

# HEALTH EDUCATION 102

20363 & 20364

**INSTRUCTOR:** TYSON AYE  
**PHONE:** 355-6165  
**OFFICE: 758** (Hours: -Mon & Wed 10:00-12:00pm)  
**E-MAIL:** Tyson.aye@imperial.edu  
**CLASS DAYS & TIMES:** TUE&THURS 10:15-11:40AM, ROOM 513 & MON 6:30-9:40PM, ROOM 513  
**CREDIT UNITS:** 3  
**TEXT:** HEALTH -THE BASICS, 10TH 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- **Chapter 3 Test**  
Week 5: Chapter 13- Infectious & Noninfectious Conditions  
Week 6: Chapter 5- Healthy Relationships-**Chapter 5 Test**  
Week 7: Chapter 6- Birth Control, Pregnancy, and Child birth  
Week 8: Chapter 7- Licit/Illicit Drug abuse and Alcohol-**Chapter 7 Test**  
Week 9: Chapter 8- Alcohol, Tobacco, Caffeine  
Week 10: Pick Groups- Chapter 11-Personal Fitness  
Week 11: Group Work Activities & BEHAVIOR CHANGE ASSIGNMENT DUE  
Week 12: Presentations  
Week 13: Chapter 9-Nutrition- **Chapter 9 Test**  
Week 14: Chapter 10- Weight Management  
Week 15: Final Review  
Week 16: **Final Chapter 10**

**IV. GRADING:**

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