

HEALTH EDUCATION 102 SPRING 2014

INSTRUCTOR: JIM MECATE

PHONE: 355-6341

OFFICE: 705 (HOURS: M,W=11:45AM-1:15PM; T,TH=10-11AM)

E-MAIL: jim.mecate@imperial.edu

CLASS DAYS & TIMES: M,W 8:35-10AM, ROOM 411

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:	1/22		1/22	Intro	Introduction
Week 2:	1/27	Lect.Ch. 1	1/29	Test Ch. 1	Chapter 1 - Promoting Healthy Behavior Change
Week 3:	2/3	Lect.Ch. 2	2/5	Test Ch. 2	Chapter 2 - Psychosocial Health
Week 4:	2/10	Lect. Ch. 3	2/12	Test Ch. 3	Chapter 3 - Managing Stress
Week 5:	2/17	Holiday	2/19	Lect.Ch. 4	Chapter 4 - Violence and Abuse
Week 6:	2/24	Lect. Ch. 5	2/26	Test Ch. 5	Chapter 5 - Healthy Relationships
Week 7:	3/3	Lect. Ch. 6	3/5	Test Ch. 6	Chapter 6- Birth C., Pregn., and Child Birth
Week 8:	3/10	Lect. Ch. 7&8	3/12	Test Ch. 7&8	Chapter 7&8 -Licit / Ill. Drug Use & Alc.Tb&Cf
Week 9:	3/17	Lect. Ch. 9	3/19	Test Ch. 9	Chapter 9 - Nutrition
Week 10:	3/24	Lect. Ch.10&11	3/26	Test Ch.10&11	Chapter10&11-Man.YourWeight&PersonalFitness
Week 11:	3/31	Lect. Ch.12	4/2	Test Ch. 12	Chapter12 - Cardiovascular Disease and Cancer
Week 12:	4/7	Lect. Ch.13	4/9	Test Ch. 13	Chapter 13 - Infections and Noninfectious Conditions
Week 13:	4/14	Lect. Ch.14	4/16	Test Ch.14	Chapter 14 - Life=s Transitions
Week 14:	4/28	Lect Ch.15	4/30	Test Ch.15	Chapter 15 - Environmental Health
Week 15:	5/5	Lect. Ch.16&17	5/7	Test Ch.16&17	Chapter 16&17 - Consumerism and Comp/Alt Medic
Week 16:	5/12	Final Exam	5/14	Review	

IV. GRADING:

Exams:	550 pts.	Scale: A = 100 - 90%
Final:	100 pts.	B = 89 - 80%
Vocabulary: 4-30-14	100 pts.	C = 79 - 70%
Cardio Program: 4-16-14	100 pts.	D = 69 - 60%
Participation/Assign.:	<u>190 pts.</u>	F = 59% and below
Total Points:	1040 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