LOS ANGELES MISSION COLLEGE

HEALTH 11 Section# 3181 TUESDAY 6:50 – 10:00 P.M. Fall 2013

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OFFICE HOURS: HFAC Office: Tuesday 6:15 – 6:50 p.m.
TEXT: **Health: The Basics Pkg for LAMC ISBN: 978-1-256-70456-0**

Course Description

Title of Course:

Health 11 - Principles of Healthful Living (3 units)

Class Description:

This class provides the knowledge and principles of health that enables an individual to function optimally and adapt creatively on a daily basis in order to enhance the quality of one's life both now and in the future.

Course Objectives:

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 disease prevention.
2. Demonstrate understanding of self-responsibility for personal health and wellness.
3. Understand the impact that personal behaviors and social trends have on an individual's health and risk for disease.

Student Learning Outcomes:

1. **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 find, evaluate, use, and communicate information in a well – organized and well written paper.

2. **GLOBAL AWARENESS**
Students, after completing a course in the Health discipline 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 issues from multiple perspectives, and be able to articulate an understanding of these interconnected issues by formulating appropriate responses and possible solutions to these issues.

CLASS OUTLINE:

DATE:	CHAPTER	TOPIC:
8/27	1	Intro, Healthy Behavior Change
9/3		Behavior Change (cont**)**
9/10	9	Nutrition
9/17		Nutrition continued
9/24	10	Weight Management
10/1	11	Personal Fitness
10/8	12	**MIDTERM**, Major Diseases
10/15		continued
10/22	2	Psychosocial Health
10/29	3	Stress Management
11/5	5	Communication **(Critique Due)**
11/12		Addiction
11/19	7	**MIDTERM**, Addiction (cont)
11/26	8	Alcohol
12/3	8	Tobacco/Caffeine
12/10		**FINAL EXAM (8 – 10 pm)**

PLEASE NOTE: THE COURSE OUTLINE IS A GUIDE AND MAY BE MODIFIED/REVISED TO ENHANCE LEARNING OUTCOMES OR BY EVENTS OUTSIDE THE CONTROL OF THE INSTRUCTOR

EVALUATION:

1. **NO MAKE-UP EXAMS WILL BE GIVEN**. A Scantron & #2 pencil are needed for each test. Make sure you bring them to class
2. **Grading:** Your grade is based on an accumulation of points scored throughout the semester:

Midterm	100 points	A	90 - 100%
Critical Analysis	30	B	80 – 89%
Assignments	50	C	70 – 79%
Participation	20	D	60 – 69%
Final	100	F	below 60%
Quizzes	50		
Total points	350 points		

3. **Critical Analysis Assignment:** See Information Below **(DUE 11/5)**
4. **Participation:** Regular and punctual attendance is important. Roll will be taken and participation in class discussions is highly encouraged.

- LATE ASSIGNMENTS WILL NOT BE ACCEPTED –

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.

Students with Special Needs: If you have any health impairments or any other disability that might affect your performance in class, please call our campus Special Services Director in the DSPS office at (818) 364-7732 as soon as possible and let your instructors know as well. Special accommodations for your classes may be available.

Here are some additional resources on campus:

- **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

LA Mission College Health Workshop Schedule

On Campus Workshops, Fall Semester 2013

Date	Time	Workshop	Location
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

By signing-up you are guaranteed a place, but you must be on time!!!!!
Sign-up in the Library, or drop-in (depending on space available).

Critical Analysis Assignment

You are required to find an article that describes a health-related research study by using the Internet. The purpose of this paper is to demonstrate your ability to find links to health websites, select an appropriate article, and critique or assess that article. Begin by completing the online Health Workshop tutorial or you may go to a "Health Workshop" at our campus library. If you decide to attend the on campus workshop, you must sign up for this workshop prior to the actual date of the workshop. Feel free to research and use any health website that might be of interest to you, just make sure the article discusses a research study that was conducted. Download the article and turn it in along with your typed critique.

The critique you are to turn in should be typed, one – two pages in length, and single- spaced. Grammar and spelling are important. Include a brief summary, in your own words, of the article (no more than 1 -2 paragraphs). The critique should also include, but is not limited to, what you thought of the article, why you chose the article, and how you may or may not use the information included in the article.

Below is a brief guideline for your paper and I will provide you with more specifics in the classroom:

1. Choose an article and briefly describe what your article is about.
2. Is the source credible and is it an appropriate website? Where does the information come from?
3. Why did you choose this article?
4. Comment on the "subjects" i.e. randomly chosen, number, control group, etc.?
5. Who is conducting the study?
6. What are they looking for?
7. Who is funding (paying for) the study? How might this affect the outcome of the study?
8. Comment on outcomes (results) and whether they are significant and/or valid. What implications do they have for the future?
9. Conclude with your opinion of the value of the study.
10. Attach a copy of the article.

SLO Assessment Rubric for Critical Analysis Assignment

EVALUATION CRITERIA	POINTS EARNED
A. Article Chosen (maximum 4 credit points can be earned)	
• Primary Research Article is slected, & it clearly relates to the given assignment. Appropriate internet source was used. It contains many thorough substantial details about a health topic.	**4**
• Primary Research Article is slected, & it clearly relates to the given assignment. It contains some/few details about a health topic.	**3**
• Secondary Research Article is slected and it clearly relates to the given assisgnment. One or No substantial details about a health topic.	**2**
• Article has little relationship to the given assignment.	**1**
B. Content/Focus of paper (maximum 4 credit points can be earned)	
• The paper clearly discusses the main points of the article with supporting comments demonstrating understanding of the points.	**4**
• The paper somewhat discusses the points of the article but is lacking in some significant area/s	**3**
• The paper vaguely focuses on the main points of the article.	**2**
• The paper does not relate to the main topic of the article.	**1**
C. Grammar/Spelling (maximum 4 credit points can be earned)	
• There are no errors in grammar/spelling that distract the reader from the content.	**4**
• There are 1-2 errors in grammar/spelling that distract the reader from the content.	**3**
• There are 3-4 errors in grammar/spelling that distract the reader from the content.	**2**
• There are more than 4 errors in grammar/spelling that distract reader from the content.	**1**
D. Thoroughness/Completeness of Assisnment (maximum 4 credit points can be earned)	
• Appropriate internet source was used and paper was written with following given guidelines. Copy of the article was turned in with paper.	**4**
• Appropriate internet source was used; paper was written with following given guidelines. No copy of article was turned in with paper.	**3**
• Inappropriate internet source was used but papper written with following given guidelines; Copy of article may not have been turned in.	**2**
• Inappropriate internet source paper written without following given guidelines.	**1**