

**Basic Course Information**

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|-----------------------------|--|---|---|
| <b>Semester</b>             | Winter 2015                                    | <b>Instructor Name</b>                                    | Toni Pfister, MS, EdD   |
| <b>Course Title &amp; #</b> | Health Education HE 102                        | <b>Email</b>  | Toni.pfister@imperial.edu   |
| <b>CRN #</b>                | 15024  |   |   |
| <b>Room</b>                 | Online only                                    | <b>Office</b>   | Virtual Office inside our course  |
| <b>Class Dates</b>          | January 6 to February 6, 2015                  | <b>Office Hours</b>                                       | <i>You can post questions in Blackboard to me 24 hours a day. Once you are in our Blackboard course, please post course-clarifying questions in the Virtual Office (tab is on the left) and private questions in the Private Message area (tab is on the left). Please give me 24-48 hours to respond, not including weekends and holidays.</i> |
| <b>Class Days</b>           | Any and every day                              | <b>Office Phone #</b>                                     | -----   |
| <b>Class Times</b>          | The class is generally available 24 hours/day. | <b>Office contact if student will be out or emergency</b> | Students can leave private messages in Private Message area (tab is on the left inside our course).   |
| <b>Units</b>                | 3.0 units                                      |   |   |

**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 a specific health risk, and engage in and evaluate the behavior change process. (ILO2)
2. 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

1. Textbook is “Your Health Today”, 4<sup>th</sup> edition by Teague, MacKenzie & Rosenthal. ISBN: 978-0-07-802847-2 A copy is available for 2-hour checkout in Library Reserves. 2. Computer Access and Laptop or Desktop Computer (SmartPhones and I Pad-type devices may not work well.)

### Instructional Methods and Course Requirements

**Instructional Methods** may include, but are not limited to, the following: lectures, website reviews, textbook and internet readings, large and small group discussions, audiovisual aids, and demonstrations.

**Course Requirements and Student Responsibilities** include the following with others included inside the course:

1. You are expected to complete all activities in each module unless something is “optional”. Participate in class discussions only after you have completed the assigned readings for that unit.
2. “Challenges” may be multiple guess, fill-in the blank, matching, and/or short answer, and based on any reading or activity inside the module. You get one entry. Each challenge is timed and will automatically close and save your answers at the end of the allotted time. Challenges are not accepted late.
3. ***All written (paper-like) assignments (Behavior Change, Nutrition) must be submitted as an attachment through the Blackboard “Assignment” tab or it won’t be accepted. Papers need to be typed in 12 point black font and double-spaced or points will be lost. Written paper assignments (Behavior Change Part I, Nutrition) will have a ten percent reduction for each day they are late: they will NOT be accepted more than one week past the original due date.*** Papers are expected to be well written, organized, edited, and submitted as an attachment. ***Discussions, Challenges, Behavior Change Part II and the Me and My Health assignment are NOT accepted late. Submit all activities through Blackboard; emailed assignments are not accepted.***
4. If you are having trouble with the course and/or personal problems, communicate with the instructor as soon as possible so as to get the help needed. Use “Private Message Center” inside our course for private communication
5. This class should be a safe zone; controversial topics may be discussed. Be supportive of your fellow students. Students have the right to experience a positive learning environment; students who disrupt that environment can be asked to leave class. Please refer to catalog for more information. Netiquette is mandatory: refer to “Online Policies” and the catalogue for more information: Swearing, put downs, and discriminatory and derogatory statements will not be tolerated. If someone writes or says anything to you that makes you feel uncomfortable or that you feel is inappropriate contact your professor immediately; these may come in the form of discussions, emails, private messages, etc. Avatars, symbols, and pictures must be rated G; in other words no sexual, aggressive, or R rated avatars will be allowed. Disciplinary actions will be taken. No one may advertise or sell a product through our class – disciplinary actions will be taken if students or the teacher is contacted for commercial purposes. Bilingualism is a wonderful gift but this class is to be conducted in English and everything inside the class is to be written in English. Thank you for your assistance with these issues.

6. Complete everything at least 48 hours in advance of due dates to give yourself extra time for unexpected technology and Internet issues. There are no excuses for late submissions – you have access to this class pretty much 24 hours/day.

