

Imperial Valley College Course Syllabus – HE 102

Basic Course Information

Semester	Fall 2013	Instructor	Barbara Deol, RN MSN
Course Title & #	HE 102 Health Education	Email	barbara.deol@imperial.edu
CRN #	10565	Website	n/a
Room	700	Office	
Class Dates	Aug 19 to Dec 7, 2013	Office Hours	n/a
Class Days	Tuesday and Thursday	Phone #	760-455-9877
Class Times	130pm to 255pm	Contact for absence or emergency	same

Course Description

This course studies aspects of physical, intellectual, social, emotional, spiritual and environmental health. Emphasis is placed on the development of attitudes and practices of a preventive lifestyle for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, illicit drug abuse, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is also stressed. This course satisfies the State of California Health Education requirement for a teaching credential. (CSU, UC)

Student Learning Outcomes

Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:

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)

Course Objectives

MEASURABLE COURSE OBJECTIVES AND MINIMUM STANDARDS FOR GRADE OF "C":

Upon satisfactory completion of the course, students will be able to:

1. Develop general knowledge of mental illness and personality development.
2. Describe the importance of nutrition, and the benefits of a fitness program.
3. Recognize the harmful effects of alcohol, drugs and tobacco.
4. Demonstrate knowledge about cardiovascular disease.
5. Demonstrate knowledge about cancer and other major diseases.
6. Recognize symptoms and treatments of a variety of infectious diseases.
7. Demonstrate an understanding about human sexuality including intimate relationships.

Textbooks & Other Resources or Links

Rebecca J. Donatelle, Health: The Basics (10 Ed) , (San Francisco, CA: Pearson Benjamin Cummings 2013)

Course Grading Based on Course Objectives

The course grade is based on total points accumulated during the semester. There is a maximum of 600 points.

Optional: very limited extra credit points may be available, either through some class participation activity, group work or other optional assignment. Failing to turn in regular assignments will stop you from being able to earn extra credit points and late assignments will have points subtracted.

Final Grades are calculated as follows:

Percentage	Grade	Points	Grade
90-100%	A	540-600	A

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80-89%	B
70-79%	C
60-69%	D
Below 60%	F

480-539	B
420-479	C
360-419	D
0-359	F

Grading Rubrics: In addition to the percentages and points listed above the following grading rubric or expected standard, will be used when grading written student assignments. The description that best fits your work will be the assigned grade.

Grade	Rubric or Standard Expected <i>Create your own depending on the assignment</i>
A	Focused and clearly organized. Contains advanced critical thinking and analysis. Convincing evidence is provided to support conclusions. Clearly <u>meets or exceeds</u> assignment requirements.
B	Generally focused with some development of ideas, but may be simplistic or repetitive. Evidence is provided to support conclusions. Occasional grammatical errors. <u>Meets</u> assignment requirements, but does not exceed.
C	Unfocused, underdeveloped, or rambling, but has some coherence. Minimal evidence is provided to support conclusions. Several grammatical errors. Meets <u>minimum</u> assignment requirements.
D	Unfocused, underdeveloped, and/or rambling. Limited evidence is used to support conclusions. Serious grammatical errors that impede overall understanding. Does <u>not address</u> all the assignment requirements
F	Unfocused, underdeveloped, and/or rambling. Incomplete or too brief. No evidence is used to support conclusions. Serious grammatical errors that block overall understanding. Does <u>not meet</u> assignment requirements. Minimal to no student effort.

Late Assignments will be accepted until the graded assignment is returned to the class, but assessed a penalty of 5 points per calendar day it is late.

Course Assignments and Instructional Methods

Assignments are designed to elicit your demonstration of critical thinking, understanding and application of the course concepts, and your proficiency in the subject matter.

Required Activities or Assignments	Points
1. Exams (4)	100 each 400
2. Project (2) includes presentation	50 each 100
3. In class Activities (10)	5 each 50
4. Lecture attendance	50 points 50
5. Possible extra credit points	????

Teaching Methods: During this class you will have opportunity to participate in a variety of presentation and teaching methods. Lectures, including material not covered in your readings, class and group discussions requiring your active participation, student oral presentations, and films will supplement your required readings.

