

# Health Education

## HE 102 (3 units)

<b>Instructor:</b> Dave Drury	<b>Day &amp; Time:</b> Daily 7:30- 9:40am
<b>Office:</b> 705	<b>Room:</b> 402
<b>Phone:</b> 355-6323	<b>Semester:</b> Summer 2014
<b>E-Mail:</b> <a href="mailto:david.drury@imperial.edu">david.drury@imperial.edu</a>	<b>Office Hrs:</b> TBA

**Course Description:** This course is designed to provide practical and scientific health information.

**Course Objectives:** To promote the application and practice of 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

1.	Introduction to Health	Week 1	6/16	Crash
2.	Promoting Healthy Behavior		6/17	Intro & Lec. 1
3.	Psychosocial Health		6/18	Lec. 2 & Spiritual Health
4.	Managing Stress		6/19	Lec. 3
5.	Preventing Violence and Abuse	Week 2	6/23	Lec. 4
6.			6/24	<b>Test 1</b>
7.	Sleep Health		6/25	Focus on your Sleep
8.	Healthy Relationships & Sexuality		6/26	Lec. 5
9.	Birth Control & Pregnancy	Week 3	6/30	Lec. 6
10.			7/01	<b>Test 2</b>
11.	Addictive Behaviors & Licit & Illicit Drugs		7/02	Lec. 7
12.	Alcohol, Tobacco, and Caffeine		7/03	Lec. 8
13.		Week 4	7/07	<b>Test 3</b>
14.	Nutrition & Managing Your Weight		7/08	Lec. 9 & 10
15.	Personal Fitness		7/09	Lec. 11
16.			7/10	<b>Test 4</b>
17.	Cardiovascular Disease & Cancer	Week 5	7/14	Lec. 12
18.	Infectious & Noninfectious Conditions		7/15	Lec. 13 & Focus on Diabetes
19.			7/16	<b>Test 5</b>
20.	Life's Transitions & Environmental Health		7/17	Lec. 14 & 15
21.	Consumerism & Medical Practices	Week 6	7/21	Lec. 16 & 17
22.	Last Test		7/22	<b>Test 6</b>
23.	Wrap-up		7/23	<b>FINAL EXAM</b>

### 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. Only 2 absences will be permitted.
- 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.

DSPS Room 2117  
Health Science Bldg  
(760) 355-6312

