

Imperial Valley College  
**HEALTH EDUCATION – HE 102**  
 Summer 2013

**Instructor:** Ms. Rosalba Jepson  
**email:** [rosalba.jepson@imperial.edu](mailto:rosalba.jepson@imperial.edu)

**Office:** 2130  
**Ph#** 760-355-6294

**Morning session:** CRN# 30105 M T W R 0730 – 0940 Bldg 2700 rm# 2734  
**Afternoon session:** CRN# 30108 M T W R 1500 – 1710 Gym 709

Daily/weekly reading assignment and homework

Week	Date	Unit Content/ Topic	Homework Assignments
Week #1	Mon. 6/24	Class Introduction Assessing your Health	Review of course expectations Donatelle, ch. 1, p.1-25.
	Tues. 6/25	Mental wellness	Donatelle, ch 2, p. 27-52 <b>Short essay:</b> Self-Assessment, "Where are you now?"
	Wed. 6/26	Spiritual health and <i>healthy sleep</i>	Donatelle, ch 2, p.54-64, and ch 3, p.96-107 <b>Start 5-day health journal (diet intake)</b>
	Thurs. 6/27	<b>Exam #1: Chapters: 1-3</b> (assigned sections only)	<b>Bring to class:</b> a health article related which you will use to write your paper
Week #2	Mon. 7/1	Stress and coping with life's challenges,	Donatelle, ch. 3, p.66-91; and ch 4 p.109-113, 116-121 (domestic & sexual abuse)
	Tues. 7/2	Healthy eating	Donatelle, ch 9 p.265-296
	Wed. 7/3	Healthy body image and weight maintenance	Donatelle, ch 10, p.299-338 <b>5-day health journal due</b>
	Thurs. 7/4	<b>HOLIDAY - CAMPUS CLOSED</b> <b>Independence Day</b>	
Week #3	Mon. 7/8	<b>Exam#2: Chapters: 3-4,9-10</b> Personal fitness	Donatelle, ch 11, p.338-360 <b>5-Day Journals due. Write a plan for improving your health</b>
	Tues. 7/9	Avoiding drug addiction & abuse	Donatelle, ch 7, p.201-227
	Wed. 7/10	Use of alcohol and tobacco	Donatelle, ch 8, p.231-260
	Thurs. 7/11	Keeping your environment healthy	Donatelle, ch 15, p.465 Notes: Preventing injuries in the home
Week #4	Mon. 7/15	<b>Exam#3: Chapters: 7-8,11,15</b> Reducing risks for cardiovascular diseases	Donatelle, ch 12, p.364-378
	Tues. 7/16	Reducing risks for cancer	Donatelle, ch 12, p.378-395
	Wed. 7/17	Reducing risks for Diabetes	Donatelle, ch 12, p.398-407
	Thurs. 7/18	Aging healthy and gracefully	Donatelle, ch14, p.444-461

Week #5	Mon. 7/22	<b>Exam#4: Chapters: 12-13</b> Protecting against infectious diseases	Donatelle, ch 13, p.409-435
	Tues. 7/23	Protecting against non-infectious diseases	Donatelle, ch 13, p.435-440
	Wed. 7/24	Healthy relationships and sexuality	Donatelle, ch 5, p.135-164
	Thurs. 7/25	Reproductive choices	Donatelle, ch 6, p.168-197
Week #6	Mon. 7/29	Preventing violence and injury	Donatelle, ch 4, p.109-130
	Tues. 7/30	Complementary and alternative medicine for improving health	Donatelle, ch. 17, p.503-518 <b>Community search for available therapies</b>
	Wed. 7/31	Smart health care choices Review for Final	Donatelle, ch. 16, p.486-500
	Thurs. 8/1	<b>#5 -FINAL EXAM:</b> remaining chapters	