

**Health 11: Principles of Healthful Living**  
**West Los Angeles College**  
**FALL 2015**  
**Section 8073**  
**SYLLABUS**

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**Instructor:** Armine Lulejian, EdD, MS, MPH, CHES

**E-mail:** [alulejian@yahoo.com](mailto:alulejian@yahoo.com)

*Please note that you are not to email the instructor, unless there is an emergency.  
You can send messages to the instructor through the online course.*

**Office Hours:** Online, by appointment only.

**Meeting Times & Places**

- Entirely ONLINE
- August 31, 2015, to December 20, 2015
- Midterm: Wednesday, October 21, 2015
- Final: Wednesday, December 16, 2015

**Text**

Donatelle, R.J Health: The Basics 11th Edition. Pearson Benjamin Cummings: San Francisco, 2015. ISBN: 0321910427.

I recommend shopping online for a better deal. If you decide to use an older edition of the book, please note the differences in the numbering and some information in the chapters.

You might find cheaper copies of the book on websites such as  
www.chegg.com<<http://www.chegg.com>>, www.neebo.com<<http://www.neebo.com>> or  
www.amazon.com<<http://www.amazon.com>>.

**Course Description**

This course implements World Health Organization's (WHO) definition of health that "Health is a state of complete physical, mental and social well-being, and not merely the absence of disease." In this course, you will gain knowledge and learn principles to function and adapt to healthy living. Some of the topics covered in this course include fitness, nutrition, cancer, cardiovascular disease, alcohol, tobacco, sexuality, drugs, infectious diseases and healthy aging.

**Course Objectives**

At the conclusion of the course, the student will be able to:

1. Demonstrate understanding of health principles from a wide variety of aspects from nutrition to aging.
2. Demonstrate understanding of self-responsibility for personal health and wellness.
3. Understand implications of personal and societal behavior on diseases and disease prevention.

## Course Evaluation

This course will not be graded on a straight scale. The examinations will more than likely be graded on a curve; however this may not apply to the quizzes and the projects. A cumulative score will be assigned at the end of the course, and the final grade will be determined based on that score.

Please note that the course is based on discussion from Academic Forums, quizzes, assignments, and examinations.

The following is a breakdown of the course requirements:

Requirement	Percent of Final Grade
Assignments (4)	20
Forums (6)	12
Quizzes (12/14)	24
Midterm	22
Final	22

## Exams

There are two examinations scheduled for this course, as well as 14 quizzes. Additionally, there will be a mandatory quiz that has to be taken during the first week of school. The mandatory quiz is not graded.

The midterm is due on Wednesday, October 21, 2015 and the final is due on Wednesday, December 16, 2015.

Each exam will be given in three parts. Two of the parts are entirely multiple-choice questions, and the last part will be in short answer format.

Make-up examinations/quizzes will not be administered. Only under special circumstances, other arrangements may be permitted.

Please note that there is very little flexibility for changes regarding the date and time for the examination. Therefore, make appropriate plans now to take the exams as scheduled.

### *Midterm*

The midterm will cover material in Modules 2 to 8. It is worth 22% of your grade.

Please note that the midterm is scheduled for **Wednesday, October 21, 2015, from 10am to 10pm, entirely online.**

### *Final*

The final will cover material Modules 9 to 15. It is worth 22% of your grade. Please note that the final is scheduled for **Wednesday, December 16, 2015, from 10am to 10pm, entirely online.**

## Quizzes

### *Mandatory quiz*

This quiz must be taken prior to taking any other quiz for the course. This quiz will test your knowledge of the course requirements, which is covered in the SYLLABUS (you are reading this now), and the SCHEDULE (which is also attached to the last page of this document).

### *Quizzes*

The quizzes are not like typical quizzes! (Do not be alarmed!!). The quizzes have been designed to keep you up with the reading and are scheduled on predetermined TUESDAYS. Each quiz will have 10 multiple-choice questions based on the lectures (i.e., Modules) and your reading from the textbook.

You will have fourteen (14) quizzes during the semester. ***However, only your best 12 of the 14 quizzes will count towards your final grade!*** As such, I will drop your lowest grade on two of your quizzes. Additionally, if you miss one quiz or choose not to take it, it will not impact your grade negatively (i.e., that quiz will count as your lowest one). Cumulatively, the quizzes will count 24% of your grade (so, each quiz among those that will be counted towards your final grade is worth 2% of your final grade).

Quizzes will be taken only on TUESDAYS (please see the SCHEDULE), and your access will only be **limited for a week prior to the due date of the quiz that can be found in the Schedule**. If you do not take the quiz within these hours on the date it is given (as announced in the SCHEDULE), then you will not be able to take the quiz!

