

## **Health 11-Principles of Healthful Living**

West Los Angeles College WINTER 2016 Jan 4 - Feb 6

Online Class Section 8073

**PLEASE PRINT AND KEEP A HARD COPY OF THIS SYLLABUS FOR REFERENCE!!**

Professor: Melinda Smith MPH CHES

Office Hours: Online. I will try to respond to messages within 24/36 hours (310) 287-4581.

Better to email though

Email: Smithmm@wlaac.edu Please note that you can send messages to the professor through the online class. Only use this faculty email for emergencies.

### ***Required Textbook***

Donatelle, R.J. Health: The Basics 11<sup>th</sup> Edition. Pearson Benjamin Cummings: San Francisco, 2015. ISBN: 0321910427 For cheaper options, try [www.neebo.com](http://www.neebo.com), [www.chegg.com](http://www.chegg.com) or [www.amazon.com](http://www.amazon.com). There are also three books on reserve in the WLAC library. They cannot be taken out of the library. Good for two hour in-library reading.

On smart phone, check your online classes using Etudes InTouch

### **Course Description & Student Learning Outcomes**

UC/CSU transferable. 3 units. 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.

**Course Learning Outcomes-** After completion of this course,

1. Students will be able to devise a prevention plan for a personal health experience or concern with investigative research
2. Students will be able to identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.

### **Student Responsibilities, "Attendance" and General Policies**

• Every visit to the online course webpage counts as "attendance". You are required to post at least twice for each discussion item (see more in Discussion section). If I do not see participation from you on a regular basis (at least 2 times a week minimum) YOU WILL BE DROPPED FROM THE COURSE. There are no on campus meetings.

- Communication- Please note you are not to email the instructor, unless there is an emergency. You can send messages to the instructor through the course in the “private messages” section. I will try to respond in 24-36 hours. Generally, I will not answer messages on Sundays.

- Safeguards- always back up your work. Do not wait for the last minute to do your work. Allow time for deadlines.

- 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 assignments and exam(s) and no extra credit points can apply to your overall grade. Students will not cut, copy or otherwise plagiarize Internet content or the work of their online classmates or instructors.

## **Academic Integrity (Plagiarism)**

In accordance with code 9803.28, **academic dishonesty is prohibited and will not be tolerated in this class.** Violations of academic integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one’s identity for the purpose of enhancing one’s grade. Academic dishonesty of any type, such as cheating or knowingly furnishing false information, by a student provides grounds for disciplinary action by the instructor or college. In written work, no material may be copied from another without proper quotation marks, footnotes, or appropriate documentation.

- **Plagiarism will result in a zero for the assignment, possible dismissal from the class and disciplinary action from the college. You will not receive credit for any essay missing previous drafts, citations and/or a Works Cited page.**

## **Student Conduct**

According to code 9803.15, disruption of classes or college activities is prohibited and will not be tolerated. Refer to the catalog and the Standards of Student Conduct in the Schedule of Classes for more information.

- Do not be intimidated by the amount of work in this class. Stay on schedule and you will do well.

## **Course Structure**

The course is divided into Chapter Units with study modules which correspond to the chapters in the textbook

**Discussion Board:** (Two discussion topics per unit theme. About once a week. PICK ONE question to discuss.) Worth 20 points (10 pts for 1st posting and 10 pts for 2nd posting to a classmate's reply) per week =100 points. Students are expected to log into the discussion forum and respond to the topic and then post a SECOND response to another student's reply. Responses must be a FULL paragraph and show critical thinking and reflection and must be college-quality writing (grammar, spelling and punctuation will count!) Students must also cite a page number from the textbook to support their comments in the discussion forum (not necessary to cite when making your reply to another student's post.) Failing to cite a page number will result in -5 pts from your posting. You will lose points if you make your first post on the last day of the deadline. You will lose points if you make both posts back to back. Please uphold common courtesy and proper etiquette when responding to other students. Any unnecessary negativity will result in -5 pts from your posting and could lead to withdrawal from the course. All postings must occur before the due date. See additional information about discussions in the Module section called "How do I get full credit for my discussions." **No late submissions will be accepted. That means no "re-opening" of forums.**

**Unit Quizzes:** (20 points each) You will have 5 quizzes following each unit. Each quiz will have 20 multiple choice and True/False questions based on the info from the chapters within each unit. Quizzes will be taken only on predetermined dates (please see the Six Week Schedule), and your access will be limited for only couple of days prior to the due date. Once you log on to take the quiz, you will be given only 40 minutes to answer 20 questions. You must complete the quiz and cannot restart it. It is important to click "submit the quiz" once you have answered all the questions. Or, if you are running out of time, I would suggest that you submit whatever answers you have, or you will not get credit for the quiz. You are allowed to use your study guides, notes and textbook however the quizzes will be timed. Additionally, making sure that you have a secure connection, as well as phone connection will be important. If you miss a quiz, contact me via private message. Quizzes can be re-opened with a -10% penalty.