### Course Grading

**EVALUATIONS:** Student evaluations will be based on performance in a variety of activities and assignments. Participation as demonstrated by high quality and timely Main Forum Discussions and satisfactory progress should be maintained by the student to remain enrolled in the class. **There are 525 points possible.**

**Challenges** are multiple choice questions from the syllabus, book and reading activities. If all 16 Challenges are taken, the two lowest Challenge scores will be dropped. There are NO makeups or do-overs. There will be 16 available but your lowest two scores (if you take all 16) will be dropped; in other words, you will receive points for 14 Challenges. So, strive to complete all Challenges but do NOT stress if you miss one.

140 points \_\_\_\_\_

**Discussions:** there will be 15 Discussions, each requires one Main Forum (10 pts) and one Peer Reply (5 pts) Discussion. So, strive to complete ALL discussions, but do NOT stress if you miss one; just plan on completing extra discussion opportunities. Extra Discussion Opportunities: there will be 2-3 opportunities for Extra Discussion points.

225 points \_\_\_\_\_

|                         |                 |
|-------------------------|-----------------|
| Me & My Health          | 10 points _____ |
| Nutrition Project       | 70 points _____ |
| Behavior Change Part I  | 40 points _____ |
| Behavior Change Part II | 40 points _____ |

**Your total report points:** \_\_\_\_\_

**Add up your total points, divide 525 by your total points & see below for your grade.**

**FINAL GRADE:** A= 100-90%, B= 89-80%, C= 79-70%, D= 69-60%, F= 59%-BELOW. Final grades can be raised or lowered based on your preparation and participation in class. It benefits you to be engaged and participative.

**All written (paper-like) assignments must be submitted as an “attachment” through Blackboard and typed in 12 point black font and double-spaced or points will be lost. Discussions, Challenges, and the Me and My Health assignment are NOT accepted late. Emailed assignments are not accepted nor are they accepted as submitted on time. Only the Behavior Change I paper and Nutrition Project are accepted up to one week late but will have a ten percent reduction for each day they are late – not accepted more than one week past the original due date.**

### Attendance and Discussion Forum posts are related: READ CAREFULLY!

1. A student who fails to attend the first meeting of a class or does not complete the first two mandatory activities of this 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.

2. 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 a total of two weeks may be considered to have excessive absences and may be dropped.
3. Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences. It is the student's responsibility to ensure proper documentation is provided to the instructor.
4. Although it is the student's responsibility to drop their enrollment in the course, any student not attending - not completing the Introduction Discussion AND "Me & My Health" paper - will be dropped. These are TWO mandatory activities the student needs to do in order to demonstrate they are attending the class and have the ability to use the online learning forum. **These are two mandatory written assignments due Thursday, January 8, at 11:59 pm – the Introduction Discussion AND "Me & My Health" paper must be submitted by 11:59 pm on Thursday, January 8, 2015 or the student will be dropped.**
5. Also, any student who misses two consecutive or more than two Main Forum Discussion postings **MAY BE DROPPED** by the instructor for low attendance. For a Main Forum Discussion to count toward attendance it must be posted on time, address the questions posed, include 12 well written sentences composed originally by the student, and cite a reliable resource. In other words, the student must receive points for it. For main discussion postings to count toward participation and attendance they must follow the guidelines list here and in #6 below. **It is the student's responsibility to log into this class every day Monday through Friday to check Private Messages, Announcements, and the Gradebook. If a student is asked to re-submit a paper or address an assignment issue, the student will have 3 weekdays in which to do so or will forfeit that opportunity.**
6. To post a "Main Forum Discussion": 1) go into the correct discussion area and click on the colored title (Example "Mandatory Assignment: My Introduction Discussion"); 2) choose "Create a Thread"; 3) address the questions I have posed in the Forum Description; and 4) spellcheck; and 5) click "Submit". I strongly suggest that you make it a habit to go back and double check that it was submitted without problem. Prior to posting your weekly discussions, complete the week's readings and activities found under "Module". I reward discussion points based on your application of material from the book and assigned website readings/activities, and the following guidelines. Each "Main Forum Discussion" must be a minimum of at least twelve (12) complete sentences long and must include a "supporting reference" from the mandatory textbook. For the purposes of this class, a "supporting reference" will be a quote from the mandatory textbook that lends credibility to your discussion: it will be a quote with a page number from your textbook . [Example: "Antioxidants are found primarily in fruits and vegetables, especially brightly colored ones (yellow, orange, and dark green), and in green tea." Your Health Today, 4<sup>th</sup> ed, Page 106]. You may NOT use Wikipedia at any time for this course. Unsubstantial and empty sentences such as "Dick saw Jane." "Good job, Jose" and "Hello!" are fine but do NOT count toward the twelve sentences. Quotes and copying material from other sources does not count toward the twelve sentences either. Do not plagiarize; if a statement comes from a resource then put it in quotes and state the reference. To increase the credibility of the responses and reduce confusion at what is a true fact and what is myth, the main forum discussions need to relate to information in the textbook (no "old wives tales" or "urban legends") – include the page number to what you are referring. Your original main forum discussion posting in each forum will graded as such. ***A main discussion that is short or missing a referenced quote from the textbook may only receive 5 points. A high***

