

### Basic Course Information

Semester	<b>Winter 2019</b>	Instructor Name	<b>Cuauhtemoc Carboni, Ph.D.</b>
Course Title & #	<b>Health Education HE 102</b>	Email	<b>temo.carboni@imperial.edu</b>
CRN #	<b>15101</b>	Webpage (optional)	
Room	<b>412</b>	Office	<b>705</b>
Class Dates	<b>Jan 2 – Feb 1</b>	Office Hours	<b>Make Appointment</b>
Class Days	<b>MTWRF</b>	Office Phone #	<b>760-355-6250</b>
Class Times	<b>7:30 – 9:45 AM</b>	Email me if student will be out or emergency	<b>temo.carboni@imperial.edu</b>
Units	<b>3.0</b>		

### 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

Required:

Donatelle, Rebecca (2019). Health: The Basics (13th edition). San Francisco, CA Pearson Ed. Inc..

ISBN: 978-0134709680

**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:

Homework: 1 homework assignment related to weekly readings

In-Class: 10 classroom activities related to weekly topics

Quizzes: 3 quizzes on chapter readings

Tests: 2 tests, midterm and final

Grading Points

Grading Scale:

Homework:	200 points	A= 1000 – 900 points
In-class:	200 points	B= 899 – 800 points
Midterm:	150 points	C= 799 – 700 points
Final:	150 points	D= 699 – 600 points
Quizzes:	300 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**

- 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](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
2-Jan	Orientation, Course Description	R 1
3-Jan	Why Health	R 2
<b>4-Jan</b>	Psychological Health, <b>Quiz 1</b>	R 3 & 4
7-Jan	Sleep, Stress	R 5
8-Jan	Preventing Violence	R 6
9-Jan	Relationships	R 7
10-Jan	Reproductive Choices	R 8
<b>11-Jan</b>	Addiction, <b>Quiz 2</b>	R 9
14-Jan	Alcohol Abuse,	R 10
15-Jan	Healthy Eating	R 10
16-Jan	Healthy Eating, Personal Fitness	R 10
17-Jan	Healthy Weight	Study for Midterm
<b>18-Jan</b>	<b>Midterm</b>	R 12
22-Jan	Reducing Cardio Disease & Cancer	R Preventing Diabetes
23-Jan	Preventing Diabetes	R 13
24-Jan	Infectious Diseases	R 14
<b>25-Jan</b>	Death & Dying, <b>Quiz 3</b>	R 15
28-Jan	Environmental Health,	R 16
29-Jan	Health Care Choices	R Spiritual Health
30-Jan	Spititual Health	R Financial Health
31-Jan	Improving your Financial Health	Study for Final
<b>1-Feb</b>	<b>Final Exam</b>	

