

## HEALTH EDUCATION 102

**INSTRUCTOR:** ANDREW ROBINSON  
**PHONE:** 355-6167  
**OFFICE:** RM -716 **HOURS: BY APPT ONLY**  
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**CLASS DAYS & TIMES:** M-T 10AM-12:10PM; 12:30PM-2:40PM; 5:30PM-7:40PM  
**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 various health concepts
3. Learn information and share information
4. To assess a health risk, design and evaluate the process of behavior change, to improve Health and reduce the risk of disease.

**III. STUDENT LEARNING OUTCOMES:**

1. Identify correct cardiovascular principles and design a cardiovascular program
2. Engage in a personal cardiovascular program
3. Identify basic health terms

**IV. COURSE OUTLINE:**

Week 1: Chapters 1&3- **EXAM**  
Week 2: Chapter 4-6- **EXAM**  
Week 3: Chapter 7-9- **EXAM**  
Week 4: Chapter 10-12- **EXAM**  
Week 5: Chapter 13&15 Group Presentations  
Week 6: Group presentations& **Final Exam**

<b>V. GRADING:</b>	<b>Exams:</b>	400pts	<b>Scale:</b>	A = 100 - 90%
	<b>Attendance &amp; Participation:</b>	100pts		B = 89 - 80%
	<b>Group Presentation</b>	100pts		C = 79 - 70%
	<b>Behavior Change</b>	100pt		D = 69 - 60%
	<b>Final</b>	<u>200pts</u>		F= 59% and Below
	<b>Total Points:</b>	900 pts.		

**VI. 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