

## **West Los Angeles College**

Department of Physical Education/Health

HEALTH 11 #8199

Fall 2013

Instructor: B. Pfiffner, M.S.

Office Hours: Online TTh from 9-11 am

Contact: BCPfiffner@yahoo.com or call the distance education office at: 310-287-4305 and leave a message.

Course materials: Donatelle, Rebecca J. (2007). Health the Basics, 9th (Green) edition Allyn & Bacon: Boston, MA. ISBN-10: 0321626400 | ISBN-13: 9780321626400 (At the book store on campus, the textbook will be Health the Basics, West LA custom edition)

Course Content: This course will survey information regarding personal and community health, and basic principles of healthful living. The following subject areas will be covered:

Chapter 1: The Basics of  
Healthy Change

Chapter 2: Psychosocial  
health

Chapter 3: Managing  
your Stress

Chapter 6: Your reproductive  
choices

Chapter 7: Addiction and Drug Abuse

Chapter 8: Alcohol and Tobacco

Chapter 9: Nutrition and You

Chapter 11: Personal  
Fitness

Chapter 12: Cardiovascular Disease and  
Cancer

Chapter 13: Infectious and Noninfectious  
Conditions

Chapter 14: Aging, Death and  
Dying

Chapter 17: Complementary and Alternative Medicine

Evaluation:

Research Paper

Assignments

Quizzes

Midterm Exam Final Exam

Final grades are determined by percentage:

100-90A

89-80B

79-70C  
69-60D  
<59F

#### HEALTH 11 – Course Evaluation Criteria

The following criteria are provided to help you understand how you will be evaluated in this class, and what is expected of you.

##### Research Paper:

This is a college level research paper on a health-related topic. This paper will include a cover page (title, name, date & course), body and reference page (bibliography). The body should be a minimum of 5 typed pages with one inch margins and font size of 12. The reference page will include 5 references with at least one being a bibliographical reference. Papers will become due by the end of the semester. The research paper is worth 100 points

##### Assignments:

Are exercises intended to help increase your knowledge base of the main topics in the chapter. Assignments are worth 10 points each.

##### Quizzes:

There will be a quiz after each chapter (one for each module, 14 total). The quiz will consist of multiple choice and true and false questions. Each quiz will be worth 20 points.

##### Midterm and Final Exam:

Exams will be cumulative and cover all chapters up to the exam (i.e. The final will cover every chapter covered in class). Each exam will consist of multiple choice, true/false and matching questions.

There are No Make ups Exams for those students who miss the due date!!

The midterm is worth 100 points.

The final is worth 200 points.

##### Course policy:

It is the student's responsibility to contact the instructor if an emergency arises. It is also the student's responsibility to drop any class they no longer wish to attend. Failure to drop any unwanted class, will result in a failing grade.

It is expected that all students participate in class each week.

All assignment must be turned in by 11 pm on the last day of class. No exceptions.

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

**\*\*Your instructor reserves the right to amend any of these criteria as he deems necessary. Any changes will be announced via private message in the virtual class. \*\***