**Exams:** The two exams Midterm and Final (75 points each) correspond to their respective chapters (see schedule). You will have a specified time frame (usually 24 hours ) in which to return your exam responses. The exams are based on multiple choice, True False, and short answer and are not cumulative. The Final exam will be given online. EACH EXAM IS TIMED FOR 90 MINUTES. The exam will close after 90 minutes and you will not be able to submit your exam and will receive a zero. If you miss your midterm or final exam, contact me for reopening with a -10% penalty.

### **Assignments:**

#1) Introduction Assignment- (To be found under the Discussion Section). You will write a paragraph introducing yourself and what you find interesting about health and wellness. 10 points

#2) Personal Health Assessment- Refer to the Assess Yourself "How Healthy Are You" on pages 21-23 and 470 in the text. Answer the questions and then score yourself. Evaluate your behaviors and identify patterns and specific things you are doing. If you received scores under 15, then offer explanations for your chosen behaviors. Give insight to why you do what you do. What can you change now? What can you change in the future? 50 points

#3) Nutritional Assessment- Students will record their dietary intake and analyze their diets using a computerized assessment. Analysis will be presented in a short report. The

two page single spaced paper must be typed with 12 point font and submitted on the due date. 50 points

**Study Guides:** Each chapter will have a corresponding study guide. These are worth zero points and are not to be turned in. They are to assist you as you read the chapters. Quiz questions may be taken directly from the study guide so it is in your best interest to print the study guide and fill it in as you read along. Study guides may be used on your quizzes and exams.

**Extra Credit:** There will be one pop quiz that will become available (with 1 day notice) sometime during the semester. For those who chose to take the pop quiz, they can earn up to 20 extra credit points to be applied to their grade. Pay close attention to the "Announcements" to learn about the open time for the pop quiz.

**Introductory Chapter Videos:** I have added "mini-lectures" for each chapter to add more of a classroom ambiance. Check them out to learn the highlights of each chapter. These can be found in the module section.

**Evaluation**

Discussion Board (5 topics at 20pts each= 100

Quizzes (5 @ 20 pts each)= 100

Exams (2 @ 75 pts each)= 150

Assignments 2 @ 50pts each = 100

Introduction 10pts = 10

Total points= 460

**If you do not agree with the class policies, you are welcome to drop the class. You must click "accept the syllabus" in order to access the rest of the class. If you do not accept the syllabus, the class will be locked.**

<b>Week/ Date</b>	<b>Class topic</b>	<b>Assigned chapter reading</b>	<b>Assignment due date</b>	<b>Forum # due date Opens Mon AM-closes Sat PM</b>	<b>Quiz # Due date Opens Thur AM- closes Sun PM</b>
1: 1/4	Intro/overview		Assignment #1	#1 opens 1/4 6am	
	Healthy Behaviors	Ch. 1	Opens 1/4 6am		#1 opens 1/7 6am
	Psychological health & Stress	Ch 2 &3	Closes 1/8 11.59pm	#1 closes 1/9 11.59pm	#1 closes 1/10 11.59pm
2: 1/11	Sexuality	Ch. 5	Assignment #2	# 2 opens 1/11 6am	#2 opens 1/14 6am
	Reproductive choices & pregnancy	Ch. 6	Opens 1/12 6am Tuesday	#2 closes 1/16 11.59pm	#2 closes 1/17 11.59pm
3: 1/18	Drug Use	Ch. 7	Closes 1/17 11.59pm Sunday	#3 opens 1/18 6am	#3 opens 1/21 6am
	Alcohol &	Ch. 8		#3 closes 1/23 11.59pm	#3 closes 1/24

	tobacco				11.59pm
4: 1/24	<b>MIDTERM</b>			<b>Opens 1/22 6am (Fri)</b>	<b>Closes 1/25 11.59pm (Mon)</b>
1/25	Nutrition	Ch. 9	Assignment #3	#4 opens 1/25 6am	#4 opens 1/28 6am
	Personal Fitness	Ch. 11	Opens 1/26 6am Tuesday	#4 closes 1/30 11.59pm	#4 closes 1/31 11.59pm
	Complementary & Alt medicine	Ch. 17 (pages 490-501)	Closes 1/31 11.59pm Sunday		
5: 2/1	Heart disease Cancer	Ch. 12		# 5 opens 2/1 6am	#5 opens 2/3 6am (Wed)
	STI & HIV	Ch.13 (only pg 408, 410-419)		#5 closes 2/6 11.59pm	#5 closes 2/6 11.59pm (Sat)
	Environmental Health	Ch. 15			
2/4	<b>FINAL EXAM</b>			<b>Opens 2/4 6am</b>	<b>Closes 2/6 11.59pm</b>