

# HEALTH EDUCATION 102

## SUMMER 2014

**INSTRUCTOR: JIM MECATE**

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**OFFICE: 705**

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**CLASS DAYS & TIMES: M-TH 12:30PM-2:40PM, ROOM 709**

**CREDIT UNITS: 3**

**TEXT: HEALTH - THE BASICS, 10th Edition by Rebecca J. Donatelle**

**I. COURSE DESCRIPTION:** This course is designed to provide scientific health information and to promote desirable attitudes and practices for a healthful lifestyle.

**II. STUDENT LEARNING OUTCOMES:** 1. Identify correct cardiovascular principles and design a cardiovascular program  
2. Engage in a personal cardiovascular program **P.360=(As.),P.349=(Prg),Sum,Log**  
3. Identify fundamental health terms

**III. COURSE OUTLINE:**

Week 1:	6/16 <b>M</b> Intro	6/17 <b>T</b> Lect.Chapter 1 - Promoting Healthy Behavior Change
Week 1:	6/18 <b>W</b> Test Ch. 1	6/18 Lect.Chapter 2 - Psychosocial Health
Week 2:	6/23 <b>M</b> Test Ch. 2	6/23 Lect.Chapter 3 - Managing Stress
Week 2:	6/24 <b>T</b> Test Ch. 3	6/24 Lect.Chapter 4 - Violence and Abuse
Week 2:	6/25 <b>W</b> Test Ch. 4	6/25 Lect.Chapter 5 - Healthy Relationships
Week 3:	6/30 <b>M</b> Test Ch. 5	6/30 Lect.Chapter 6- Birth C., Pregn., and Child Birth
Week 3:	7/1 <b>T</b> Test Ch. 6	7/1 Lect.Chapter 7&8 -Licit / Ill. Drug Use&Alcohol,Tobacco&Caffeine
Week 3:	7/2 <b>W</b> Test Ch. 7&8	7/2 Lect. Chapter 9 - Nutrition
Week 4:	7/7 <b>M</b> Test Ch. 9	7/7 Lect. Chapter10&11-Managing Your Weight & Personal Fitness
Week 4:	7/8 <b>T</b> Test Ch.10&11	7/8 Lect. Chapter12 - Cardiovascular Disease and Cancer
Week 4:	7/9 <b>W</b> Test Ch. 12	7/9 Lect. Chapter 13 - Infections and Noninfectious Conditions
Week 5:	7/14 <b>M</b> Test Ch. 13	7/14 Lect. Chapter 14 - Life=s Transitions
Week 5:	7/15 <b>T</b> Test Ch. 14	7/15 Lect. Chapter 15 - Environmental Health
Week 5:	7/16 <b>W</b> Test Ch. 15	7/16 Lect.Chapter16&17-Consumerism&Comp./Alt.Medicine
Week 6:	7/21 <b>M</b> Test Ch.16&17	7/23 <b>Wednesday = Final Exam</b>

**IV. GRADING:**

Exams:	600 pts.	Scale: A = 100 - 90%
Final:	100 pts.	B = 89 - 80%
Vocabulary: <b>7-21-14</b>	100 pts.	C = 79 - 70%
Cardio Program: <b>7-17-14</b>	100 pts.	D = 69 - 60%
Participation/Assign.:	<u>180 pts.</u>	F = 59% and below
Total Points:	1080 pts.	

**V. ATTENDANCE POLICY**

1. No more than one absence will be permitted.
2. A second absence will result in you being dropped from the class.
3. Three tardies will be equivalent to one absence.

### **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