

Health Education

HE 102 (3 units)

Instructor: Dave Drury

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Day & Time: MW 8:35 - 10:00 am

Room: 411

Semester: Fall 2013

Office Hrs: TBA

Course Description: This course is designed to provide practical and scientific health information.

Course Objectives: To promote application and practice of health 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.	<u>Contents</u>	<u>Mon</u>		<u>Wed</u>	
1.	The Basics of Healthy Change	8/19	Crash	8/21	Intro
2.	Psychosocial Health	8/26	Lec 1		
Focus	Your Spiritual Health			8/28	Lec 2/ FYSH
3.	Managing Your Stress	9/02	Holiday	9/04	Lec 3
4.	Preventing Violence and Injury	9/09	Lec 4	9/11	Test 1
Focus	Your Sleep	9/16	Lec FYS		
5.	Healthy Relationships and Sexuality			9/18	Lec 5
6.	Your Reproductive Choices	9/23	Lec 6	9/25	Test 2
7.	Addiction and Drug Abuse	9/30	Lec 7		
8.	Alcohol and Tobacco			10/02	Lec 8
9.	Nutrition and You	10/07	Test 3	10/09	Lec 9
10.	Managing Your Weight	10/14	Lec 10		
Focus	Your Body Image			10/16	Lec FYBI
11.	Personal Fitness	10/21	Lec 11	10/23	Test 4
12.	Cardiovascular Disease and Cancer	10/28	Lec 12		
Focus	Your Risk for Diabetes			10/30	Lec FRfD
13.	Infectious and Noninfectious Conditions	11/04	Lec 13	11/06	Test 5
14.	Aging, Death, and Dying	11/11	Holiday	11/13	Lec 14
15.	Environmental Health	11/18	Lec 15	11/20	Lec 16
16.	Savvy Health Care Consumerism	11/25	Lec 17	11/27	Test 6
17.	Complementary & Alternative Medicine	12/02	Review	12/04	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. A student with more than 3 absences may be dropped.
- 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