Los Angeles Mission College
Spring Semester, 2014

Course Title: Health 11 (Principles of Healthful Living)
Class Hours: Tu., & Th. (1:40 – 3:15 PM)
Location: Chavez - ArTES
Ticket #: 7812

Assistant Professor: Hossein Asili
Office Hours: By appointment in P.E. Office
Located at: HFAC 202
Phone: 818-364-7600, **Ext.** 4262
Email: asilih@lamission.edu

I. COURSE DESCRIPTION:

This course is designed to provide students with an opportunity to explore common health problems and gain understanding of the promotion of personal health and prevention of illness. This course will focus on strategies to maintain or improve individual well-being by well placed emphais on important health concepts. Students will also be provided with practical methods, which are applicable on daily basis as a guideline for self-directed and responsible healthy living. The comprehensive health course, which encompasses breakthrough findings of health care experts, is designed to deliver the following interrlated topics on the biological, social, and economic dimensions of health such as

- The Physiological, Psychological, Spiritual, Intellectual, Social, and Environmental Health
- Sexual and reproductive health
- The impact of heredity and lifestyle on health
- The effects of chemical substances on health
- The positive effects of fitness and nutrition on your well-being
- The impact of chronic diseases (Cardiovascular Disease, Cancer, Diabetes)
- The battle against infectious and chronic disease
- The Complementary and Alternative Medicine

II. COURSE OBJECTIVES:

1. To introduce students to interesting topics in general health and encourage them to incorporate the learned methods and aquired information to their daily life.
2. To provide students with the opportunity to learn how to adopt and maintain a healthy lifestyle.
3. To orient students that health is the most important commodity that they own, and are personally responsible to maintain it well.
4. To give students the best explanation on the importance of health "if you take care of your body, it will last you a life time".

Week 16	**05/27/2014**	**Final Exam Review**	**Term Paper is due**
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III. REQUIRED & RECOMMENDED TEXTBOOK:

Donatelle, Rebecca J. (2011). Health: The Basics Green Edition, San Francisco, Pearson Education, Inc.

ISBN # 978-125-670-456-0

Please be advised that only books purchased from LAMC bookstore contain loging on information to the course website provided by publishier. We will be utilizing this website for our course related activities eg. sample quizes.

For Technical support please contact me.

To register, go to www.coursecompass.com. Click to register button under the students.

Your Course ID#: Asili 35574

MyLab /Mastering
Student Registration Instructions

To register for Health 11:

1. Go to pearsonmylabandmastering.com.
2. Under Register, click **Student.**
3. Enter your instructor's course ID: asili 35574, and click **Continue.**
4. Sign in with an existing Pearson account or create an account:

•If you have used a Pearson website (for example,MyITLab, Mastering, MyMathLab, or MyPsychLab), enter your Pearson username and password. Click **Sign In.**

•If you do not have a Pearson account, click **Create** .Write down your new Pearson username and password to help you remember them later on.

5. Select an option to access your instructor's online course:

•Use the access code that came with your textbook or that you purchased Separately from the bookstore.

•Buy access using a credit card or PayPal. •If available, get 17 days of temporary access.(Look for a link near the bottom of the page.)

6. Click **Go to Your Course** on the Confirmation page. Under MyLab /Mastering New Design on the left, click **Health 11** to start your work.

Retaking or continuing a course?

If you are retaking this course or enrolling in another course with the same book, be sure to use your existing Pearson username and password. You will not need to pay again. **To sign in later:**

1. Go to pearsonmylabandmastering.com.
2. Click **Sign In.**
3. Enter your Pearson account username and password. Click **Sign In.**
4. Under MyLab /Mastering New Design on the left, click **Health 11** to start your work.

Additional Information

See **Students** >**Get Started** on the website for detailed instructions on Registering with an access code, credit card, PayPal, or temporary access.

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IV. COURSE REQUIREMENTS & GRADING POLICY:

Central to the requirements for this class are **attendance and participating in class discussions, required written assignment, abstract reports, two quizzes, midterm, and a final exam.** Keep your attendance regular and punctual, **absences in excess of 3 may result in exclusion from the class.** Arriving late for class is disruptive for everyone.

