

Health 102
Summer 2013

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Book: 10th Green Edition, Health The Basics by Rebecca J. Donatelle

Grading Procedure:

Attendance, Punctuality, Participation....20%

Notebook: 3 ring hardcover....40%

- A. Notes: record every important idea expressed in lecture or discussion.
- B. Commentaries/Journals: Your interpretation of the most important or powerful ideas or thoughts. Your unique strategies to apply those to your life, family, or culture. Create a title for each commentary.
- C. Contracts: strategies to find more effective approaches in eating, exercise, and one personal relationship. Each will have a beginning assessment, weekly assessments, and a final comprehensive assessment.
- D. Table of contents: Upon completion of all requirements, all work will be listed in the table of contents with titles and pages cited.
- E. Notebook must have the students name, day and hour of class clearly designated on the front of the notebook.
- F. Extra credit: research and interesting, relevant articles pertaining to health.

Essay Tests...20%

Chapter Tests...20%

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 and well-being.

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 of drugs, legal and illicit, in individual and societal health.

Chapter Five... examining the various types of relationships and how they affect our health.

Chapter Fifteen.... establishing effective strategies for coping with dying and death.

Student 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 different circumstances.

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.