

## SYLLABUS –HEALTH 11

Principles of Healthful Living (3 units)

Instructor: Dorothy Teola

Spring 2014

E-mail: [teoladv@lamission.edu](mailto:teoladv@lamission.edu) Voice mail: 818-364-7600 x4263

Office hours: Wednesdays: 6:00 -6:40 pm. HFAC-101

Required Text: Health The Basics (ISBN 978-1-256-704560)

### Class Description:

This health class will attempt to assist in the development of knowledge and principles 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. The course will focus on strategies to maintain or improve individual well-being by emphasizing important health concepts.

### Course Objectives:

At the conclusion of this course, the student will be able to:

1. Demonstrate understanding of health principles incorporating a wide variety of aspects from nutrition to aging.
2. Demonstrate understanding of self-responsibility for personal health and wellness.
3. Understand implications of personal and societal behavior on diseases and disease prevention.

### Student Learning Objectives:

#### Information Competency:

To 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 all its various formats in understanding health issues.

#### Global Awareness:

To be able to demonstrate global perspectives by generating theoretical and pragmatic approaches to health issues. Evidence will be the ability to analyze global health and environmental issues from multiple perspectives, and to articulate an understanding of these interconnected issues by formulating appropriate and global responses to these issues.

Health 11- D. Teola

## Class Evaluation:

Below are the required points for class and the basis for your final grade.

Test 1: 50 pts. (Chpts. 1,2,3)

Test 2: 50pts. (Chpts. 5,6)

Test 3: 50 pts. (Chpts. 7,8,9)

Test 4: 50 pts. (Chpts. 10,11, 12)

Health Article Critique: 16pts.

Total: 216 pts.

A-194 & ABOVE

B-173-193 pts.

C-151-172 pts.

D-130-150 pts.

F-129 & BELOW

## Class Information:

- Tests can be taken early. Tests cannot be taken after the class test.
- In class assignments cannot be made up.
- Do not bring cell phones to class or text message during class. Lap tops not allowed.
- Constant talking and inappropriate behavior will result in dismissal from class.
- Do not bring food or drinks to class.!
- Student is responsible for reading all information in the chapters.
- Student is responsible for getting handouts during their absence.
- Due dates: Late assignments/tests are not accepted unless you and I have a prior agreement.
- All tests will be on a scantron form #882 & a #2 pencil.

If you stop attending a class (or wish to drop a class), YOU MUST DROP THE CLASS YOURSELF – OFFICIALLY – on or before May 11, 2014 (Internet).

Failure to do so may result in a grade of "F" in that class.

Here are some additional resources on campus that you may find helpful:

LAMC Bookstore: 818-364-7798/818-364-7768; <http://www.lamissionbookstore.com/>

Counseling Department: 818-364-7655; <http://www.lamission.edu/counseling/>

Disabled Students Programs and Services: 818-364-7732; <http://www.lamission.edu/dsps/>

Extended Opportunity Programs & Services: 818-364-7645; <http://www.lamission.edu/eops/>

Financial Aid: 818-364-7648; <http://www.lamission.edu/financialaid>

Library: 818-364-7105 or 364-7106; <http://www.lamission.edu/library/>

## HEALTH ARTICLE CRITIQUE

Due: May 7th

There is 1 paper worth 16 points in which you will have to critique a health related research article. Summarize an article from a reliable health site. Attendance at a LAMC Health Workshop is required/or the online workshop is also acceptable. The article must relate to health/medicine. Do not use Q&A pieces or single subject material. Your paper should be a maximum of 2 pages, typed, double spaced, and correct grammar. This paper is a mandatory assignment.

Title your paper and write a brief summary of the article. Comment on the article and how it relates to your health and the importance of the article to others. Staple a copy of the article to your summary. Do not re-write the article. Summarize what you read. We will discuss this more in class.

No late papers will be accepted. Points will be based on the SLO Assessment Rubric listed below:

### **Grading Criteria: You will be graded based on:**

- A. The selection of your article. (4 points)**
- B. Content & Focus of Your Paper (4 points)**
- C. Grammar & Spelling (4 points)**
- D. Thoroughness/Completeness of the Assignment. (4 points)**

**A. Article Chosen (maximum 4 credit points can be earned)**

**Pts**

- Research Article is selected & it clearly relates to the given assignment. 4
- Appropriate internet source was used. It contains many thorough substantial details about a health topic.
- Research Article is selected and it clearly relates to the given assignment It contains some few details about a health topic 3
- Research Article is selected and it clearly relates to the given assignment. 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 areas. 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 Assignment ( 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 paper 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

***TENTATIVE CLASS SCHEDULE***

*2/12 Introduction and class overview*

*2/19 chp. 1 &2 Healthy Change; Psychosocial Health*

*2/26 chpt. 3 Stress & sleep*

*3/5 Test # 1 chp. 1,2, &3*

*3/12 chpt. 5 Healthy Relationships & Sexuality*

*3/19 chpt. 6 Reproductive Choices*

*3/26 chpt. 7 Addiction & Drug Use*

*4/2 Test #2 chp. 5&6*

*April 7 -April 13 Spring Break*

*4/16 chpt. 8 Alcohol & Tobacco*

*4/23 chpt. 9 Nutrition*

*4/30 chpt. 10 Managing Your Weight*

*5/7 Test #3 chp.7,8 &9*

*5/14 Health Article Critique due*

*5/21 chpt. 11&12 Personal Fitness; Extra Credit due*

*5/28 Cardiovascular Disease*

*6/4 Test #4 Final Exam chpts. 10,11,&12 8pm-10 pm(tentative schedule/subject to change)*

***The instructor reserves the right to change the schedule.***

***In class assignments cannot be made up.***



### ***Extra Credit:***

Extra Credit: Health 11/ Maximum of 30 pts. All extra credit must be submitted with documentation, typed, and submitted by due date. Explanation of the activity must be submitted, 1-2 pages.

Due: May 21<sup>st</sup>

1. Watch the movie *One Flew Over the Cuckoo's Nest* directed by Milos Forman (1975). Write a 1-2 page paper, typed including the following: Brief summary of the movie; Pick out 2 patients and describe their behaviors. Which character did you feel the most compassionate for and why? Your reaction to the movie. (worth 10pts.)

2. Go to your Doctor and have a physical. The physical must be done within the time frame of the class, February 12<sup>th</sup> to May 21<sup>st</sup>

. Must show documentation. The physical must include blood work. What did the physical reveal? What areas need to be worked on? What are you the most proud of? (worth 10 pts.)

3. Donate blood. (worth 5 pts.) 1x.

4. Run in a 5 or 10k race, or any athletic event. (worth 10 pts.) 3x max.

5. Attend a LAMC Baseball game or Softball game.(worth 5 pts.) 4x max.

6. Attend a health seminar/fair. (worth 5 pts.) 4x max.