

### Basic Course Information

<b>Semester</b>	Winter Intersession 2017	<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>	15106		
<b>Room</b>	Online only	<b>Office</b>	Virtual Office inside our course
<b>Class Dates</b>	Jan. 3 to Feb 3, 2017	<b>Office Hours</b>	<i>You can post questions in Canvas to me 24 hours a day. Once you are in our Canvas course, please post course-clarifying questions in the Virtual Office (tab is in Discussions) and private questions in the Inbox area (tab is on the left inside Canvas). 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 Inbox area (tab is on the left inside Canvas).
<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 available at the IVC Bookstore under my name, Toni Pfister, Health Education 102. It is available from outside sources with its original name: “Core Concepts in Health”, Brief 14<sup>th</sup> edition by Insel and Roth. ISBN: 978-0-07-802867-0 2. Computer Access and Laptop or Desktop Computer. A backup plan is highly recommended for a second internet-connect computer.

### 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. If you run into technical issues when taking the challenge, fix them first and then take the second opportunity. Just in case you run into tech issues, you are allotted two entrances into each Challenge. 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 (.doc, .docx) through Canvas Assignment tab and typed in 12 point black font and double-spaced or points will be lost. Written paper assignments (Behavior Change Part I and the Extra Credit Nutrition Project) 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. Discussions and Challenges are NOT accepted late for any reason. The last day Behavior Change Wrap-Up is accepted with point deduction is Wednesday, February 1, 2017. Submit all activities through Canvas; assignments and class activities are not accepted by email or private messaging.* Assignments are expected to be well written, organized, edited, and submitted as an attachment.
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 Canvas “Inbox” only 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. Bi-lingualism 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 Discussions and satisfactory progress should be maintained by the student to remain enrolled in the class. **There are 400 points possible ++extra credit.**

**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 12 Discussion Forums, each requires one Main Discussion (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 credit opportunity. 180 points \_\_\_\_\_

Nutrition Project (Extra Credit*)	<possible 40 points _____>
Behavior Change Part I	40 points _____
Behavior Change Part II	40 points _____

\*Extra Credit Nutrition Project: one opportunity to complete an Extra Credit activity for 40 pts.

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

**Add up your total points, divide 400 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” (.docx, .doc) through Canvas and typed in 12 point black font and double-spaced or points will be lost. Discussions and Challenges are NOT accepted late. Emailed and private-messaged assignments are not accepted. Only the Behavior Change Part I 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. The last day Behavior Change Wrap-Up is accepted with point deduction is February 1, 2017.**

**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 one week 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 "Syllabus Quiz" - 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. **There are two assignments due Thursday, January 5, at 11:59 pm: 1) the Introduction Discussion AND 2) "Syllabus Quiz". These two items must be submitted by 11:59 pm on Thursday, January 5, 2017, 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 Announcements, Virtual Office, Inbox 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 Discussion": 1) go into the Discussion area and click on the title of the desired Discussion forum (Example "Mandatory Discussion 1: My Introduction Discussion) and read the prompt; 2) choose "Reply"; 3) address the questions I have posed in the Discussion Forum; and 4) reread your work, edit and spellcheck; and 5) click "Post Reply". 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 quoted sentence from the mandatory textbook that lends credibility to your discussion: it will be a quote with a page number from your textbook . **[Example: "Your physical wellness includes not just your body's overall condition and the absence of disease, but your fitness level and your ability to care for yourself." Core Concepts in Health", Brief 14<sup>th</sup> ed, Page 2].** 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 be graded as such. ***A main discussion that is short, includes misinformation, or is missing a properly 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, follow the basic instructions above but choose the “reply” button at the bottom of the chosen peer’s main discussion. Peer Reply Discussions to classmates need to be at least six (6) sentences long and posted on time. Quality Peer Reply Discussions = 5 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.

