

Health Education

HE 102 (3 units)

Instructor: Dave Drury
Office: 705
Phone: 355-6323
E-Mail: david.drury@imperial.edu

Day & Time: TR 8:35 - 10:00 am
Room: 709
Semester: Fall 2012
Office Hrs: TBA

Course Description: This course is designed to provide practical and scientific health information.

Course Objectives: To promote application and practice of health principles that lead to happiness and health.

Student Learning Outcomes:

1. Identify correct cardiovascular principles and design a cardiovascular program. (ILO2)
2. Engage in a personal cardiovascular program. (ILO3)
3. Identify basic health terms. (ILO2)

II. Contents

	<u>Tues</u>		<u>Thurs</u>	
1. The Basics of Healthy Change	8/21	Crash	8/23	Intro
2. Psychosocial Health	8/28	Lec 1	8/30	Lec 2
Focus Your Spiritual Health	9/04	Lec FYSH		
3. Managing Your Stress			9/06	Lec 3
4. Preventing Violence and Injury	9/11	Lec 4	9/13	Test 1
Focus Your Sleep	9/18	Lec FYS		
5. Healthy Relationships and Sexuality			9/20	Lec 5
6. Your Reproductive Choices	9/25	Lec 6	9/27	Test 2
7. Addiction and Drug Abuse	10/02	Lec 7		
8. Alcohol and Tobacco			10/04	Lec 8
9. Nutrition and You	10/09	Test 3	10/11	Lec 9
10. Managing Your Weight	10/16	Lec 10		
Focus Your Body Image			10/18	Lec FYBI
11. Personal Fitness	10/23	Lec 11	10/25	Test 4
12. Cardiovascular Disease and Cancer	10/30	Lec 12		
Focus Your Risk for Diabetes			11/01	Lec FRfD
13. Infectious and Noninfectious Conditions	11/06	Lec 13	11/08	Test 5
14. Aging, Death, and Dying	11/13	Lec 14	11/15	Lec 15
15. Environmental Health	11/20	Lec 16	11/22	Holiday
16. Savvy Health Care Consumerism	11/27	Lec 17	11/29	Test 6
17. Complementary & Alternative Medicine	12/04	Review	12/06	Final Exam

II Grading

- A. Tests, Quizzes, Classroom Assignments, Homework, Attendance, and Final Exam.
- B. Grade will be based on the highest score of each test, applying the Scale below:
100% - 90% = A
89% - 80% = B
79% - 70% = C
69% - 60% = D

III Textbook - Health, The Basics, 10th edition, by Donatelle (**REQUIRED**)

IV Essentials

- A. A student with more than 3 absences may be dropped.
- B. Three Tardies will equal one absence.
- C. Make-up Tests must be approved prior to absence.
- D. NO Cell Phone use in Class
- E. NO EXTRA CREDIT

Any Student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP & S) office as soon as possible.

DSP & S - Room 2117
Health Science Bldg
(760) 355-6312