

## Health Education HE 102 (3 units)

<b>Instructor:</b> Cuauhtemoc Carboni, PhD.	<b>Day &amp; Time:</b> TR 1:30 - 2:55 pm
<b>Office:</b> TBD	<b>Room:</b> 700
<b>Phone:</b> 760 355 6325	<b>Semester:</b> Spring 2014
<b>E-Mail:</b> temo.carboni@imperial.edu	<b>Office Hrs:</b> By appointment

**Course Description:** This course studies aspects of physical, intellectual, social, emotional, spiritual and environmental health. Emphasis is placed on the development of attitudes and practices of a preventive lifestyle for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, illicit drug abuse, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is also stressed. This course satisfies the State of California Health Education requirement for a teaching credential. (CSU, UC)

Upon satisfactory completion of the course, students will be able to:

1. Develop general knowledge of mental illness and personality development.
2. Describe the importance of nutrition, and the benefits of a fitness program.
3. Recognize the harmful effects of alcohol, drugs and tobacco.
4. Demonstrate knowledge about cardiovascular disease.
5. Demonstrate knowledge about cancer and other major diseases.
6. Recognize symptoms and treatments of a variety of infectious diseases.
7. Demonstrate an understanding about human sexuality including intimate relationships.

I.	<u>Contents</u>	<u>Tues</u>	<u>Thurs</u>
	1. The Basics of Healthy Change	1/21 First Day	1/23 Intro
	2. Psychosocial Health	1/28 Lec 1	1/30 Lec 2
Focus	Your Spiritual Health	2/4 Lec FYSH	2/6 Lec 3
	3. Managing Your Stress	2/11 Lec FYS	2/13 Lec 4
	4. Preventing Violence and Injury		
Focus	Your Sleep	2/18 <b>Test 1</b>	2/20 Lec 5
	5. Healthy Relationships and Sexuality	2/25 Lec 6	2/27 <b>Test 2</b>
	6. Your Reproductive Choices		
	7. Addiction and Drug Abuse	3/4 Lec 7	3/6 Lec 8
	8. Alcohol and Tobacco	3/11 <b>Test 3</b>	3/13 Lec 9
	9. Nutrition and You		
	10. Managing Your Weight	3/18 Lec 10	3/20 Lec FYBI
Focus	Your Body Image	3/25 Lec 11	3/27 <b>Test 4</b>
	11. Personal Fitness	4/1 Lec 12	4/3 Lec FRFD
	12. Cardiovascular Disease and Cancer		
Focus	Your Risk for Diabetes	4/8 Lec 13	4/10 <b>Test 5</b>
	13. Infectious and Noninfectious Conditions	4/15 Lec 14	4/17 Lec 15
	14. Aging, Death, and Dying		
	15. Environmental Health	4/22 <b>No Lecture</b>	4/24 <b>No Lecture</b>
	16. Savvy Health Care Consumerism	4/29 Lec 16	5/1 Lec 17
	17. Complementary & Alternative Medicine	5/6 <b>Test 6</b>	5/8 Review
		5/13 <b>Final Exam</b>	

## II Grading

A. Tests 600 points, Quizzes 100 points, Classroom Assignments 50 points, Homework 50 points, Attendance 50 points, and Final Exam 150 points. **Total for the class is 1000 points.**

B. Grade will be based applying the Scale below:

1000            900 = A

899            800 = B

799            700 = C

699            600 = D

599 Below = F

III **Textbook** - Health, The Basics, 10<sup>th</sup> 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