

**Health Education**  
**HE 102 (3 units)**

20354

<b>Instructor:</b> Dave Drury	<b>Day &amp; Time:</b> TR 8:35 - 10:00 am
<b>Office:</b> 705	<b>Room:</b> 413
<b>Phone:</b> 355-6323	<b>Semester:</b> Spring 2013
<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 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)

VI. <u>Contents</u>	<u>Tues</u>	<u>Thurs</u>
1. The Basics of Healthy Change	1/15 <i>Crash</i>	1/17 Intro
2. Psychosocial Health	1/22 Lec 1	1/24 Lec 2
Focus Your Spiritual Health	1/29 Lec FYSH	1/31 Lec 3
3. Managing Your Stress	2/05 Lec 4	2/07 <b>Test 1</b>
4. Preventing Violence and Injury		
Focus Your Sleep	2/12 Lec FYS	2/14 Lec 5
5. Healthy Relationships and Sexuality	2/19 Lec 6	2/21 <b>Test 2</b>
6. Your Reproductive Choices		
7. Addiction and Drug Abuse	2/26 Lec 7	2/28 Lec 8
8. Alcohol and Tobacco	3/05 <b>Test 3</b>	
9. Nutrition and You		3/07 Lec 9
10. Managing Your Weight	3/12 Lec 10	3/14 Lec FYBI
Focus Your Body Image	3/19 Lec 11	3/21 <b>Test 4</b>
11. Personal Fitness		
12. Cardiovascular Disease and Cancer	3/26 Lec 12	3/28 Lec FRfD
Focus Your Risk for Diabetes	4/02 <i>Holiday</i>	4/04 <i>Holiday</i>
13. Infectious and Noninfectious Conditions	4/09 Lec 13	4/11 <b>Test 5</b>
14. Aging, Death, and Dying		
15. Environmental Health	4/16 Lec 14	4/18 Lec 15
16. Savvy Health Care Consumerism	4/23 Lec 16	4/25 Lec 17
17. Complementary & Alternative Medicine	4/29 <b>Test 6</b>	5/02 Review
	<b>5/07 &amp; 09 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, green edition, by Donatelle (REQUIRED)**

**IV Essentials**

- A. A student with more than 3 absences may be dropped.
- 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.

DSP & S - Room 2117  
Health Science (760) 355-6312  
(760) 355-6312