

### Basic Course Information

Semester:	<b>Spring 2015</b>	Instructor Name:	<b>Rosalba Jepson</b>
Course Title & #:	<b>Health Education - HE 102</b>	Email:	<b>Rosalba.jepson@imperial.edu</b>
CRN #:	<b>20930</b>	Webpage (optional):	
Classroom:	<b>304B</b>	Office #:	<b>2126</b>
Class Dates:	<b>Mar 3 - Jun 9, 2015</b>	Office Hours:	<b>M &amp; F: 12-2, T: 1:30-2:30,</b>
Class Days:	<b>Tuesday</b>	Office Phone #:	<b>760-355-6294</b>
Class Times:	6:00 - 9:30 PM	Emergency Contact:	<b>760-554-9213</b>
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 completion of the course, 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

### TEXTBOOKS:

Donatelle, Rebecca. (2011). *Health: The Basics*, (10<sup>th</sup> – Green ed./e). San Francisco, CA  
Pearson ED. Inc. ISBN: 9780321626400

### Optional:

Insel, P. and W. Roth. (2011). *Core Concepts in Health*, (12<sup>th</sup> Brief/e). New York, NY  
McGraw-Hill. ISBN: 9780073404677

## Course Requirements and Instructional Methods

### CONTENT TO BE COVERED IN CLASS WILL INCLUDE:

1. Mental and emotional health including personality development, psychological disorders and stress management.
2. Diet, weight control and physical fitness.
3. Drugs, alcohol and tobacco.
4. Cardiovascular diseases and treatment, including atherosclerosis.
5. Cancer, causes of cancer, and the treatments available.
6. Infectious diseases including sexually transmitted diseases.
7. Human sexuality including intimacy sexual development, birth control pregnancy and parenting.

### ASSIGNMENTS:

1. Reading assigned chapters; listed on weekly assignment grid
2. Out-of-class assignment will include a 2-page typed paper reflecting your critical assessment of a health article published in a local newspaper or evidence-based article, which will be discussed in class.
3. Writing: Record and analyze and record your personal diet and exercise habits.
  - a. Keep a 5-day journal of your assessment and implemented measures for improving health. (will re-analyze your health status at the end of the course)
  - b. Identify areas in your health that may require change
  - c. Develop a plan for improving your health based on your analyzes of your health
4. Class participation:
  - a. Discussion
  - b. Community research for available alternative therapies
5. Pop-quizzes (unannounced)
6. Two exams and one Final exam

### METHODS OF INSTRUCTION

The class includes lecture, audio-visual aids, discussion, group activity, simulation or case study, and online Blackboard or distant learning. Two (2) hours of independent is work done out of class per each hour of lecture or class work, or three (3) hours lab, practicum or the equivalent per unit is expected.

Method

### METHOD OF EVALUATION: to determine if objectives are met by student:

Class activity, Essay, Exams and final exams, quizzes, oral assignments or presentations, problem solving exercises, quizzes, written assignments

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.

### Course Grading Based on Course Objectives

This course is for a letter grade only.

A = 90 – 100%

B = 80 - 89%

C = 70 – 79%

D = 60 – 69%

F = Below 60%

### 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.

According to Imperial Valley student handbook, students are expected to attend all classroom and lab hours and will be considered when computing grades. Regular attendance in all classes is expected of all students enrolled. A student may be excluded from further attending the class after closed registration if the number of absent hours have exceeded the number of class hours which the class meets per week. For the short-term summer classes, this equals to four (4) hours of maximum allowable absences. A student cannot be absent for more than 4 hours of class. Students who exceed the four (4) hours may be dropped from the class.

- A) Students who are late to class three (3) times will be considered absent for one day. Three tardies equal one absent. Tardies after the breaks or lunch hour are included.
- B) It is the student's responsibility to check on announcements or lecture material presented during the time absent or tardy.
- C) It is the student's responsibility to drop the class through Webstar before the drop date, MAY 19, 2015, if they do not intend to continue the class. Failure to drop the class by the drop date will result in possible failure of the class.

### **Classroom Etiquette**

- **Electronic Devices:** Cell phones and electronic devices must be turned off and put away during class, unless otherwise directed by 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 by the instructor.
- **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.

Disruptive behavior in class will not be tolerated. This includes, but is not limited to: talking in class, phone texting, phone conversations, using personal computers for non-class activities, academic dishonest, aggressive behaviors and any type of sexual harassment. Students exhibiting disruptive or inappropriate behavior will be asked to leave the class and must meet with the instructor, the program director and the dean of students to determine if the student shall remain in the class.

### **Online Netiquette**

- What is netiquette? Netiquette is internet manners, online etiquette, and digital etiquette all rolled into one word. Basically, netiquette is a set of rules for behaving properly online.
- Students are to comply with the following rules of netiquette: (1) identify yourself, (2) include a subject line, (3) avoid sarcasm, (4) respect others' opinions and privacy, (5) acknowledge and return messages promptly, (6) copy with caution, (7) do not spam or junk mail, (8) be concise, (9) use appropriate language, (10) use appropriate emoticons (emotional icons) to help convey meaning, and (11) use appropriate intensifiers to help convey meaning [do not use ALL CAPS or multiple exclamation marks (!!!)].

### **Academic Honesty**

Academic honesty in the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

- **Plagiarism** is taking and presenting 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 "cite a source" correctly, 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 that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing 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 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) using a commercial term paper service.

