

**Los Angeles Mission College**  
Department of Physical Education and Health

**Health 11**  
Principles of Healthy Living  
Spring, 2014

Instructor: Judith Lipton, MPH, CHES  
Telephone: (818) 364-7600, ext. 4242 (for messages)  
E-mail: liptonjk@lamission.edu  
Room: Health, Fitness and Athletics Complex (HFAC) Room 204  
Section: #3274                                      Tuesday and Thursday, 5:15 – 6:40 p.m.  
Office Hours: By appointment, or 5:00 – 5:15 p.m., Tuesday and Thursday

This course will define and describe the basic principles that contribute to health. In addition, we will explore selected health problems and their effect on the individual, family, and society at large. An underlying theme will be the individual's role and responsibility in optimizing their own physical and emotional well-being.

REQUIRED READING:

Textbook: Health, The Basics, Custom Edition for Los Angeles Mission College by Rebecca J. Donatelle, Pearson Learning Solutions, 2011  
Text package ISBN# 978-1-256-31130-0

Handouts as provided by the Instructor.

Course Requirements:

Assignments are due on the date indicated in the Course Outline. Exams will be given on the dates scheduled in the Course Outline. If it is necessary for a student to reschedule an exam, the instructor **must** be notified **prior** to the scheduled exam date.

Class attendance, punctuality and your participation will add to your involvement with the course, and allow the rest of us to benefit from your personal experience and expertise.

Every student **must** turn in a final paper, **and** take the final exam in order to pass the class.

## 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 – Spring, 2014

2/11	Introduction and Orientation	
2/13	Philosophy of Health, and how it influences Behavior and decisions	Chap. 1, 2
Week of 2/18	Stress and Mental Health	Chap. 3 Chap. 2
Week of 2/25	Nutrition and Weight Management	Chap. 9, 10
Week of 3/4	<b>(1<sup>st</sup> paper due)</b> Physical Fitness	Chap. 11
Week of 3/11	Sexuality	Chap. 5, pgs. 151-165
Week of 3/18	Conception, Pregnancy and Childbirth	Chap. 6, pgs. 187-198
Week of 3/25	Contraception and Birth Control	Chap. 6, pgs. 169-186
3/27	<b>Review for Midterm</b>	
4/1	<b>MIDTERM EXAM</b>	
4/7 – 4/13	<b>SPRING BREAK</b>	
Week of 4/15	Substance Use and Abuse	Chap. 7
Week of 4/22	<b>(2<sup>nd</sup> paper due – 4/17/14)</b> Alcohol and Tobacco	Chap. 8
Week of 4/29	Cardiovascular Diseases	Chap. 12, pgs. 364-378
Week of 5/6	Communicable Disease	Chap. 13, pgs. 409-423
Week of 5/13	Sexually Transmitted Diseases	Chap. 13, pgs. 423-435
Week of 5/20	Chronic Diseases/Cancer	Chap. 12, pgs. 398-407 Chap. 13, pgs. 435-441
	<b>FINAL PAPER DUE</b> <b>Review for Final</b>	Chap. 13, pgs. 379-395
5/27	<b>NO CLASS</b>	
5/29	Health Choices and Resources Aging, Death and Dying	
6/5	<b>FINAL EXAM</b>	

