

# HEALTH EDUCATION

**INSTRUCTOR:** TYSON AYE  
**PHONE:** 355-6165  
**OFFICE:** 758 (Hours: -Tue & Thurs 9:00-11:00am)  
**E-MAIL:** Tyson.aye@imperial.edu  
**CLASS DAYS & TIMES:** MON/WED 10:15-11:40AM, ROOM 709  
**CREDIT UNITS:** 3  
**TEXT:** HEALTH -THE BASICS, GREEN 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 physical fitness principles
3. To understand health concepts
4. To assess a health risk, design and evaluate the process of behavior change to improve health and reduce the risk of disease.

**III. COURSE OUTLINE:**

Week 1:	Introduction
Week 2:	Chapter 1-Promoting Healthy behavior change
Week 3:	Review & Assign Behavior Change Assignment (Contract & Journals Begin)
Week 4:	Chapter 3- Managing Stress- <b>Chapter 3 Test</b>
Week 5:	Chapter 13- Infectious & Noninfectious Conditions
Week 6:	Chapter 5- Healthy Relationships- <b>Chapter 5 Test</b>
Week 7:	Chapter 6- Birth Control, Pregnancy, and Child birth
Week 8:	Chapter 7- Licit/Illicit Drug abuse and Alcohol- <b>Chapter 7 Test</b>
Week 9:	Chapter 8- Alcohol, Tobacco, Caffeine
Week 10:	Pick Groups- Chapter 11-Personal Fitness
Week 11:	Group Work Activities & <u>BEHAVIOR CHANGE ASSIGNMENT DUE</u>
Week 12:	Presentations
Week 13:	Chapter 9-Nutrition- <b>Chapter 9 Test</b>
Week 14:	Chapter 10- Weight Management
Week 15:	Final Review
Week 16:	<b>Final Chapter 10</b>

<b>IV. GRADING:</b> Exams (5 total):	250pts.	Scale: A = 100 - 90%
Attendance & Participation:	100pts	B = 89 - 80%
Group Presentation	100pts	C = 79 - 70%
Behavior Change Project	100pts	D = 69 - 60%
In Class Assignments	<u>100pts</u>	F= 59% and Below
Total Points:	650 pts.	

**V. ATTENDANCE POLICY**

1. No more than 3 absences will be permitted. A 3<sup>rd</sup> 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