

LOS ANGELES MISSION COLLEGE
HEALTH 11 TUESDAY 6:50 – 10:00 P.M. Spring 2013

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OFFICE HOURS: HFAC Office: Tuesday 6:15 – 6:50 p.m.
TEXT: **Health: The Basics Pkg for LAMC**

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:

<u>DATE:</u>	<u>CHAPTER</u>	<u>TOPIC:</u>
2/5	1	Intro, Healthy Behavior Change
2/12		Behavior Change (cont)
2/19	9	Nutrition
2/25		Nutrition continued
3/5	10	Weight Management
3/12	11	Personal Fitness
3/19	12	MIDTERM , Major Diseases
3/26		Major Diseases continued
4/2		NO SCHOOL
4/9	2	MIDTERM , Psychosocial Health
4/16		Psychosocial Health continued
4/23	3	Stress Management
4/30		Communication
5/7	7	Addiction
5/14	8	Alcohol
5/21	8	Tobacco
5/28		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	150 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%
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Total points	350 points		

- LATE ASSIGNMENTS WILL NOT BE ACCEPTED -

- 3. Critical Analysis Assignment:** See Information Below (**DUE 3/26**)
- 4. Participation:** Regular and punctual attendance is important. Roll will be taken and participation in class discussions is highly encouraged.

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

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.