1. **Required Written Assignment: 50 points** is allocated for either option you choose

Option one*:** The purpose of this assignment is to provide student with an opportunity to personally experience the excitement of learning on the health related topics of their interest, ultimately leading students towards a more in depth information on ***health related topics of their choice OR any other **health related topic** with **instructor approval.** Here are some suggestions for ***acceptable health topics*:**

- Prenatal Nutrition
- Nutrition & Cancer
- Child & Spouse Abuse
- Tobacco & Health
- Infectious Disease
- Sanitation & Hygiene
- Fitness & Exercise
- Public Health Services in US
- Sexual Orientation & Public Attitudes
- Birth control & Health
- Teenage Pregnancy
- Infectious Disease
- Sanitation & Hygiene
- Fitness & Exercise
- Public Health Services in US
- Sexual Orientation & Public Attitudes
- Birth control & Health
- Teenage Pregnancy
- Eating Disorders
- Substance Abuse & Importance of Early Relapse Prevention
- Stress related health issues, concerns & preventive techniques
- Environmental Pollutants & Awareness ***(What can be done? What have you been or will be doing personally? Evaluate public knowledge & Understanding esp. in regards with product selection)***

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Selected topic could be directly or indirectly related to your personal health and wellness. Through research you will educate yourself on a selected topic that you can relate with, and will improve your chances, against personally detected and/or genetically inherited hazardous predisposition's (if any). If you would like to turn in a draft of your paper, I will be happy to read it and give you feedback. **If you choose this option, it should be made available to me on or before May 20, 2014.**
OR any other **health related topic** with **instructor approval.**

Grading Criteria: Deductions will be based on:

- **A. Lack of bibliography. 10 % (5 points)**
- **B. Content (4 – 5 pages) 10 % (5 points)**
- **C. Focus of Your Paper. 10 % (5 points)**
- **D. Grammar & Spelling (5 + mistakes). 10 % (5 points)**
- **E. Thoroughness/Completeness of the Assignment.10 % (5 points)**
- **F. Following recommended format. 10 % (5 points)**

***Option Two*: A personal health improvement project –** A written report of this project is accepted in lieu of a research study. A more in depth information about health improvement project will be provided during our first two class meetings. Ask for paperwork during our first class meeting.

Grading Criteria: Deductions will be based on:

- **G. Lack of intial test, project, & contract paper work. 10 % each (up to 15 points)**
- **H. Content (4 – 5 Pages) & Focus of Your Paper. 10 % (5 points)**
- **I. Grammar & Spelling (5 + mistakes). 10 % (5 points)**
- **J. Thoroughness/Completeness of the Assignment & following recommended format. 10 %. (5 points)**
- **K. Daily progress report (diary). 10 % (5 points)**

Format for both written assignments:

Typed, doubled-spaced with one inch margins, font size no larger than 12, the paper should be 4-5 pages long (not including title page). Your term paper should include a title page with the title and your name centered on the page, and the date on the lower right-hand corner; it should be stapled in the upper left-hand corner. **Be advised that credit points will be deducted for lack of bibliography.**

DUE DATE: The written assignment is due on May 27, 2014

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Required Article Critique (Abstract Reports):

Total of 4 articles critique should be submitted (*personal presentation preferred*) as scheduled. Prepare 2 copies (*one for the instructor & one for grading).*

a) **One (1)** abstract report on **G**eneral **H**ealth related topic **(G.H).** **(1)**
b) **One (1)** abstract report on Environmental Health **(E.H.).** **(2)**
c) **One (1)** abstract report on **I**llegal **D**rugs **(I.D.).** **(3)**
d) **One (1)** abstract report on **S**exually **T**ransmitted **D**isease **(S.T.D.).** **(4)**

The critique you are to turn in should be:

- No more one page in length, single space. Grammar and spelling are important.
- Include a brief summary of the article (no more than one paragraph).
- The critique should include what you thought of the article, why you choose the article, and how you may or may not use the information included in the article.
- Only primary research articles are accepted.
- If your intentions are to use the Internet, make sure to double-check the resource for validity, reliability, and accuracy & that you **Answer these questions about your selected article (if provided in your selected article):**
  - **Comment on the "subjects"** **A. Methods of Selection**
    B. Number of Participants
    C. Existance of control group/s
  - **Who is conducting the study?**
  - **What are they looking for?**
  - **Who is funding (paying for) the study?**
  - **Comment on outcomes (results)- whether they are significant and/or valid.**
  - **What implications do they have for the future?**
  - **Conclude with your opinion of the value of the study and how it could impact on your daily life style.**
- **Copy of the article/s should be attached to your report**. I will provide more specifics in the classroom. Health Square, Health Link/Medical College of Wisconsin, fda.gov, proquest (log in – htfmpnkxtf, passward –welcome), is a sample website for you. Be advised that our book lists several good website sources.

