

## Health Education

<b>Semester:</b>	Spring 2016	<b>Instructor:</b>	Jim Mecate
<b>Course:</b>	HE 102	<b>Email:</b>	jim.mecate@imperial.edu
<b>CRN:</b>	20843 & 20651	<b>Office:</b>	705
<b>Room:</b>	709	<b>Office Hrs:</b>	M-Th 11:15am-12:30pm
<b>Days:</b>	MW	<b>Office Phone:</b>	760-355-6341
<b>Time:</b>	8-9:25am & 9:40-11:05am	<b>Contact Opt:</b>	Dept. Secretary 760-355-6325
<b>Units:</b>	3		

**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.

### Student Learning Outcomes:

1. Identify basic health terms.
2. Understand physical fitness principles.
3. Design a health behavior change plan, and evaluate the process of behavior change to improve health and reduce the risk of disease.

### Course Objectives:

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.

**Textbook:** Donatelle, Rebecca (2011). *Health: The Basics, 11<sup>th</sup> ed.*

### Assignments:

Out-of-class: Do a 1.5 mile cardiovascular assessment and turn in the results.

Reading and Writing: Record and analyze personal diet and exercise habits.

**Grading:** Test grades will be based on the highest score of each test after applying the following scale, 90%=A, 80%=B, 70%=C, 60%=D. Final grade will be based on the same scale after adding up all points which come from Assignments, Homework, Class Attendance, and Final Exam. Late assignments will receive only partial credit. No Extra Credit!

### Attendance:

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

### **Classroom Etiquette:**

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor.
- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### **Academic Honesty:**

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism, (b) copying or attempting to copy from others during an examination or on an assignment, (c) communicating test information with another person during an examination, (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service.

### **Additional Help:**

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

### **Disabled Student Programs and Services (DSPS):**

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. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

### **Student Counseling and Health Services:**

Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

### **Student Rights and Responsibilities:**

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

**Information Literary:**

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

**Class Schedule:**

<b>Date &amp; Week</b>	<b>Topic and/or Assignment</b>	<b>Activity</b>
Week 1 February 16-18	Introduction	Lecture
Week 2 February 23-25	Chap. 1 – Assessing your Health Chap. 1 – Assessing your Health	Lecture Test
Week 3 Feb 29 -March 3	Chap. 2 – Psychological Health Chap. 2 – Psychological Health	Lecture Test
Week 4 March 8-10	Chap. 3 – Managing Stress Chap. 3 – Managing Stress	Lecture Test
Week 5 March 15-17	Chap. 4 – Preventing Violence Chap. 4 – Preventing Violence	Lecture Test
Week 6 March 22-24	Chap. 5 – Health Relationships Chap. 5 – Health Relationships	Lecture Test
Week 7 Apr. 5 – 7	Chap. 6 – Reproductive Choices Chap. 6 – Reproductive Choices	Lecture Test
Week 8 April 12-14	Chap. 7&8 – Addiction , Drug Abuse, Alcohol, Tobacco & Caffeine Chap. 7&8 – Addiction , Drug Abuse, Alcohol, Tobacco & Caffeine	Lecture Test
Week 9 April 19-21	Chap. 9 – Eating for a Healthier You Chap. 9 – Eating for a Healthier You	Lecture Test
Week 10 April 26-28	Chap. 10&11 – Maintaining a Healthy Weight & Improving Your Personal Fitness Chap. 10&11 – Maintaining a Healthy Weight & Improving Your Personal Fitness	Lecture Test
Week 11 May 3-5	Chap. 12 – Cardiovascular Disease & Cancer Chap. 12 – Cardiovascular Disease & Cancer	Lecture Test
Week 12 May 10-12	Chap. 13 – Infectious/Noninfectious Diseases Chap. 13 – Infectious/Noninfectious Diseases	Lecture Test
Week 13 May 17-19	Chap. 14 – Aging, Dying, & Death Chap. 14 – Aging, Dying, & Death <b>Cardio Program Due = 5-19-16</b>	Lecture Test
Week 14 May 24-26	Chap. 15 – Environmental Health Chap. 15 – Environmental Health <b>Vocabulary Due = 5-26-16</b>	Lecture Test
Week 15 May 31-June 2	Chap 16 & Focus - Consumerism, Complementary/Alternative Medicine	Lecture Test
Week 16 June 7-9	Review for Final Final Exam	Lecture Test

