

Health Education

HE 102 (3 units)

Instructor: Dave Drury	Day & Time: Daily 7:30- 9:40am
Office: 705	Room: 2734
Phone: 355-6323	Semester: Summer 2013
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Course Description: This course is designed to provide practical and scientific health information.

Course Objectives: To promote the application and practice of 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 Contents

1.	Introduction to Health	Week 1	5/20	Crash
2.	Promoting Healthy Behavior		5/21	Intro & Lec. 1
3.	Psychosocial Health		5/22	Lec. 2 & Focus Spiritual Health
4.	Managing Stress		5/23	Lec. 3 & 4
5.	Preventing Violence and Abuse		5/24	Test 1
6.	NO SCHOOL	Week 2	5/27	HOLIDAY
7.	Sleep Health		5/28	Focus on your Sleep
8.	Healthy Relationships & Sexuality		5/29	Lec. 5
9.	Birth Control, & Pregnancy		5/30	Lec. 6
10.	Addictive Behaviors		5/31	Test 2
11.	Licit & Illicit Drugs	Week 3	6/03	Lec. 7 & 8
12.	Alcohol, Tobacco, and Caffeine		6/04	Test 3
13.	Nutrition		6/05	Lec. 9 & 10
14.	Managing Your Weight		6/06	Lec. 11
15.	Personal Fitness		6/07	Test 4
16.	Cardiovascular Disease & Cancer	Week 4	6/10	Lec. 12
17.	Infectious & Noninfectious Conditions		6/11	Lec. 13 & Focus on Diabetes
18.	Life's Transitions		6/12	Test 5
19.	Environmental Health		6/13	Lec. 14
20.	Consumerism		6/14	Lec. 15
21.	Complementary and Alternative Medicine	Week 5	6/17	Lec. 16 & 17
22.	Last Test		6/18	Test 6
23.	Wrap-up		6/19	Final Review
24.	Final Day		6/20	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, 10th edition, by Donatelle (*REQUIRED*)

IV Essentials

- A. Only 2 absences will be permitted.
- 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 Bldg
(760) 355-6312