

HEALTH 11 – SYLLABUS

Fall 2015 Section 8199

Instructor: Howard Fisher

Phone: (661) 362-3201

E-mail: fisher.wlac@hotmail.com

Textbook: Health: The Basics (Rebecca Donatelle) - ISBN: 0321523024, Benjamin Cummings. Eleventh Edition (or 9th-10th) – **YOU MAY USE AN OLDER EDITION BUT YOU CANNOT PASS THIS CLASS WITHOUT THE TEXTBOOK!**

Publisher Online Resource Website: http://wps.aw.com/bc_donatelle_health_11

Program Learning Objectives: All students will be able to meet the following objectives upon completion of this course.

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

Student Learning Objectives: Upon completion of this on-line course you will:

1. Be able to explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
2. Be able to 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.
3. Be able to 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.
4. Be able to demonstrate through performance on exams, written assignments and discussion forums the ability to understand and use the concepts of this class

Course Format:

- * This is a fully on-line course, except for the use of the textbook.
- * Every time you log on to the site ALWAYS check the Announcement area first. Then read the module for the lecture notes, read the chapter, do the discussion board post and finally chapter quiz or unit examination. Get in a habit of doing this routine.
- * There are specific due dates for each assignment. You must keep pace with these assignments and stay engaged with the course topic(s). See the "COURSE CALENDAR" for assignment due dates.
- * You MUST submit **ALL** assignments by the due date as there are **NO** extensions or make-ups.
- * Participation in topic(s) discussions without demonstrating knowledge of what you are trying to express will not provide you with the points needed to meet this grading standard.
- * You are required to login to the on-line course frequently. It is your responsibility to read the module content and complete all assignments and chapter quizzes on time.
- * **NO TEXT MESSAGING ABBREVIATIONS ARE ALLOWED.**
- * You will want to always look at the discussion forum that is related to the topic, looking for questions, etc.
- * Check your email address to be sure it is correct. If it is not or if you change your email address during the course of this class, go to "My Workspace" and make the change.
- * You can also revise your password at "My Workspace."
- * If you forget your password, go to the "Gateway" page (at the bottom of the first page).

Participation: You are expected to complete all text readings prior to completing all online activities. If you are unable to finish the course for any reason, you must withdraw by the drop deadline through the Admissions and Records Office. Any student who does not complete the course must be given a grade by the instructor.

Additional Requirements:

- * Cable/DSL internet connection.
- * Experience and comfort using the web. (Microsoft Internet or Mozilla Firefox are the recommended browsers. (AOL can cause problems)
- * Experience and comfort using email.
- * Experience and comfort using a word processor, such as Microsoft Word. **DO NOT USE WORD PERFECT.**
- * If you use the new Microsoft Seven version, you **must** change all attachments sent to me from **docx** to **doc**. I cannot open the docx version.
- * Experience and comfort manipulating the mouse, copying and pasting text, managing files and folders, and other basic computer skills.

* Minimum of 512 MB of RAM. (Mac users must have OS X)

Contacting me: Best done via e-mail: fisher.wlac@hotmail.com. E-mail responses will be made within the next business day with the exception of those sent Friday, which will be responded to by the following Monday. **Please do not post on the private discussion section.** Thanks!

Important Dates:

Refund Deadline: 9/8/15 (Confirm with Office)

Drop w/out a 'W': 9/8/15 (Confirm with Office)

Drop w/a 'W': Confirm with Office

Evaluation: Students will be graded on a point basis:

A = 639 and above (90% +)

B = 568-638 (80-89%)

C = 497-567 (70-79%)

D = 426-496 (60-69%)

F = 425 and below (59% -)

Grades will be based on the following:

1. Quizzes (225 points) - There will be a syllabus quiz worth 5 points and 11 chapter quizzes worth 20 points each. Quizzes must be submitted prior to the due date and time. **Once you begin the quiz you MUST complete it. You may not restart it! There is a 30 minute time limit.** Any quiz over the allowed time period will receive a **ZERO**. Find them under the "Assignments, Tests and Surveys" Tab.