Grading Criteria: You will be graded based on:

L. The selection of your article. **(4 points)**
M. Content & Focus of Your Paper **(4 points)**
N. Grammar & Spelling **(4 points)**
O. Thoroughness/Completeness of the Assignment. **(4 points)**

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Grading Criteria for Article Critique:

EVALUATION CRITERIA	POINTS EARNED
M. Article Chosen (maximum 4 credit points can be earned)	
• Primary Research Article is selected, & 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 selected, & it clearly relates to the given assignment. It contains some/few details about a health topic.	**3**
• Secondary Research Article is selected 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**
N. 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**
O. 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**
P. 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 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**

3. Required Library Workshop:

In order to receive a passing grade of A, B, or C, you must take an approved workshop in Library or on line and provide the issued certificate to the instructor no later than October 29, 2011. This workshop will provide you with information on how to find primary health care research articles/journals and will teach you how to write using appropriate citation.

YOU DO NOT GET A PASSING GRADE FOR THIS CLASS, IF YOU DO NOT GET CERTIFIED FOR THIS WORKSHOP.

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Los Angeles Mission College Health Workshop Scheduale
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Date	Time	Workshop	Location
Thursday, Feb 13	10:45am	Health	LRC205
Friday, Feb 21	09:00am	Health	LRC205
Wednesday, Feb 26	6:00pm	Health	LRC205
Saturday, Mar 01	9:00am	Health	LRC205
Friday, Mar 07	9:00am	Health	LRC205
Tuesday, Mar 11	6:00pm	Health	LRC205
Friday, Mar 21	9:00am	Health	LRC205
Friday, Mar 28	9:00am	Health	LRC205
Wednesday, Apr 02	6:00pm	Health	LRC205
Friday, April 18	9:00am	Health	LRC205
Thursday, April 24	10:45am	Health	LRC205

4. Evaluation: As a reminder, the following are required to pass this course

Method of Evaluation	Possible Points
Attendance **(No Credit for midterm and/or final exam)**	15
Quiz # 1	50
Midterm Exam	100
Quiz # 2	50
Abstract Report (16 points x 4 Abstracts)	64
Final Examination	100
Written Assignment	50
Available Extra Credit Activities	16

I have planned the following grading scale. However, if it becomes necessary, I will curve the grades.

A 90%-100% (above 386 points)
B 80%-89% (343-382 points)
C 70%-79% (300-339 points
D 50%-69% (215-296 points)
F 50% and below 215 points

NOTE: You are required to bring scantron #886- E-LOVAS for your Quiz#1, Quiz # 2, Midterm and Final exam.

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V. GETTING HELP:

If for any reason you are having difficulty with the concepts presented in this class, I will be happy to help you. To insure your success, before & after each scheduled class meeting, I will make myself available for your questions or make an appointment in Physical Education Office or you call and leave a message at 818-364-7600, Extension 4262. Getting help early in the semester will assure your success in this class.

Students with Disability: Please visit at **Http://www.lamission.edu/dsps**.
Or Call (818) 364-7732

VI. CLASSROOM CONDUCT:

Students violating college policies regarding personal conduct and academic honesty are subject to disciplinary measures. Disruptive behavior in the classroom will not be tolerated and may result in temporary (or permanent) removal from the class.

1. **Laptop and Computer Policy**: Laptops and coputers are allowed as long as they are used for taking notes. **No internet surfing is allowed during class**.

2. **Cell Phone and Pager Policy**: Cell phones and pagers are a distraction to the class and creating unpleasant learning environment for fellow students. **Please turn off all electronic devices during class sessions**.

