

WEST LOS ANGELES COLLEGE
HEALTH EDUCATION 11-3 UNITS

JITENDRA KUCKREJA
Adjunct Assistant Professor
kuckreja@lavc.edu
[Fall 2013](#)

[Section number 8200](#)

[November 4th – December 15th, 2013](#)

[Online class](#)

[Office hours: 24/7 on line. I will do my best to respond within 24 hours.](#)

[Required Textbook: Donatelle, R.J. Health: The Basics, 4th Ed. WLAC Edition](#)

[ISBN 10: 1-269-34384-X](#)

[ISBN 13: 978-1-269-34384-8](#)

Lectures/Quizzes/Threaded Discussions (TD's)/Exams/Research paper: [Online](#)

Course Description & Student Learning Outcomes

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:

- 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.

Modules

Lecture 1	Introduction- and Promoting Healthy Behavior
Lecture 2	Psychosocial Health
Lecture 3	Managing Stress
Lecture 4	Violence and Abuse
Lecture 5	Healthy Relations and Sexuality
Lecture 6	Infectious Diseases/Sexually Transmitted Diseases (STD's)
Lecture 7	Health effects of Alcohol
Lecture 8	Health effects of Caffeine
Lecture 9	Health effects of Tobacco

-----[UNIT ONE EXAM \(Online; covers lectures 1-9 only\)](#)

Lecture 10	Dietary Health
Lecture 11	Healthy Heart; cardiovascular
Lecture 12	Aging- Death-Dying- Methods of Birth Control
Lecture 13	Illicit Drug use- -Environmental Health/Sources of Air Pollution
Lecture 14	Financial Planning— <i>Discussion</i>
Lecture 15	HIV-AIDS
Lecture 16	Health effects of SLEEP Deprivation— <i>Discussion</i>
Lecture 17	Cancer –Consumerism
Lecture 18	WATER-- <i>Discussion</i>

-----[UNIT TWO-FINAL EXAM \(Online; cumulative; covers concepts from lectures 1-9 and details and concepts from lectures 10-18\)](#)

ATTENDANCE:

Students must log on daily (weekdays). 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 letter grade at the end of the semester. Once enrolled, the instructor does not drop anyone unless he/she does not log into the course at all from day one of the class starting.

CHEATING/PLAGIARIZING: WILL NOT BE TOLERATED. IF YOU ARE FOUND CHEATING ON ANY RESEARCH PAPER, ASSIGNMENTS, QUIZZES OR EXAMS YOUR SCORE THAT WILL BE RECORDED WILL BE A ZERO FOR THAT ITEM AND YOU WILL NOT BE ELIGIBLE FOR ANY FURTHER EXTRA CREDIT. YOUR FINAL GRADE WILL BE BASED SOLELY ON ANY EXTRA CREDIT YOU MAY HAVE ALREADY EARNED AS WELL AS ANY ASSIGNMENTS, RESEARCH PAPER, QUIZZES AND EXAMS ALREADY RECORD AND ANY FUTURE ASSIGNMENTS, RESEARCH PAPER, QUIZZES OR EXAMS.

Research Paper (written assignment): Worth up to 15 pts. Due December 2nd, 2013, 11:59 PM.

“Real-life” research paper- Students, write a paper on a health topic that has directly influenced or affected your family or personal experience. One example will be a **Personal Impact paper-** The topic must have a **cover page** and a **reference page (MLA format)**. Paper must be at least **6 pages in length (4 pages of content)** and be **typed in 12 point font** and be **double spaced**. Fifty percent of the paper will describe why this topic has made a personal impact on to you and what you the student hopes to learn by researching this topic. The second half (fifty percent) 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 and drug abuse, violence, mental health issues, family history of disease or personal ailments/conditions, food choices, obesity, eating disorders, exercise, culture and health topics, pregnancy, STIs, stress.**

Again, the research paper/personal impact paper is due on the aforementioned date and online only. Please submit research paper online in the “Assignment” section of the course labeled “research paper”.

Your research paper is due by December 2nd, 2013 11:59 PM. I will accept the research paper up till December 3rd, 2013 8:00 AM in the morning. The student will not be able to submit the research paper after December 3rd, 2013 8:00 AM in the morning the students will receive a “zero” for the research paper. The latter can endanger a student to receive a very low final grade. I strongly advise you to submit this research paper online before the midterm exam. If anyone submits the research paper to me at my email address then you have not followed directions and the student will earn a zero on the research paper.

Threaded Discussions: Worth up to 15 pts. All students are **required** to respond to **all** health topics posted online in the **Discussion section**. A **discussion** summarizing facts as well as your respectable thoughts is to be included in your responses. Failure to include the aforementioned on **each** threaded discussion topic will result in a **zero**. Each topic will have a **closing date** and at that point each topic and response will be **locked** and the student and the instructor can only view the topic and the responses.

