

Health 11, Principles of Healthy Living Summer 2015 (online)

Lecture: online

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Course Description & Objectives

General study of health designed to promote desirable health attitudes and to provide up-to-date information in the areas of individual, family, and community health. As a result of taking this course, students will be able to:

- Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
- Identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.
- Understand the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.
- Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.
- Demonstrate through performance on exams, projects, classroom discussions and written assessments, evidence of ability to understand and use the concepts of this class.

Program/Course Learning Objectives- After completion of this course,

- **Students will evaluate a chosen health topic and formulate their ideas in a written assignment.**
- **Students will identify the components of physical fitness.**

Student's Responsibilities

- Attend the on-line class and participate in class discussions.
- Read the assigned material in order to learn the information and apply to online classroom discussion.
- Please check your wlac email regularly for any course updates
- Please make sure that you electronically submit all projects/paper TYPED, DOUBLE-SPACED, 12 point, blank ink font on white paper via ETUDES by the deadline. Papers must be turned in on the due date shown online. Ten percent per day will be deducted for late work for any reason. Emergencies should be discussed with the instructor via private email.
- If you withdraw from this class, you must formally file a drop card at the admissions office. Failure to do so will result in a failing grade at the end of the semester.
- Cheating/plagiarizing will not be tolerated. You will get a ZERO score on the exam(s) and no extra credit points can apply to your overall grade.

Online Class Attendance:

I realize that you will not be attending a traditional face to face class, but you will be attending this virtual online class. Please check in often. In fact, I expect you to check in at least three times week to keep up with what is going on in the class. If you know how, have your browser open to the ETUDES portal, you can then check in quickly and see what is going on. You are expected to spend 6-8 hours a week on this online course. You must contribute and participate in class discussion every week.

Course Structure

Assignments:

Current Event Report: DUE June 26th

Find an article in a newspaper, magazine or online and write a *two-page* double spaced report on the impact of the current event on health. Current event topics can be found on health sections of daily newspapers, NPR radio station, CNN news or any other public media. Examples of current health-related event is: cutting down cholesterol in kids diet, making Marijuana legal in all state in the US, Ebola survivors might develop eye disease.

Personal Impact Paper: DUE July 10th

“Real-life” research paper- Students are required to write a paper on a health topic that has directly influenced or impacted his/her family or personal experience. The topic must have a cover page and a reference page (MLA format). Suggestions- paper will be at least 6 pages in length (4 pages of content) and be typed in 12 point font and be double spaced. Margins will not be larger than 1 inch top, bottom and sides. Fifty percent of the paper will describe why this topic has made a personal impact on you and what the student hopes to learn by researching this topic. The second half (fifty percent) of the content will be dedicated to investigative research of this topic and must include proper citations along with a reference page. Students must cite at least two resources in the paper. Examples may be: alcohol and drug abuse, violence, mental health issues, family history of disease or personal ailments/conditions, food choices. obesity, eating disorders, exercise, culture and health topics, pregnancy, STIs, stress

Required Text:

Donatelle, R.J Health: The Basics, WLAC 3rd Customized Edition. Based on the 10th Edition. (9th edition is fine too)

Lecture notes are in form on PPT slides uploaded on the ETUDES Home page. You will find some missing (incomplete) information on some specific slides that you need to read the related book chapter and complete the information. Use my handouts (PPT) as a guiding source of important information what to focus more for your quizzes and exams but don't rely on my PPTs 100% you need to read the text book.

Sometimes instructor will ask students to participate in class discussion and explain the missing information for other classmates. Your active participation is mandatory and contains 5% of your total grade.

Student Performance Evaluation

One Mid-term Exam (Ch 1-5) (July 2, Thursday)	30%
Quizzes	10 %
Class check in discussions (in the discussion box of our course website)	10 %
Assignments	5% each
Final Exam (Ch. 6-12) (July 23, Thursday)	40%

Final grades are determined by percentage:

A (90-100) B (80-89) C (70-79) D (60 – 69) F (<60)

Important dates to remember:

Assignment (1) Due: June 26th, 2014

Assignment (2) Due: July 10th, 2015

Midterm Exam: Thursday July 2nd.

Final Exam: Thursday July 23rd.

Midterm Exams:

There is one Mid-term exam for this class, which will cover the first five chapters. This exam will be on **Thursday July 2nd, 2015**. Exam is timed exam. You have 24 hours starting July 2nd 12 midnight to July 3rd 12 midnight to open the exam and take it with 1 hour time frame. Please arrange your time and availability way in advance to take your exam on time!

Exams (Midterm and final) format is a combination of multiple choices, true and false questions and short answer questions. No make-up exams will be given. No exceptions!

Check the class website for exam dates and times

Quizzes:

There will be 8 quizzes for this course, and 2-3 of your lowest quizzes will be dropped or if for any reason you missed a quiz or two. Quizzes will be available every Thursday of the week for 24 hours. Dates are available on the course outline table below. Your quiz scores will be released once the availability period has ended *and* all the questions have been graded. After the assigned deadline, no make-up quizzes will be given. No exceptions! Make sure you check the quizzes box every time you log in not to miss any quiz! Please note that your quizzes will be open for 24 hours from Midnight today to midnight tomorrow during this 24 hours you need to allocate 10-15 minutes to complete your quiz. After the quiz is closed under no condition will be open again. Your quizzes are timed and you have 10-15 minutes to precisely answer the questions. When you answer the question and submit your answer, returning to your answer will not be allowed, make sure you are answering it as precise as possible.

Final Exam:

The final exam will be on Thursday July 23rd. Final exam will cover chapters 6-12 and similar to the midterm exam, you need to make yourself available for 60 minutes within 24 hours that final exam is available.

Academic Honesty:

Every member of the academic community at WLAC is expected to act with honesty and trustworthiness. In this course and all others, acts of cheating, plagiarism, misrepresentation, or other forms of dishonesty are not tolerated. Student academic dishonesty will result in penalties ranging from a failing grade on an assignment or examination, to a failing grade in the course.

Special Needs:

Requests for accommodation in test taking or other special needs must be made to the instructor no later than the second week of the class.

Course Outline:

Weeks	Chapter(s)
Week 1	
June 15- June 18	Chapters 1-2
June 18	Quizzes on chapters 1 and 2
Week 2	
June 22-25	Chapters 3 and 4
June 25	Quizzes on chapters 3 and 4
June 26	1 st assignment due (current event report due)
Week 3	
June 29-July 2	Chapters 5-6
July 2	Midterm Exam (Chapter 1-5)
Week 4	
July 6-9	Chapters 7-8
July 9	Quizzes on chapters 7 and 8
July 10	2 nd assignment is due (personal impact paper due)
Week 5	
July 13-16	Chapters 9-10
July 16	Quizzes on chapters 9 and 10
Week 6	
July 20-23	Chapter 11-12
July 23	Final Exam (Chapter 6-12)