**Once you log on to take the quiz, you will be given only 15 minutes to answer 10 questions.** Additionally, **you will only be allowed to take any quiz once**. 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. Please note that it is highly important to not browse other sections of the course while you are taking your quiz. Additionally, making sure that you have a secure connection, as well as phone connection will be important.

## Assignments

The assignments are four part self evaluation plans related to personal health.

### Grading for Assignments:

9-10 = Excellent = Student clearly addresses the assignment topic; Presents understanding of readings and lecture presentations.

7-8 = Good.

5-6 = Satisfactory.

4 = Not satisfactory.

<4 = Failing entry (entries).

0 = No post.

Assignments must be posted before the end of the due date (11:30pm PST). We will strictly adhere to this time deadline. Assignments are due on predetermined FRIDAYS. Please check the SCHEDULE for the due dates!

### **Class Forums/Discussions:**

There will be six (6) class discussions directly related to topic covered in class. The posts are due on the following predetermined TUESDAYS: 9/15, 9/22, 10/13, 11/10, 11/24, and 12/8.

You are required to post at least twice for each discussion item. These posts may be in a form of a commentary or observation. Please keep in mind discussion etiquette when posting in the Academic Forums. Make sure that you actively participate in the threaded discussions.

Grading for forums is the subsequent posts as commentaries or critiques):

5 = Very Good = Commentary/critique is well founded; Student comments at least once to other classmates.

4 = Good = Commentary/critique is founded; Student comments at least once to other classmates.

3 = Satisfactory = Commentary/critique is well founded; and/or Student comments at least once to other classmates.

2 = Not satisfactory.

1 = Failing entry (entries)

0 = No post.

### **Enrollment/Attendance Policy**

Although this is an online course and you are not per se required to attend class, please remember that every visit to the online course webpage is ‘attendance.’

It is your responsibility to make sure that you are enrolled (or dropped) in the course. If you turn in any assignments to me, then you will be assigned a grade at the end of the semester.

### **Missed Exams and Grade Appeals**

Make-up examinations (for final only) will be given under special circumstances.

Documentation will be required to verify a student’s claim. If a make-up exam is permitted, a different exam will be written for that student and may have a different format than the regular examination.

No make-up quizzes will be given. No exceptions! Follow protocols covered in the quizzes section.

The projects must be turned in on time and no late assignments will be accepted.

If there is a time that you believe that there is a mistake in grading of an assignment/exam, you will have a chance to appeal your exam grade within a week after you receive your grade. If you think this is the case, you must write a note describing the error, attach it to the original exam, and give it to me within a week of the return of your exam. I will review your argument and my initial grading, and then return your exam with a decision to you in a timely manner.

### **General Policies**

It is your responsibility to make sure that you are enrolled (or dropped) in the course. If you turn in any assignments, then you will be assigned a grade at the end of the semester. If you fail to take either the midterm or final, then you will automatically fail the course.

### ***Announcements:***

**Check announcements sent to the class here.**

### ***Access to Modules:***

Access to modules will be permitted only 2 weeks before the start of the week the module is supposed to be covered in class. You may start working on future modules as you may wish.

### ***Communication:***

*Please note that you are not to email the instructor, unless there is an emergency. You can send messages to the instructor through the online course.*

When communicating with me or with any of your classmates, you must identify yourself (last and first name). If your identifying information is missing, then your message may be delayed in response, or not answered.

### ***Absences:***

Absences are days when the student uploads no text into the online course threaded discussion areas. "Reading" and "logging in" do not count as attendance.

### ***Late/missed work:***

You must adhere to the due dates for all required submissions. If you miss a deadline, then you will not get credit for that assignment/post. Try to avoid last minute submissions.

### ***Incompletes:***

No "Incompletes" will be assigned for this course unless we are at the very end of the course and you have an extreme emergency.

### ***Composing Submissions/Messages:***

I suggest that you compose your assignments on your computer then paste them into the submission page. This way you can retain a copy of your assignment. For your purposes, you may want to keep a copy of the all messages. Please note that you are also required to only send messages from the course webpage, unless it's an emergency and you must email me outside of the course webpage.

***Responding to Messages:***

I will check my Messages (course e-mails) daily during the week. I will respond to course related questions within 48 hours. Generally, I try not to answer messages on weekends.

***Announcements:***

I will make announcements throughout the semester, so make sure you check updated messages in the 'Announcement' section. In most cases, I will also email the announcement to you. Make sure that your email address is updated; otherwise you may miss important emails from me.

