

Health 11: Principles of Healthy Living

Section 8149

West LA College

Fall 2015

3 Units

November 9 – December 20, 2015

Class Hours & Location	Online
Instructor Contact Info	<p>Instructor: Michelle Horejs, MPH, CHES Email: Horejsmb@wlaac.edu</p> <p>Phone: (213) 290-0852</p> <p>Office Hours: via email. I will respond within 24 hours.</p> <p>Please note that the best way to reach me is to email me directly, rather than contacting me through the Etudes private message function.</p>
Course Prerequisites	None
Course Description & Student Learning Outcomes	<p>UC/CSU transferable. 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:</p> <p>Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.</p> <p>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.</p> <p>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.</p> <p>Identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.</p> <p>Demonstrate through performance on exams, projects, classroom discussions and written assessments, evidence of ability to understand and use the concepts of this class.</p>
Course Learning Outcomes	<p>After completion of this course:</p> <ul style="list-style-type: none"> • Students will be able to devise a prevention plan for a personal health experience or concern with investigative research. • Students will be able to identify the key components of personal fitness and describe the benefits of regular physical activity and a healthy diet.
Required Course Textbook	<p>Donatelle, R.J Health: The Basics 11th Edition. Pearson Benjamin Cummings: San Francisco, 2015. ISBN: 0321910427. You might find cheaper copies of the book on websites such as www.chegg.com, www.neebo.com, or www.amazon.com.</p> <p>10th edition or WLAC custom edition is fine, but be aware that page numbers for assignments/ readings may not match.</p>

Attendance Policy	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 at least 2 times a week, YOU WILL BE DROPPED FROM THE COURSE. There are no on campus meetings.
Assignments & Exams	<p>The course is divided into Chapter Units with study modules that correspond to the chapters in the textbook.</p> <p>Introduction Assignment (10 points): This assignment will be found under the Discussion Section. You will write a paragraph introducing yourself and what you find interesting about health and wellness.</p> <p>Discussion Board (100 points total): There are two discussion topics per unit theme, which is about once per week. You are required to respond to the discussion board prompts for each chapter. Pick one question to discuss. Log into the discussion forum and respond to one topic prompt. 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. 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. No late submissions will be accepted. That means no "re-opening" of forums. Worth 20 points (10 pts for 1st posting and 10 pts for 2nd posting to a classmate's reply) per week =100 points</p> <p>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 6-week schedule on the course website), and your access will be limited for only a few days prior to the due date. 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! Make-up quizzes are not allowed and you will receive a zero for the quiz.</p> <p>Once you log on to take the quiz, you will be given only 40 minutes to complete it. 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, 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. Make sure that you have a secure internet connection.</p> <p>Exams (75 points each): The two exams Midterm and Final 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. Make-up exams will not be administered. Only under special circumstances, other arrangements may be permitted. Be sure to make appropriate plans now to take the exams as scheduled. If you do not take the midterm or the final, you will automatically fail the course.</p> <p>Personal Impact Paper (90 points): "Real-life" research paper. Students are required to write a paper on a health topic that has directly influenced or</p>
Assignments &	

Exams (continued)

impacted his/her family or personal experience. The topic must have a cover page and a reference page (MLA format). Paper will include at least 4 pages of content plus one cover page and a references page. Two pages of the paper will describe why this topic has made a personal impact on you and what you hope to learn by researching this topic. (You may choose to address the topics discussed in the personal health assessment assignment, or you may choose a new topic.) The second half 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/drug abuse, violence, mental health issues, family history of disease or health conditions, food choices, obesity, eating disorders, exercise, culture and health topics, pregnancy, HIV/STIs, or stress. Additional information on grading criteria will be posted.

6. Extra Credit: Extra credit opportunities will be posted on the course webpage. Maximum extra credit from these assignments is 15 points.

Written Assignment Format

Submit papers typed, double-spaced, 12-point font, 1" margins on all sides, in black ink, in Calibri, Cambria, or Times New Roman font. All papers/projects should be submitted on the course website and on www.turnitin.com. Late papers are accepted, but ten percent per day will be deducted. Emergencies should be discussed with the instructor.

To submit you papers on the www.turnitin.com website, enter:

Class ID: 10659172 Password: wellness

Evaluation & Grading

Students will be graded on:

Assignment	Points
Introduction Assignment	10
Discussion Board (20 pts each)	100
Quizzes (5 total @ 20 pts each)	100
Midterm	75
Personal Impact Research Paper	90
Final	75
Total	450

Grading Scale

A	90% or above	405-450 points
B	80-89%	360-404 points
C	70-79%	315-359 points
D	60-69%	270-314 points
F	below 60%	269 points or below

Academic Honesty

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.

Violations of academic integrity of any type by a student provides grounds for disciplinary action by the instructor or college. 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. For more information on the Standards of Student Conduct refer to the college catalog available in hard copy and online at www.wlac.edu .
Withdrawal Policy	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.
Schedule Change Policy	This syllabus is a preliminary plan for the class and from time to time the class schedule may need to be adjusted by the instructor. If necessary, some components of this syllabus may change. However, any such changes will be posted to the course webpage. The student is responsible for any such announced changes.
Disability Support Services Accommodation Statement	Students with disabilities who need any assistance or accommodations should contact the instructor. Students should also contact the Disabled Student Programs & Services (DSPS) center located in SSB 320 or call 310-287-4450.