

Health Education

HE 102 (3 units)

Instructor: Dave Drury

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Day & Time:

TR 8:35 - 10:00 am

Room:

204

Semester:

Fall 2013

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)

I. Contents

		<u>Tues</u>		<u>Thurs</u>	
1.	The Basics of Healthy Change	8/20	Crash	8/22	Intro
2.	Psychosocial Health	8/27	Lec 1	8/29	Lec 2
Focus	Your Spiritual Health	9/03	Lec FYSH		
3.	Managing Your Stress			9/05	Lec 3
4.	Preventing Violence and Injury	9/10	Lec 4	9/12	Test 1
Focus	Your Sleep	9/17	Lec FYS		
5.	Healthy Relationships and Sexuality			9/19	Lec 5
6.	Your Reproductive Choices	9/24	Lec 6	9/26	Test 2
7.	Addiction and Drug Abuse	10/01	Lec 7		
8.	Alcohol and Tobacco			10/03	Lec 8
9.	Nutrition and You	10/08	Test 3	10/10	Lec 9
10.	Managing Your Weight	10/15	Lec 10		
Focus	Your Body Image			10/17	Lec FYBI
11.	Personal Fitness	10/22	Lec 11	10/24	Test 4
12.	Cardiovascular Disease and Cancer	10/29	Lec 12		
Focus	Your Risk for Diabetes			10/31	Lec FRfD
13.	Infectious and Noninfectious Conditions	11/05	Lec 13	11/07	Test 5
14.	Aging, Death, and Dying	11/12	Lec 14	11/14	Lec 15
15.	Environmental Health	11/19	Lec 16	11/21	Lec 17
16.	Savvy Health Care Consumerism	11/26	Test 6	11/28	Holiday
17.	Complementary & Alternative Medicine	12/03	Review	12/05	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