          | LRC205          |
| Fri, Sept 27  | 9:00am      | Health          | LRC205          |
| Tues, Oct 1   | 6:00pm      | Health          | LRC205          |
| Fri, Oct 11   | 9:00am      | Health          | LRC205          |
| Fri, Oct 18   | 9:00am      | Health          | LRC205          |
| Wed, Oct 23   | 6:00pm      | Health          | LRC205          |
| Thur, Oct 31  | 10:45am     | Health          | LRC205          |
| Fri, Nov 1    | 9:00am      | Health          | LRC205          |