

Health Education

HE 102 (3 units)

Instructor: Dave Drury

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Day & Time: TR 8:35 - 10:00 am

Room: 2734

Semester: Spring 2014

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.	<u>Contents</u>	<u>Tues</u>		<u>Thurs</u>	
	1. The Basics of Healthy Change	1/21	Crash	1/23	Intro
	2. Psychosocial Health	1/28	Lec 1	1/30	Lec 2
Focus	Your Spiritual Health	2/04	Lec FYSH		
	3. Managing Your Stress			2/06	Lec 3
	4. Preventing Violence and Injury	2/11	Lec 4	2/13	Test 1
Focus	Your Sleep	2/18	Lec FYS		
	5. Healthy Relationships and Sexuality			2/20	Lec 5
	6. Your Reproductive Choices	2/25	Lec 6	2/27	Test 2
	7. Addiction and Drug Abuse		3/04	Lec 7	
	8. Alcohol and Tobacco			3/06	Lec 8
	9. Nutrition and You	3/11	Test 3	3/13	Lec 9
	10. Managing Your Weight	3/18	Lec 10		
Focus	Your Body Image			3/20	Lec FYBI
	11. Personal Fitness	3/25	Lec 11	3/27	Test 4
	12. Cardiovascular Disease and Cancer	4/01	Lec 12		
Focus	Your Risk for Diabetes			4/03	Lec FRfD
	13. Infectious and Noninfectious Conditions	4/08	Lec 13	4/10	Test 5
	14. Aging, Death, and Dying	4/15	Lec 14	4/17	Lec 15
	15. Environmental Health	4/22	Holiday	4/24	Holiday
	16. Savvy Health Care Consumerism	4/29	Lec 16	5/01	Lec 17
	17. Complementary & Alternative Medicine	5/06	Test 6	5/08	Review
		5/13	Make-ups	5/15	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, green edition, by Donatelle (*REQUIRED*)

IV Essentials

- A student with more than 3 absences may be dropped.
- Three Tardies will equal one absence.
- Make-up Tests must be approved prior to absence.
- NO Cell Phone use in Class
- 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 (760) 355-6312
(760) 355-6312