***Safeguards:***

Always back up your work on a safe place (electronic file with a backup is recommended) and make a hard copy.

Do not wait for the last minute to do your work.

Allow time for deadlines.

***Courtesy Code:***

All members of the class are expected to follow rules of common courtesy in all electronic messages and critiques. If I deem any of them to be inappropriate or offensive, I will notify you and in some cases, this may be ground for withdrawal from the course.

***Academic Dishonesty:***

West Los Angeles College policies on academic dishonesty and standards of student conduct will be enforced in this course.

***Plagiarism:***

Plagiarism, the presentation of someone else's words or ideas as your own, is a serious offense and will not be tolerated in this class. The first time you plagiarize someone else's work, you will receive a zero for that assignment. The second time you plagiarize, you will fail the course with a notation of academic dishonesty on your official record.

**Online Student Conduct Guidelines**

The goal of the West Los Angeles College Distance Learning Program is to expand learning opportunities through the use of technology and the Internet to provide a challenging and meaningful academic environment. Student cooperation is necessary to achieve this goal.

Along with the existing Code of Student Conduct located in the Schedule of Classes, online students have additional responsibilities.

- Students are expected to submit their own work on all assignments and course-related communications. This means that students will not:
  - Cut, copy or otherwise plagiarize Internet content or the work of their online classmates or instructors.
  - Allow others to copy or submit their work.
- Students are expected to behave with respect toward their instructors and fellow students. Examples of disrespectful and prohibited behavior include:

- Posting obscene material to discussion groups or to one's instructor.
- Hazing and/or derogatory remarks degrading an individual's gender, race, religion, national origin, sexual orientation, or disabled status.
- Acts of falsification, misrepresentation or deception.
- Misuse of course tools (email, threaded discussion, chat, document sharing, etc.)
- Forgery, alteration or misuse of college documents, records or identification.
- Transmission of computer viruses.
- Abuse of computer resources:
  - Unauthorized access of course file
  - Use of another individual's User ID and Password
  - Use of unlicensed software
- It is the student's responsibility to be aware of any additional policies in the course syllabus.
- Offenses will result in disciplinary action in accordance with established procedures.

## COURSE SCHEDULE

*The following is a copy of the Schedule, which you can find in the Classroom, under SCHEDULE.*

WEST LOS ANGELES COLLEGE

*Fall 2015*

**Health 11, ONLINE**

Instructor: Dr. Armine Lulejian

WEEK	DATE	CLASS TOPIC	MODULE	Assigned READING	FORUM DUE DATE (Tuesdays)	ASSIGNMENT DUE DATE (Fridays)	QUIZ #, Due Date (Tuesdays)
1	8/31/15	Introduction/Overview; Accessing health	1, 2	Chapter 1	-	-	<i>Mandatory: 9/4</i>
2	9/7/15	Psychosocial Health	3	Chapter 2		-	#1: 9/8/15
3	9/14/15	Managing Stress	4	Chapter 3	9/15/15	#1: 2/27	#2: 9/15/15
4	9/21/15	Violence and Injury	5	Chapter 4		-	#3: 9/22/15
5	9/28/15	Nutrition	6	Chapter 9	9/22/15	-	#4: 9/29/15
6	10/5/15	Healthy weight	7	Chapter 10			#5: 10/6/15
7	10/12/15	Fitness	8	Chapter 11	10/13/15	#2: 3/27	#6: 10/13/15
<b>8</b>	<b>10/19/15</b>	<b>Midterm (10/21/15)</b>	<b>2-8</b>	<b>Ch. 1-4, 9-11</b>		-	#7: 10/20/15
9	10/26/15	Sexuality	9	Chapter 5			
10	11/2/15	Fertility	10	Chapter 6		#3: 4/24	#8: 11/3/15
11	11/9/15	Addiction and Drugs	11	Chapter 7	11/10/15		#9: 11/10/15
12	11/16/15	Alcohol & Tobacco	12	Chapter 8		-	#10: 11/17/15
13	11/23/15	Cardiovascular Disease	13	Chapter 12	11/24/15	-	#11: 11/24/15
14	11/30/15	Infectious & Non-infectious Dis.	14	Chapter 13		-	#12: 12/1/15
15	12/7/15	Aging, death & dying	15	Chapter 14	12/8/15	#4: 5/29	#13: 12/8/15
<b>16</b>	<b>12/14/15</b>	<b>Final (12/16/15)</b>	<b>9-15</b>	<b>Ch. 5-8, 12-14</b>		-	#14: 12/15/15