

HE 102- 3.0 Units
SYLLABUS

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TEXT: Health the Basic - Donatelle -Green Edition

GRADING PROCEDURE:

20% Attendance - 3 Absence allowed

 Participation - Daily Contribution (1 letter grade)

40% Notebook/ 3 Ring Hardcover Binder:

 A. Notes - From class presentations

 B. Journals - Title each entry, one page for each hour of presentation

 C. Contracts - Each will have a beginning assessment, weekly assessments, and a final comprehensive assessment

 D. Health Information - Interesting articles relevant to health.

 E. Table of Contents - Upon completion of all notebook assignments, students must type a table of contents listing the order and titles of each work.

 F. Notebooks must have the student's name, day and class hour on the outside of the notebook.

20% Essay Tests

20% Chapter Tests

LEARNING OUTCOMES:

1. Each student will learn to consume nutritious, living, fibrous foods while minimizing their intake of processed foods.
2. Each student will learn to undertake the appropriate types and amounts of activities to achieve their desired levels of lifetime fitness.
3. Each student will learn to apply positive, effective strategies and techniques to enrich their closest interpersonal relations.
4. Each student will learn to hydrate effectively in each different circumstance.

CLASS FOCUS:

Examining the process of critical thinking to establish viable concepts, principles, values, standards, morals, ideals and theories relevant to the pursuit of life-long health.

Chapter Nine Focusing on the role of nutrition in health and wellness.

Chapter Eleven Focusing on the role of exercise in health and wellness.

Chapter Ten Examining effective strategies to establish and maintain functional body composition.

Chapter Seven An in-depth look at the role drugs, both legal and illicit, play in our health.

Chapter Five Examining the various types of relationships and how they effect our health.

Chapter Fifteen Establishing effective strategies for coping with death.

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.