2. Discussion Board Topics (110 points) - There will be ONE chapter posting worth 10 points each per chapter. Each discussion board posting will need to be completed in three (3) full paragraphs and answer three (3) specific questions, prior to the due date using *Times New Roman 12 point font*. College level writing and responses are needed for FULL credit. For full credit, you will have to answer each of the three (3) questions in a paragraph with insightful, in depth and complete answers using both personal and textbook information which must include at least one in-text citation from the assigned reading. The reference/citation should include the page from which students paraphrased or quoted material from the textbook and must be in parentheses. **College level writing and responses are needed (yes, spelling counts, do not act as though you are texting) and do not copy the questions.** Acceptable minimum amount to get maximum points: at least 150 words per response per paragraph. **Posts that do not meet the minimum word length will receive a ZERO. Posts that do not have a quote from the textbook will receive a ZERO.** The more student input, the more valuable the discussion forums become. **Lastly, postings will need to be submitted prior to the due date. No late submissions will be accepted. Find them under the "Discussion Board" Tab**

3. Examinations (375 points) - There will be five exams (75 points each). The exams will be objective and cover information presented in the textbook and class lectures. Exams will consist of multiple choice, true/false, matching and short answer questions. **Once you begin the exam you MUST complete it. You may not restart it!** There is a 60 minute time limit. Any exam over the allowed time period will receive a **ZERO**. Find them under the "Assignments, Tests and Surveys" Tab.

There are no extensions for missed deadlines and there is no extra credit available.

Academic Honesty

All students are expected to conform to the college policy on academic honesty. As stated in the Student Rights and Responsibilities section of the WLAC Catalog and in the WLAC Schedule of Classes, "Cheating, plagiarism, fabrication, and other forms of academic dishonesty, and/or facilitating academic dishonesty" are grounds for disciplinary act. A student engaging in academic misconduct is subject to disciplinary action by the instructor and by West Los Angeles College. At a minimum, academic misconduct will result in a grade of zero for the assignment in question.

Americans with Disability Act (ADA)

It is the policy of WLAC to comply with the Americans with Disability Act. Therefore, Disabled Student Programs and Services (DSPS) offers educational support services to students with disabilities who are enrolled in college classes. Students with verifiable disabilities who wish to avail themselves of services provided by DSPS, including reasonable accommodations if eligible should visit the DSPS Office. If you are covered under this act and need reasonable accommodations to take this class, please notify me immediately.

****This outline, may be modified by the instructor at any time during the term****

Calendar of Assignments

Calendar of Assignments

- All dates are subject to change--you are responsible for being aware of changes
- Assignments must be completed no later than 11:55 pm on the date listed with each topic
- Check the discussion board for study questions
- Additional URLs (website addresses) may be posted for some units

Due Date	Topic	Text Reading	Notes
9/3 Thursday	Syllabus Quiz	Please read the Syllabus-Course Outline and Syllabus Course Calendar and complete the Syllabus Quiz by 11:55 pm	Students who do not complete this assignment will be dropped as 'no shows'
9/4 Friday	Promoting Health Behavior Change	Chapter 1	Discussion Board and Quiz
9/8 Tuesday	Psychosocial Health	Chapter 2	Discussion Board and Quiz
9/10 Thursday	Stress	Chapter 3	Discussion Board and Quiz
9/11 Friday	Unit 1		Exam #1
9/15 Tuesday	Sexuality	Chapter 5	Discussion Board and Quiz
9/17 Thursday	Birth Control and Reproduction	Chapter. 6	Discussion Board and Quiz

9/18 Friday	Unit 2		Exam #2
9/22 Tuesday	Illicit Drugs	Chapter 7	Discussion Board and Quiz
9/24 Thursday	Alcohol, Tobacco, Caffeine	Chapter 8	Discussion Board and Quiz
9/25 Friday	Unit 3		Exam #3
9/29 Tuesday	Nutrition	Chapter 9	Discussion Board and Quiz
10/1 Thursday	Personal Fitness	Chapter 11	Discussion Board and Quiz
10/2 Friday	Unit 4		Exam #4
10/6 Tuesday	Cardiovascular Disease	Chapter 12	Discussion Board and Quiz
10/8 Thursday	Cancer, Diabetes	Chapter 12	Discussion Board and Quiz
10/9 Friday	Unit 5		Exam #5