3. **Plagiarism and Academic Honesty Policy**: Cheating, copying, plagiarism will result in removal from the class, a grade of F for the semester and possible expulsion from Mission College. Please refer to the Standards of Student Conduct or the current Mission College catalog.
   Plagiarism is defined as the following:
   - Using the exact words of another person's work/writing without acknowledgement of your source through the use of quotation marks and correct citation/documentation
   - Rephrasing a passage by another writer without giving proper credit
   - Using someone else's facts or ideas without acknowledgement
   - Using a piece of writing that you already used in a previous course (or in courses in which you are simultaneously enrolled)
   - Presenting fabricated of falsified citations or materials

   Please consult me if you are unsure about how to document sources.

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TENTATIVE CLASS SCHEDULE

Order	DATE	TOPIC	SUGESTED READINGS
1	02/11-13/2014	Course Introduction & Syllabus Overview	N/A
2	02/18-20/2014	The Basics of Healthy Change	Chapters 1
3	02/25-27/2014	Psychosocial Health	Chapter 2
4	03/04-06/2014	Managing Your Stress; Focus on Your Sleep	Chapters 3 & 3A
5	03/11-13/2014	**Quiz # 1 & Abstract Report on G.H (#1)**	**Quiz # 1**
6	03/18-20/2014	Healthy Relationships and Sexuality	Chapter 5
7	03/25-27/2014	Your Reproductive Choices	Chapter 6
8	04/01-03/2014	**Midterm Exam & Abstract Report on E. H (#2)**	**Midterm Exam**
9	04/08-10/2014	Addiction and Drug Abuse	Chapter 7
10	04/15-17/2014	**Spring Break**	**No Class**
11	04/22-24/2014	Alcohol and Tobacco	Chapter 8
12	04/29/2014	**Quiz #2 & Abstract Report on I.D. (#3)**	**Quiz #2**
13	05/01-06/2014	Nutrition and You	Chapter 9
14	05/08-13/2014	Managing Your Weight; Focus on Your Body Image, Personal Fitness & Risk for Diabetes	Chapters 10, & 11
15	05/15-20/2014	Cardiovascular Disease and Cancer & Infectious and Noninfectious Conditions **Abstract Report on S.T.D. (#4)**	Chapters 12 & 13
16	**05/22-27/2014**	**Final Exam Review**	**Term Paper is due**
17	**05/29/2014**	**Final Exam**	**Final Exam**

IMPORTANT DATES TO REMEMBER:

***1. Your Term paper* is due on May 27, 2014**
2. Your Final exam is scheduled to take place at:
Chavez - ArTES May 29, 2014
1:40 PM. - 3:15 PM.

No make up tests will be given
&
delayed work is not accepted.

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COLLEGE RESOURCES FOR LAMC STUDENTS:

SPECIAL ACCOMMODATIONS: If you require special accommodations for a disability, religious holiday, or any other reason please inform your instructor(s) within the first week of the course and we will accommodate you if at all possible. For accommodations due to disability, you must consult with the Disabled Students Programs and Services Office after which we will abide by their recommendations.
Admissions and Records: Students can register for classes, request transcripts, file petitions for graduation, and drop classes at this office. For more information call 818-833-3322 or visit: http://www.lamission.edu/admissions/

Assessment Center: Offers student assessments in English, English-as-a-Second-Language (ESL) and Mathematics. Please contact the Assessment Center at (818) 364-7613 for more information or visit http://www.lamission.edu/assessment/

Bookstore: For hours of operation, book availability, buybacks, and other information call 818-364-7767 or 7768 or visit http://eagleslanding.lamission.edu/default.asp
Counseling Department: For appointments and information call 818-364-7655 or visit http://www.lamission.edu/counseling/
Disabled Students Programs and Services (DSP&S): For appointments, eligibility and information call 818-364-7732 or visit http://www.lamission.edu/dsps/

Extended Opportunity Programs and Services (EOP&S): For appointments, eligibility 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 hours, resources, workshops, and other services contact 818-364-7106 or visit http://www.lamission.edu/library/

STEM Office: For information on free tutoring, resources and academic counseling for STEM (Science, Technology, Engineering, and Technology) students visit: http://www.lamission.edu/stem

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/

Three Attempt Limit
A new state policy in effect as of 2012 limits students to **three attempts per course**. Receiving a grade or a "W" for a course counts as an attempt, **regardless of when the course was taken**. Withdrawal by the deadline to avoid a "W" will not count as an attempt. For spring 2014 **the deadline to avoid a "W" is Sunday, February 23, 2014.**

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