### Classroom Etiquette

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

- [Canvas Student Guide](#): Canvas is pretty intuitive to students. This is the How-to-Use Canvas site to provide assistance. Please check it out for help with activities such as reading announcements, submitting assignments, and posting discussions.
- Login Assistance: you can use the college's Password Reset Tool: <http://reset.imperial.edu> OR call the Admissions and Records Front Desk @ 760.355.6101
- Canvas Assistance: Need Help in Canvas? First post questions in the Virtual Office / Cyber Café inside our course, ask your question and see if any students can assist you. If your problem is not resolved, contact Omar Ramos at 760.355.6500 during IVC business hours.
  - a. Here you can browse helpful guides and material and contact the support team directly!
- 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 1-16</b> <b>Mon-Thurs</b></p>		<p><b>MODULES</b> <i>Canvas Activities (including Discussions, Challenges, &amp; Papers) are generally due on <b>Thursdays and Fridays</b>, except where otherwise noted.**</i></p>	<p><b>CHAPTER(S) included in this module:</b></p>
<p>WEEK 1 Jan 3-6 Getting Started <b>**Module 1 activities due Thursday, Jan. 5</b></p>		<p>Module 1: Welcome! Please use this week to become familiar with our course, your textbook and upcoming assignments. In other words: Prepare for Success!! <b>**Submit Mandatory 1 syllabus quiz and 2) Module 1 discussions before Thursday, January 5, at 11:59 pm</b></p>	<p>Acquire Textbook Peruse Class Read Syllabus Begin Chapter 1</p>
<p>WEEK 1 Jan 3-6</p>		<p>Module 2 due Fri., January 6 This Module, like most others, contains at least two activities you need to submit for points: Challenge and Discussions</p>	<p>Chap 1 Taking Charge of Health</p>
<p>WEEK 1 Jan 3-6</p>		<p>Module 3 with Challenge &amp; <b>Behavior Change Part I due Fri., January 6</b> <b>--NO DISCUSSION IN THIS MODULE</b></p>	<p>Chap 2 Stress</p>

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WEEK 2 Jan. 9-13		Module 4 due Friday, January 13 Challenge and Discussions	Chap 3 Sleep Psychological Health
WEEK 2 Jan. 9-13		Module 5 due Friday, January 13 Challenge and Discussions	Chapters 4 and 5 Relationships & Sexuality
WEEK 2 Jan 9-13		Module 6 due Friday, January 13 Challenge and Discussions	Chap 6 Contraception
WEEK 3 Jan. 17-20 *Mon., Jan 16 is a holiday!		Module 7 due Friday, January 20 Challenge and Discussions	Chap 13 Immunity and Infection
WEEK 3 Jan. 17-20		Module 8 with Challenge due Friday, January 20 <b>--NO DISCUSSION IN THIS MODULE</b>	Chap 9 Nutrition Part A
WEEK 3 Jan. 17-20		Module 9 due Friday, January 20 Challenge and Discussions	Chap 9 Nutrition Part B
		<b>**Extra Credit Nutrition Paper due Mon., Jan. 23</b>	
WEEK 4 Jan 23-27		Module 10 due Fri., Jan. 27 Challenge and Discussions	Chap 10 Exercise
WEEK 4 Jan 23-27		Module 11 with Challenge due Fri., Jan 27 <b>--NO DISCUSSION IN THIS MODULE</b>	Chapter 11 Weight Management
WEEK 4 Jan 23-27		Module 12 due Fri., Jan. 27 Challenge and Discussions	Chap 7 Drugs
WEEK 4 Jan 23-27		Module 13 due Fri., Jan. 27 Challenge and Discussions	Chap 8 Alcohol & Tobacco
		<b>**Final Behavior Change Wrap-Up due Monday, January 30</b>	
WEEK 5 Jan 30-Feb 3 Activities due Thurs., Feb 2		Module 14 due Thursday, Feb. 2 Challenge and Discussions	Chap 16 Personal Safety
WEEK 5 Jan 30-Feb 3 Activities due Thurs., Feb 2		Module 15 with Challenge & <b>Behavior Change III</b> due Thursday, Feb. 2 <b>--NO DISCUSSION IN THIS MODULE</b>	Chap 12 Cardiovascular Disease & Cancer
WEEK 5 <b>**Activities due: Thurs., Feb 2</b>		<b>**Module 16 due Thursday, Feb. 2</b> Challenge and Discussions	Chapters 14 & 17 Environmental Health & Aging

**OTHER IMPORTANT DATES:**

**Jan. 5:** Deadline to register for Winter InterSession. Deadline to select P/NP grading option for courses with that option.

**Jan. 8:** Deadline to drop full-term classes without owing fees and/or be eligible for a refund.

**Jan. 26:** Deadline to drop with a "W".