EXTRA CREDIT: Quizzes 10 points each; maximum a student can **earn** is up to **20 points** during the entire semester for **2 quizzes**. **NOTE:** In order to earn the maximum extra credit of 20 points, the student must complete all 10 quizzes on time. Failure to complete all 10 quizzes will result in “zero” extra credit points earned. **No exceptions.**

NOTE: If you get all of the answers correct on the **Components of Physical Fitness Assessment Quiz** you get an **additional 10 points extra credit** (*this latter quiz is not part of the 10 regular quizzes for this course*)

QUIZZES: There will be **10 quizzes ONLINE** for the semester. I will record **2 of your highest quiz scores as extra-credit**. Again, the **2 quizzes** will be **extra-credit** worth up to **10 points each** for a maximum **total of 20 points for the 2 quizzes**.

YOU WILL HAVE 15 MINUTES TO COMPLETE EACH QUIZ FROM THE TIME YOU OPEN IT. EACH QUIZ WILL BE AVAILABLE ONLINE FOR ONE WEEK OR LESS; make sure you are aware of the closing dates for all quizzes.

GRADE POINT SCALE:

100% >230 = A
90% 229-207 = A
80% 206-184 = B
70% 183-161 = C
60% 160-138 = D
≤ 59% <137 = FAIL

POINT BREAKDOWN:

UNIT EXAM ONE: worth up to 100 points

UNIT EXAM TWO (FINAL): worth up to 100 points

THREADED DISCUSSION: worth up to 15 points

RESEARCH OR PERSONAL IMPACT PAPER: worth up to 15 points

TOTAL POINTS EARNED: 230 points

NO MAKE-UP EXAMS OR QUIZZES OR ALTERNATE DAY EXAMS OR QUIZZES WILL BE GIVEN. ABSOLUTELY NO EXCEPTIONS.

Student Conduct:

Please refer to the schedule of classes regarding Standards of Student Conduct and Disciplinary Action.

CELL PHONES: Turn them off or on vibrate while in class; not applicable to this online class.

All exams and quizzes can be based on any textbook material, lecture material, handouts, guest speakers, and video presentations. Your grade will be based on the **two exams, Research Paper/Personal Impact Paper** and the **Threaded Discussions**. **Any extra credit earned will be added to your final point total before calculating the percentage of your final grade for the semester**. The percentage will be based upon **230 points**. Students who wish to take an **“incomplete”** in the class **must request** an “incomplete” **in writing** and submit the **request** to the instructor via **email or in person prior** to the start of the final exam (**the student will not be allowed to do any further assignments or take any further quizzes or exams once the incomplete request submitted is approved via email or in person**). Failure to file this incomplete **request on time** will result in a letter grade.

The final exam is **cumulative**. There will be a **timed (1 hour) Midterm** and a **timed (1 hour) Final Exam** given only **online**. **Both exams will only be available online from 7:00 AM to 11:00 PM. Pay attention to the opening and closing dates for both exams.**

Note: only one time entry into both exams. No reentry allowed. Therefore, make sure that **prior** to the exams that your **computer is working well** and that your **environment is free of distractions**. **If a reentry is requested for an invalid reason you will not be granted reentry into the exam(s) and a “zero” will be recorded for that corresponding exam.**

You will be expected to actively participate in online classroom discussions (TD’s). Any papers, quizzes and exams submitted **5 minutes after** the instructor request submission will not be collected and a **ZERO** will be recorded for that item. **Again, you will be expected to actively participate in all Threaded discussions.** All students will receive the grade corresponding to the number of points they have earned, unless an “incomplete” **request is approved**. This course outline is **tentative** and can be subject to change. Any changes will be announced online in the **“Announcement” section**. It is the student’s responsibility to be aware of any changes announced.

Midterm exam (online): Wednesday, November 20th, 2013; 1 hour exam. No reentry allowed. No exceptions. Exam will be open from 7:00 AM to 11:00 PM.

Final exam (online): Thursday, December 12th, 2013; 1 hour exam. No reentry allowed. No exceptions. Exam will be open from 7:00 AM to 11:00 PM.

Note: When working online with ETUDES—NG, if you ever get stuck online and don’t know what you are doing and want to click on the back arrow key I suggest you **DON’T**. Instead, click on the **JIFFY LUBE SYMBOL on the upper left of your screen**. It will take you back to the beginning of the area that you first started in. **THIS IS BEST PREFERRED.**

If you have any questions/concerns please do not hesitate to email me **ON LINE (“PRIVATE MESSAGE”PREFERRED)** or at my aforementioned email address kuckreja@lavc.edu. I will generally respond to you within 24 hours.

Looking forward to working with all of you to help you spell

S-U-C-C-E-S-S