### **Additional Student Services**

Imperial Valley College offers various services in support of student success. The following are some of the services available for students. Please speak to your instructor about additional services which may be available.

- [Blackboard Support Site](#). The Blackboard Support Site provides a variety of support channels available to students 24 hours per day.
- [Learning Services](#). There are several learning labs on campus to assist students through the use of computers and tutors. Please consult your [Campus Map](#) for the [Math Lab](#); [Reading, Writing & Language Labs](#); and the [Study Skills Center](#).
- [Library Services](#). There is more to our library than just books. You have access to tutors in the [Study Skills 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. Please contact them 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.

- [Student Health Center](#). A Student Health Nurse is available on campus. In addition, Pioneers Memorial Healthcare District and El Centro Regional Center provide basic health services for students, such as first aid and care for minor illnesses. Contact the IVC [Student Health Center](#) at 760-355-6310 in Room 2109 for more information.
- [Mental Health Counseling Services](#). Short-term individual, couples, family, and group therapy are provided to currently enrolled students. Contact the IVC [Mental Health Counseling Services](#) at 760-355-6196 in Room 2109 for more information.

### **Student Rights and Responsibilities**

Students have the right to experience a positive learning environment and to due process of law. For more information regarding student rights and responsibilities, please refer to the IVC [General Catalog](#).

## Information Literacy

Imperial Valley College is dedicated to helping students skillfully discover, evaluate, and use information from all sources. The IVC [Library Department](#) provides numerous [Information Literacy Tutorials](#) to assist students in this endeavor.

## Anticipated Class Schedule/Calendar

### Imperial Valley College HEALTH EDUCATION – HE 102 Spring 2015

**Instructor:** Ms. Rosalba Jepson  
**email:** [rosalba.jepson@imperial.edu](mailto:rosalba.jepson@imperial.edu)

**Office:** 2126  
**Ph#** 760-355-6294

**Evening session:** CRN# 20930 Tue. 6:00 – 0935 pm Bldg 300 rm# 304B  
**Class Start Date:** MAR 3, 2015 **Last Date to Add:** Mar. 3, 2015  
**Class End Date:** JUN 9, 2015 **Deadline to drop WITH “W”:** MAY 19, 2015

### Weekly reading assignment and homework

Week	Date	Unit Content/ Topic	Homework Assignments
Week #1	Tue. 3/3	Class Introduction Assessing your Health Promoting Psychological Health	Review of course expectations Donatelle, ch. 1, p.1-25. Donatelle, ch 2, p. 27-52 <b>Short essay:</b> Self-Assessment, “How is Your Health & Wellness now?”
Week #2	Tue. 3/10	Spiritual health Managing Stress and Coping with Life’s Challenges Focus on Sleep	Donatelle ch 2, p.54-64, Donatelle ch 3, p.66-91 Donatelle ch 3, p.96-107 <b>Start 5-day health journal (diet intake)</b> <b>Bring to class:</b> a health article related which you will use to write your paper
Week #3	Tue. 3/17	Healthy eating Healthy body image and weight Maintenance	Donatelle, ch 9 p.265-296 Donatelle, ch 10, p.299-336 <b>5-day health journal due</b> <b>Start: Write a plan for improving your health</b>
Week #4	Tue. 3/24	Improving your Personal fitness	Donatelle, ch 11, p.338-360
Week #5	Tue. 3/31	<b>Exam #1: Chapters: 1-3,9-11</b> Preventing Violence in the Workplace	Donatelle, ch 4, p.109-130
Week #6	Tue. 4/7	<b>SPRING RECESS (CAMPUS CLOSED)</b>	

Week #7	Tue. 4/14	Recognizing and Avoiding drug addiction & abuse Use of alcohol and tobacco	Donatelle, ch 7, p.201-227 Donatelle, ch 8, p.231-260
Week #8	Tue. 4/21	Preventing Diseases: <ul style="list-style-type: none"> <li>• Reducing risks for cardiovascular diseases</li> <li>• Reducing risks for cancer</li> </ul>	Donatelle, ch 12, p.364-378 Donatelle, ch 12, p.378-394
Week #9	Tue. 4/28	Reducing risks for Diabetes Protecting against infectious diseases	Donatelle, ch 12, p.399-407 Donatelle, ch 13, p.409-435
Week #10	Tue. 5/5	Protecting against infectious diseases Protecting against non-infectious diseases	Donatelle, ch 13, p.409-435 Donatelle, ch 13, p.435-440 the home
Week #11	Tue. 5/12	<b>Exam #2: Chapters: 4,7-8,12-13</b> Healthy relationships and sexuality Reproductive choices	Donatelle, ch 5, p.135-164 Donatelle, ch 6, p.168-197
Week #12	Tue. 5/19	Aging healthy and gracefully	Donatelle, ch14, p.444-461
Week #13	Tue. 5/26	Promoting Environmental Health	Donatelle, ch 15, p.465 Notes: Preventing injuries in
Week #14	Tue. 6/2	Smart health care choices Complementary and alternative medicine for improving health	Donatelle, ch. 16, p.486-500 Donatelle, ch 17 p.503-519
Week #15	Tue. 6/9	<b>FINAL EXAM: Ch 5-6,14-17</b>	

**\*\*Tentative, subject to change without prior notice\*\*\***