

Basic Course Information

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| Semester | Fall 2014 | Instructor Name | Cuauhtemoc Carboni, Ph.D. |
| Course Title & # | Health Education HE 102 | Email | temo.carboni@imperial.edu |
| CRN # | 10521 | Webpage (optional) | |
| Room | 709 | Office | 700 building next to main |
| Class Dates | Aug 18 – Dec 13 | Office Hours | Make Appointment |
| Class Days | MW | Office Phone # | 760-355-6323 |
| Class Times | 1:30 – 2:55 PM | Email me if student will be out or emergency | temo.carboni@imperial.edu |
| Units | 3.0 | | |

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

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

Donatelle, Rebecca (2013). *Health: The Basics* (10th edition). San Francisco, CA Pearson Ed. Inc.. ISBN: 9780321774347

Course Requirements and Instructional Methods

Instructional Methods:

1. Audio Visual
2. Discussion
3. Group Activity
4. Individual Activity
5. Lecture

Student Requirements and Responsibilities:

Reading before each class session is one of the most important requirements for this course. During this course we will be engaged in discussions, group and individual activities that require prior preparation from you to be able to successfully meet daily learning objectives according to each topic.

During classroom discussions and activities you are expected to be respectful of others and the instructor.

Successful students in this course spend two (2) hours of independent work done out of class per each hour of lecture or class work. For this course it means that you spend 6 hours outside of class a week reading or doing assigned homework.

Course Grading Based on Course Objectives

Assignments and Grading Procedures:

Health Article Assessment: 1-2 page critical assessment of a health article

Homework: 5 homework assignments related to weekly topics

In-Class/online assignments: 10 classroom activities related to weekly topics

Quizzes: 4 quizzes on chapter readings

Tests: 2 tests, midterm and final

Grading Points

Health Article: 100 points
Homework: 100 points
In-class/online: 100 points
Midterm: 150 points
Final: 150 points
Quizzes: 400 points

Grading Scale:

A= 1000 – 900 points
B= 899 – 800 points
C= 799 – 700 points
D= 699 – 600 points
F= 599 or below points

Total Points: 1000 points

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. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.

- 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.

Classroom Etiquette

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception.
- Disruptive Students: 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.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.
- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor.

Academic Honesty

- 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 or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation 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: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

Additional Help

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- 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.
- Learning Labs: There are several ‘labs’ on campus to assist you through the use of computers, tutors, or a combination.

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 760-355-6313 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. We now also have a fulltime mental health counselor. For information see <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 and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762

Information Literacy

Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

Anticipated Tentative Class Schedule / Calendar

| Date | Assignment, and/or Topic | Assignments/Readings/Activities Due |
|-------------|-------------------------------------|--|
| 18-Aug | Orientation, Course Description | Read ch. 1/ch.1/ Student Information |
| 20-Aug | Basics of Healthy Change | Read ch.2/ch.2/ In-class activity 1 |
| 25-Aug | Psychological Health | Read ch.3/ ch.3/ Homework 1 (SI) |
| 27-Aug | Managing your Stress | Read ch.4/ch.4/ In class activity 2 |
| 3-Sep | Preventing Violence/Injury | Quiz Review Cards |
| 8-Sep | Quiz Quiz Trade/Quiz 1 | Read ch.5/ch.5/ Homework 2 (Cards) |
| 10-Sep | Relationships and Sexuality | Read ch.6/ch.6/ In-class activity 3 |
| 15-Sep | Reproductive Choices | Read ch.7/ch.7 In-class activity 4 |
| 17-Sep | Addiction & Drug Abuse | Read ch.8/ch.8/ In-class activity 5 |
| 22-Sep | Alcohol and Tobacco | Review Homework |
| 24-Sep | Review/ Quiz 2 | Read ch.9/ch.9/Homework 3 (Review) |
| 29-Sep | Nutrition and You | Read ch.10/ch.10/ In-Class activity 6 |
| 1-Oct | Managing your Weight | Review Midterm |
| 6-Oct | Midterm | Read Body Image/ In-Class activity 7 |
| 8-Oct | Body Image | Read ch.11/ch.11/ In-Class Activity 8 |
| 13-Oct | Personal Fitness | Read ch.12/ch.12/Homework 4 (Fit E) |
| 15-Oct | Cardiovascular Disease/Cancer | Read Risk for Diabetes |
| 20-Oct | Your Risk for Diabetes | Review Quiz Homework 5 |
| 22-Oct | Review/ Quiz 3 | Read ch.13/ch.13/ |
| 27-Oct | Infectious and non-infectious cond. | Read ch.14/ch.14/In-class activity 9 |
| 29-Oct | Aging, Death and Dying | Read ch.15/ch/15 |
| 3-Nov | Environmental Health | Read ch.16/ch.16 |
| 5-Nov | Savy Health Care | Read ch.17/ch/17/ In-Class activity 10 |
| 10-Nov | Alternative Medicine | Review Homework |
| 12-Nov | Quiz Review/Quiz 4 | |
| 17-Nov | Article Assessment Rubric | Look for article |

Imperial Valley College Course Syllabus – Health Education HE 102

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| 19-Nov | Article Review Group feedback | Article appropriateness discussion |
| 24-Nov | No Class | |
| 26-Nov | No Class | |
| 1-Dec | Final Exam Review | |
| 3-Dec | Article Assessment Due | Article Assessment Due |
| 8-Dec | Final Exam | Final Exam |
| 10-Dec | Final Grades | Final Grades |