*quality main discussion = 10 points. In other words, a main discussion that is posted late, does not adequately or completely address the questions posed by your instructor, is too short, or doesn't include a supportive quote with page reference from the textbook will not receive full points. Main and peer discussion postings are NEVER accepted late.* If you miss a discussion, please do not stress. I have included a couple of extra opportunity discussions where you have an opportunity to make up the points. Please plan ahead so you can spend adequate time and effort in the Discussion Boards as they are an important part of our online community. Thanks!

- a. You will need to post your Main Forum Discussion before you can read what other students have posted. A "Peer Reply Discussion" is where you choose "Reply" and reply directly to another student's Main Forum Discussion. To post a Peer Reply Discussion: 1) click on the colored title of the student's discussion under the word "Thread"; click "Reply"; write your reply to the student in the Message box; spell check; and choose "submit". Peer Reply Discussions to classmates need to be at least six (6) sentences long and posted on time. Peer Reply Discussions = 5 points. There are no partial points. Your personal opinions and experiences can be written in Peer Reply Discussions only; they are appropriate to include in your responses to your peers' comments. To receive points, you are expected to write more than "I agree with you" or "Good response." Peer postings are NEVER accepted late. I close each discussion forum on the evening when the discussions are due; check the Discussion Board area to see when the discussions are due – unless otherwise stated, they are generally due on Thursday or Friday evenings at 11:59 pm (check last page of syllabus and "Calendar" tab for due dates).

### **Classroom Etiquette**

- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the Blackboard 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.

### **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 clearly 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 may be reported to the division dean and 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:

- 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
- using a commercial term paper service

Anyone caught cheating 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 Assistance:** Need Help in Blackboard? Go to the Imperial Valley College 24/7 Online Blackboard Support Center: <http://bbsupport.imperial.edu>
  - a. Here you can browse helpful guides and material and contact the support team directly!
  - b. You may chat live with a support team member, submit a ticket with your issue or concern, or call directly, toll-free: **1-855-532-6983**.
  - c. When doing so please have your Student ID Number/Username and Imperial Valley College e-mail address associated with your Blackboard Account handy to eliminate confusion.
  - d. If you forget your Blackboard Password, you can Chat live with a support team member, submit a ticket, or call directly, toll-free: **1-855-532-6983** and a new password will provided to you.
- **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 760-355-6313 if you feel you need to be evaluated for educational accommodations.

Imperial Valley College recommends that students with disabilities discuss academic accommodations with their professors during the first two weeks of class. An alternate form of this syllabus and other class handouts are available upon request. I have made every effort to ensure that this course is accessible to all students, including students with disabilities. If you encounter a problem accessing any portion of this course or have suggestions, please contact me immediately. I attempted to use only captioned or transcribed videos; please contact DSPS if you need technical assistance with this.

### 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](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/>

**Class Calendar**

\*\*Students are responsible for reading chapters prior to each class meeting.

