

HEALTH EDUCATION 102

INSTRUCTOR: ANDREW ROBINSON
PHONE: 355-6167
OFFICE: RM -716 **HOURS: BY APPT ONLY**
E-MAIL: andrew.robinson@imperial.edu
CLASS DAYS & TIMES: M-T 3:00PM-5:10PM; 5:30PM-7:40PM
CREDIT UNITS: 3
TEXT: **HEALTH -THE BASICS, 10TH EDITION: BY REBECCA J. DONATELLE**

I. COURSE DESCRIPTION: This course is designed to provide various health concepts and promote healthy attitudes and increase action towards creating a healthier lifestyle.

II. COURSE OBJECTIVES:

1. To understand the importance of engaging in a healthy lifestyle
2. To understand various health concepts
3. Learn information and share information
4. To assess a health risk, design and evaluate the process of behavior change, to improve Health and reduce the risk of disease.

III. STUDENT LEARNING OUTCOMES:

1. Identify correct cardiovascular principles and design a cardiovascular program
2. Engage in a personal cardiovascular program
3. Identify basic health terms

IV. COURSE OUTLINE:

Week 1:	Chapters 1&3- EXAM
Week 2:	Chapter 4-6- EXAM
Week 3:	Chapter 7-9- EXAM
Week 4:	Chapter 10-12- EXAM
Week 5:	Chapter 13&15 Group Presentations
Week 6:	Group presentations& Final Exam

V. GRADING:	Exams:	400pts	Scale:	A = 100 - 90%
	Attendance & Participation:	100pts		B = 89 - 80%
	Group Presentation	100pts		C = 79 - 70%
	Behavior Change	100pt		D = 69 - 60%
	Final	<u>200pts</u>		F= 59% and Below
	Total Points:	900 pts.		

VI. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3rd absence can result in you being dropped.
2. Three tardies will be equivalent to one absence.
3. Any sign of plagiarism will result in action by the Imperial Valley College.

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