

Health Education

HE 102 (3 units)

20352

Instructor: Dave Drury

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Day & Time: MW 8:35 - 10:00 am

Room: 413

Semester: Spring 2013

Office Hrs: TBA

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

Course Objectives: To promote application and practice of health 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.	<u>Contents</u>	<u>Mon</u>		<u>Wed</u>	
	1. The Basics of Healthy Change	1/14	<i>Crash</i>	1/16	Lec 1
	2. Psychosocial Health	1/21	<i>Holiday</i>	1/23	Lec 2
Focus	Your Spiritual Health	1/28	Lec FYSH	1/30	Lec 3
	3. Managing Your Stress	2/4	Lec 4	2/6	Test 1
	4. Preventing Violence and Injury				
Focus	Your Sleep	2/11	Lec FYS	2/13	Lec 5
	5. Healthy Relationships and Sexuality	2/18	<i>Holiday</i>	2/20	Lec 6
	6. Your Reproductive Choices	2/25	Test 2		
	7. Addiction and Drug Abuse			2/27	Lec 7
	8. Alcohol and Tobacco	3/4	Lec 8	3/6	Test 3
	9. Nutrition and You				
	10. Managing Your Weight	3/11	Lec 9	3/13	Lec 10
Focus	Your Body Image	3/18	Lec FYBI	3/20	Lec 11
	11. Personal Fitness	3/25	Test 4		
	12. Cardiovascular Disease and Cancer			3/27	Lec 12
Focus	Your Risk for Diabetes	4/1	<i>Holiday</i>	4/3	<i>Holiday</i>
	13. Infectious and Noninfectious Conditions	4/8	Lec FRfD	4/10	Lec 13
	14. Aging, Death, and Dying	4/15	Test 5		
	15. Environmental Health			4/17	Lec 14
	16. Savvy Health Care Consumerism	4/22	Lec 15	4/24	Lec 16
	17. Complementary & Alternative Medicine	4/29	Lec 17	5/1	Test 6
		5/6 & 8	Final Exam		

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, green edition, by Donatelle (REQUIRED)

IV Essentials

- A student with more than 3 absences may be dropped.
- Three Tardies will equal one absence.
- Make-up Tests must be approved prior to absence.
- NO Cell Phone use in Class
- 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