\*\*Schedule subject to alterations at the discretion of the instructor.

| <p><b>WEEKS 1-5<br/>Mon-Thurs</b></p>  |  | <p><b>MODULES</b><br/><i>Blackboard Activities (including Discussions, Challenges, &amp; Papers) are generally due on <b>Thursdays</b> or <b>Fridays</b>, except where otherwise noted.**</i></p>  | <p><b>CHAPTER(S) included in this module:</b></p>                              |
|--|--|--|--|
| <p>WEEK 1<br/>Jan 6-9<br/>Getting Started<br/><b>*Module 1 activities due Thursday, Jan. 8</b></p> |  | <p>Module 1: Welcome! Please use this week to become familiar with our course, your textbook and upcoming assignments. Get started right away on class assignments and activities. In other words: Prepare for Success!! <b>**Submit before Thursday, Jan. 8, at 11:59 pm:</b><br/> <b>1)Syllabus quiz;</b><br/> <b>2)Mandatory Module 1 discussions; &amp;</b><br/> <b>3)Mandatory “Me &amp; My Health” assign.</b></p> | <p>Acquire Textbook<br/>Peruse Class<br/>Read Syllabus<br/>Begin Chapter 1</p> |
| <p>WEEK 1<br/>Jan 6-9</p>  |  | <p>Module 2 due Fri, Jan 9</p>   | <p>Chap 1<br/>Self, Family &amp; Community</p>                                 |
| <p>WEEK 1<br/>Jan 6-9</p>  |  | <p>Module 3 &amp; <b>Behavior Change Part I due</b><br/>Fri, Jan 9</p>   | <p>Chap 2<br/>Mental Health &amp; Stress</p>                                   |
| <p>WEEK 2<br/>Jan 12-16</p>  |  | <p>Module 4 due Friday, Jan 16</p>   | <p>Chap 4<br/>Sleep</p>  |

Imperial Valley College Course Syllabus – Health Education 102

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| WEEK 2<br>Jan 12-16                                   |  | Module 5 due Fri, Jan 16  | Chapters 3 and 11<br>Relationships & Sexual Health                    |
| WEEK 2<br>Jan 12-16                                   |  | Module 6 due Fri, Jan 16  | Chap 12<br>Reproductive Choices                                       |
| WEEK 3<br>Jan 20-23<br>*Mon., Jan 19 is a<br>holiday! |  | Module 7 due Fri, Jan 23<br>++Extra Credit Discussion   | Chap 13<br>Infectious Diseases  |
| WEEK 3<br>Jan 20-23                                   |  | Module 8 due Fri, Jan 23  | Chap 5<br>Nutrition Part I  |
| WEEK 3<br>Jan 20-23                                   |  | Module 9 due Fri, Jan 23  | Chap 5<br>Nutrition Part II   |
| WEEK 4<br>Jan 26-30                                   |  | Module 10 due Fri, Jan 30   | Chap 6<br>Fitness   |
| WEEK 4<br>Jan 26-30                                   |  | Module 11 & <b><u>Nutrition Paper are due<br/>Fri, Jan 30</u></b><br>--no Discussion with this Module | Chapters 7 and 8<br>Body Composition & Body Image                     |
| WEEK 4<br>Jan 26-30                                   |  | Module 12 due Fri, Jan 30   | Chap 9<br>Tobacco & Alcohol   |
| WEEK 4<br>Jan 26-30                                   |  | Module 13 due Fri, Jan 30   | Chap 10<br>Drugs  |
|   |  | <b><u>Behavior Change II &amp; Module 12 Extra<br/>Credit Discussion due Tues, Feb. 3</u></b>         |   |
| WEEK 5<br><b>**Activities due:</b> Thurs.,<br>Feb. 5  |  | Module 14 due <b><u>Thursday, Feb. 5</u></b>  | Chap 16<br>Injury & Violence  |
| WEEK 5<br><b>**Activities due:</b> Thurs.,<br>Feb. 5  |  | Module 15 due <b><u>Thursday, Feb. 5</u></b>  | Chap 14<br>Cardiovascular Disease, Diabetes &<br>Chronic Lung Disease |
| WEEK 5<br><b>**Activities due:</b> Thurs.,<br>Feb. 5  |  | <b>**FINAL Module 16 due <u>Thursday, Feb.<br/>5</u></b>  | Chap 15<br>Cancer   |
|   |  |   |   |

**OTHER IMPORTANT DATES:**

- Jan. 8:**      **Deadline to register for Winter Intersession classes. Deadline to select P/NP grading option for courses with that option.**
- Jan. 11:**    **Deadline to drop Winter Intersession full-term classes without owing fees and/or be eligible for a refund.**
- Jan. 29:**    **Deadline to drop Winter Intersession classes.**