

HEALTH EDUCATION 102

INSTRUCTOR: ANDREW ROBINSON
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CLASS DAYS & TIMES: MON & WED- 7AM-8:25AM, 10:15AM-11:40AM
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. To read and discuss various health related case studies
4. To learn information share information

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

III. COURSE OUTLINE:

Week 1 : Introduction
Week 2: Chapter 1- Promoting Healthy behavior change
Week 3: Chapter 3- Managing Stress- **Chapter 3 Test**
Week 4: Chapter 4- Violence and Abuse
Week 5: Chapter 5- Healthy Relationships- **Chapter 5 Test**
Week 6: Chapter 6- Birth Control, Pregnancy, and Child birth
Week 7: Chapter 7&8- Licit/Illicit Drug abuse and Alcohol/ Tobacco –**Chapter 7 Test**
Week 8: Chapter 12 & 13- Cardio Vascular Disease & Cancer
Week 9: Group Presentations
Week 10: Group Presentations
Week 11: Chapter 9- Nutrition- **Chapter 9 Test**
Week 12: Chapter 11- Personal Fitness
Week 13: Chapter 11- Personal Fitness
Week 14: Chapter 10- Weight Management
Week 15: Final Review
Week 16: Final

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

V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3rd 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