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Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement. Out of class assignments for this course includes reading assignments, study time for exams/quizzes, and completion of required course assignments. Students should actively read the assignment prior to class, bring any questions to class, and take careful notes during class.

Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- Lecture Attendance: 50 points

Example: 5 absences= $50-10=$ 40 attendance points

- 6 absences= $50-20=$ 30 attendance points
- 7 absences= $50-30=$ 20 attendance points
- 8 absences= $50-40=$ 10 attendance points
- 9 or more absences= 0 attendance points

Academic Dishonesty

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question. Anyone caught cheating will receive a zero (0) on the exam or assignment, the incident will be reported to the division dean and the dean of Student Affairs, and a document may be placed in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following:
 - plagiarism
 - copying or attempting to copy from others during an examination or on an assignment;
 - communicating test information with another person during an examination;
 - allowing others to do an assignment or portion of an assignment
 - use of a commercial term paper service

Classroom Etiquette

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class. Cell phones ringing during class and all electronic devices not put away will be held by the instructor until the

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end of class as these disruptions are considered disrespectful behavior to others in the class and the instructor.

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs, please comply as directed.
- Disruptive Students: Most of you are here to learn, but some students are not as serious. To preserve a productive learning environment, students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer, before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.

Additional Help

- Learning Labs: There are several ‘labs’ on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

Disabled Student Programs and Services (DSPS)

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. The DSP&S office is located in Building 2100, telephone 760-355-6312 if you feel you need to be evaluated for educational accommodations.

Student Counseling and Health Services

Students have counseling and health services available, provided by the pre-paid Student Health Fee. You can find out more about services available for students at <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

Student Rights and Responsibilities

Students have the right to experience a positive learning environment; students who disrupt that environment can be asked to leave the class. Faculty and students also have the right of due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at www.imperial.edu

Anticipated Class Schedule / Calendar

Below is a list of weekly activities and assignments that will assist you in meeting the course objectives and the Student Learning Outcomes. Please review carefully and often as the list may include reading assignments, exam dates, field trips, projects, presentations, etc.

Course Outline (tentative)*

Week	Date	Topic	Reading assignment
Week 1	8/20	Introduction and Syllabus Overview	Chapter 1
	8/22	Wellness and Taking Charge of your Health	
Week 2	8/27	Psychological Health	Chapter 2
	8/29	Spiritual Health	Chapter 2A
Week 3	9/3	Stress Management	Chapter 3
	9/5	Improving Sleep	Chapter 3A
Week 4	9/10	Violence and Injury	Chapter 4

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	9/12	EXAM-1 Chapters 1, 2, 2A, 3, 3A, and 4	
Week 5	9/17 9/19	Relationships and Communication Sexuality	Chapter 5 Chapter 5
Week 6	9/24 9/26	Reproductive Choices Addiction and Drugs	Chapter 6 Chapter 7
Week 7	10/1 10/3	Alcohol Tobacco	Chapter 8 Chapter 8
Week 8	10/8 10/10	EXAM 2- Chapters 5,6,7 & 8 Nutrition	Chapter 9
Week 9	10/15 10/17	Weight Management Personal Fitness	Chapter 10, 10A Chapter 11
Week 10	10/22 10/24	<u>Class Presentations</u> Cancer and Cardiovascular Disease	Chapter 12
Week 11	10/29 10/31	Diabetes EXAM 3- Chapters 9,10,10A, 11,12 & 12A	Chapter 12A
Week 12	11/5 11/7	Infectious Conditions- <u>Projects due in class</u> ??????	Chapter 13
Week 13	11/12 11/14	Non Infectious Conditions Healthy Aging	Chapter 13 Chapter 14
Week 14	11/19	Environmental Health	Chapter 15
Week 15	11/26 11/28	Health Care Consumerism Alternative Medicine	Chapter 16 Chapter 17
Finals Week	12/3	Final Exam Chapters 13, 14, 15, 16, & 17	

*Course outline is subject to change with notice from the instructor