

HEALTH EDUCATION 102

FALL 2013

INSTRUCTOR: ENRIQUE LECHUGA

PHONE:

OFFICE: 704

E-MAIL:

CLASS DAYS & TIMES: M,W 10:15-11:40AM & 11:50-1:15PM, ROOM 709

CREDIT UNITS: 3

TEXT: HEALTH - THE BASICS , 10th Edition by Rebecca J. Donatelle

I. COURSE DESCRIPTION: This course is designed to provide scientific health information and to promote desirable attitudes and practices for a healthful lifestyle.

II. STUDENT LEARNING OUTCOMES: 1. Identify correct cardiovascular principles and design a cardiovascular program
2. Engage in a personal cardiovascular program **P.360=(As.),P.349=(Prgm),Evl,Log**
3. Identify fundamental health terms

III. COURSE OUTLINE:

| | <u>Mon</u> | | <u>Wed</u> | | |
|---------------|----------------|----------------|---------------|--|--|
| Week 1: | 8/19 | Intro | 8/21 | Lect Ch. 1 | Introduction |
| Week 2: | 8/26 | Test Ch. 1 | 8/28 | Lect. Ch. 2 | Chapter 1 - Promoting Healthy Behavior Change |
| Week 3: | 9/2 | Holiday | 9/4 | Test Ch. 2 | Chapter 2 - Psychosocial Health |
| Week 4: | 9/9 | Lect. Ch. 3 | 9/11 | Test Ch. 3 | Chapter 3 - Managing Stress |
| Week 5: | 9/16 | Lect. Ch. 4 | 9/18 | Test Ch. 4 | Chapter 4 - Violence and Abuse |
| Week 6: | 9/23 | Lect. Ch. 5 | 9/25 | Test Ch. 5 | Chapter 5 - Healthy Relationships |
| Week 7: | 9/30 | Lect. Ch. 6 | 10/2 | Test Ch. 6 | Chapter 6- Birth C., Pregn., and Child Birth |
| Week 8: | 10/7 | Lect. Ch. 7&8 | 10/9 | Test Ch. 7&8 | Chapter 7&8 -Licit / Ill. Drug Use & Alc.Tb&Cf |
| Week 9: | 10/14 | Lect. Ch. 9 | 10/16 | Test Ch. 9 | Chapter 9 - Nutrition |
| Week 10:10/21 | Lect. Ch.10&11 | 10/23 | Test Ch.10&11 | Chapter 10&11- Manag. Your Weight & Personal Fitness | |
| Week 11:10/28 | Lect. Ch.12 | 10/30 | Test Ch. 12 | Chapter 12 - Cardiovascular Disease and Cancer | |
| Week 12:11/4 | Lect. Ch.13 | 11/6 | Test Ch. 13 | Chapter 13 - Infections and Noninfectious Conditions | |
| Week 13:11/11 | Holiday | 11/13 | Lect. Ch.14 | Chapter 14 - Life=s Transitions | |
| Week 14:11/18 | Lect Ch.15 | 11/20 | Test Ch.15 | Chapter 15 - Environmental Health | |
| Week 15:11/25 | Lect. Ch.16&17 | 11/27 | Test Ch.16&17 | Chapter 16&17 - Consumerism and Comp/Alt Medic | |
| Week 16:12/2 | Final Exam | 12/4 | Last Class | | |

IV. GRADING:

| | | |
|---------------------------------|-----------------|----------------------|
| Exams: | 550 pts. | Scale: A = 100 - 90% |
| Final: | 100 pts. | B = 89 - 80% |
| Vocabulary: 11-20-13 | 100 pts. | C = 79 - 70% |
| Cardio Program: 11-13-13 | 100 pts. | D = 69 - 60% |
| Participation/Assign.: | <u>130 pts.</u> | F = 59% and below |
| Total Points: | 980 pts. | |

V. ATTENDANCE POLICY

1. No more than two absences will be permitted.
2. A third absence will result in you being dropped from the class.
3. Three tardies will be equivalent to one absence.

NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!

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 Sciences Building, (760)355-6312