



IMPERIAL VALLEY COLLEGE

Basic Course Information

Semester:	Spring 2023	Instructor Name:	Viridiana Salas
Course Title & #:	Health Education 102	Email:	Viridiana.salas@imperial.edu
CRN #:	20338	Webpage (optional):	N/A
Classroom:	BLD:700-Room 700	Office #:	758
Class Dates:	02/13/23- 6/09/23	Office Hours:	TBD
Class Days:	Monday & Wednesday	Office Phone #:	760-355-6165
Class Times:	1:00- 2:25	Emergency Contact:	
Units:	3	Class Format:	In person

Course Description

This course is designed to provide various health concepts and promote healthy attitudes and increase action towards creating a healthier lifestyle.

Course Prerequisite(s) and/or Corequisite(s) - Student Learning Outcomes

No prerequisites

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
2. Engage in a personal cardiovascular program
3. Identify basic health terms

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. To understand the importance of engaging in a healthy lifestyle
2. To understand various health concepts
3. To read and discuss various health related case studies
4. To learn information share information

Textbooks & Other Resources or Links

HEALTH -THE BASICS, 13TH EDITION: BY REBECCA J. DONATELLE/ MY LAB AND MASTERING

ACCESS CODE CAN BE PURCHASED THROUGH IVC BOOKSTORE OR PEARSON PUBLISHER WEBSITE

<https://registration.mypearson.com/#PAYMENT-OPTION>

YOU CAN USE THE E-BOOK OR THE PAPERBACK COPY-BUT YOU MUST PURCHASE THE ACCESS CODE

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.

Additional info for 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.

Access to internet/Laptop or Desktop computer/Google Chrome Browse or Firefox to access canvas information/E Book will be provided in My Lab and Mastering Health program

What if I need to borrow technology or access to WIFI?

1. To request a loaner laptop, MYFI device, or other electronic device, please submit your request here: <https://imperial.edu/students/student-equity-and-achievement/>



Course Grading Based on Course Objectives

Assignments and Grading Procedures:

Homework: 1 homework assignments related to weekly topics

In-Class: 10 classroom activities related to weekly topics

Quizzes: 4 quizzes on chapter readings

Tests: 2 tests, midterm and final

Grading Points

Homework: 100 points

In-class: 200 points

Midterm: 150 points

Final: 150 points

Quizzes: 400 points

Total Points: 1000 points

Grading Scale:

A= 1000 – 900 points

B= 899 – 800 points

C= 799 – 700 points

D= 699 – 600 points

F= 599 or below 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.

- 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

- 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, only students enrolled in the class may attend; children are not allowed

Academic Honesty

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.

IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.



Anticipated Class Schedule/Calendar

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	Introduction Assessing Your Health	Ch. 1
Week 2	Psychological Health Managing your Stress	Ch. 2 & 3
Week 3	Improving your Sleep Quiz 1	Ch 4
Week 4	Preventing Violence Healthy Relationships	Ch. 5 & 6
Week 5	Reproductive Choices Addiction & Drug Abuse	Ch. 7 & 8
Week 6	Alcohol & Tobacco Use Quiz 2	Ch. 9
Week 7	Eating Healthy Healthy Body Composition	Ch. 10 & 11
Week 8	Physical Fitness Midterm	Ch. 12
Week 9	Preventing Infectious Diseases Infectious and non-infectious cond.	Ch. 13 & 14
Week 10	Aging, Death and Dying Quiz 3	Ch. 15
Week 11	Environmental Health Smart Health Care	Ch. 16
Week 12	Alternative Medicine Quiz 4	Ch. 16
Week 13	Behavior Contract Cardiovascular Program	Review
Week 14	Healthy Life Discussion Review	Review
Week 15	Make up week	
Week 16	Final Exam	

*****Subject to change without prior notice*****