

## **Health 11-Principles of Healthful Living**

West Los Angeles College Fall 2013

Tuesdays & Thursdays 9:35-11am Section 1188

**Associate Professor:** Melinda Smith MPH CHES

Office Hours: Mon 10am-11am, Tues 8:30-9:30am and 2:30-3pm, Wed 10am-11am, Thur 8:30-9:30 and 2:30-3pm Office: PEC South 135 Office Phone: (310)287-4581 Email: smithmm@wlaac.edu

### **Required Course Textbook**

Donatelle, R.J. Health: The Basics, WLAC 4th Customized Edition. Based on the 10<sup>th</sup> Edition. Pearson Benjamin Cummings: San Francisco, 2010. ISBN: 0321774345

### **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.

### **Student's Responsibilities**

- Attend class, be punctual, be considerate of others and participate in class discussions. A roll-sheet will be provided the first 10 minutes of class. Once the roll-sheet has been collected, you cannot sign in and will be marked tardy/absent. When 6 absences are recorded you will be dropped from class. PLEASE DO NOT CALL THE OFFICE SIMPLY TO REPORT THAT YOU WILL NOT BE IN CLASS. Two absences or less and you get a bonus 2 extra credits.
- Read the assigned material in order to learn the information and apply to classroom discussion.
- Paper Format- submit all projects/papers TYPED, DOUBLE-SPACED, 12 point, blank ink font on white paper. Must be turned in on the due date. Ten percent per day will be deducted for late work for any reason. Emergencies should be discussed with the instructor.
- Cell phones must be turned off or on silent during class. NO TEXTING! If I see your phone or MP3 player at ANY time once class has started, then there will be consequences. 1st

strike- minus 5 participation points. 2nd strike- minus remaining 5 participation points. 3<sup>rd</sup> strike- you will be DROPPED from the class. Texting during class is an inexcusable sign of disrespect and I will not hesitate to drop you.

- 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.
- Cheating/plagiarizing will not be tolerated. You will get a ZERO score on the exam(s) and no extra credit points can apply to your overall grade.

### **Course Content**

**Quizzes:** (15 points each) You will have 5 quizzes throughout the semester. Quizzes take place within the first 20 minutes of class. If you are late, you get less time to take the quiz. You can drop your lowest score. Bring a 15 point scantron and a pencil. **Each quiz will be announced the class before it is to be given.** Make-up quizzes are not allowed. Quizzes and tests may be checked and reviewed in the office during office hours. This is the best way to raise your scores.

**Exams:** The two exams (100 points each) must be taken on the scheduled days unless you arrange an exam time with me that is before the scheduled class time. If you miss the midterm exam, you may make it up in within one week (10% penalty) or take it with another class for no penalty. Exams and quizzes can be based on any textbook material, lecture notes, handouts, guest speakers, and video presentations.

### **Current Event Report- DUE week 9 (day of midterm) Worth 20 points**

Find an article in a newspaper, magazine or online and write a two-page double spaced report on the impact of the current event on health. Offer suggestions or insight on the situation. You must connect the article to information found in the textbook and quote the textbook page number. To get full credit for this assignment, you must attach the current event article and two or more textbook page numbers with corresponding info.

### **Personal Impact Paper: DUE week 13 Worth 40 points**

“Real-life” research paper- Students are required to write a paper on a health topic that has directly influenced or impacted his/her family or personal experience. The topic must have a cover page and a reference page (MLA format). Suggestions- paper will be at least 6 pages in length (4 pages of content) and be typed in 12 point font and be double spaced. Margins will not be larger than 1 inch top, bottom and sides. Fifty percent of the paper will describe why this topic has made a personal impact on you and what 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

**Extra Credit:** Here are a few options of help raise your grade. Maximum extra credit points allowed for the class is 20 points. **DUE: week 15**

- Get a CPR or First Aid certificate (10 pts each). Call the American Red Cross, the American Heart Association or your local Parks and Receptions for class schedules.
- Find and review health related website information on the internet. Include the link and write one short paragraph summarizing what the website is about and why it is useful to this class. (1 point per entry, maximum 10 sites).
- Design a Counter-Ad. (Turn in 2 ads for a maximum of 5 points) Take an alcohol or tobacco ad from a magazine and represent the actual consequences that can happen by using the product. You should represent what the ads would never show. Be creative- cut and paste or draw different images, words, etc. Ask to see examples.

- Write a description of a health agency (10 pts). The purpose is to explore one health agency/organization to determine how they support community health. Contact the agency (in person) and ask the following questions:
  - What are the goals of this agency? Mission statement?
  - Where do you get your funding?
  - Who (title, no name) is the best person to contact if they want info from your agency?
  - Do you have a list of publications that are available to the public that I could have?
  - Do you have a website?(include a hard copy of first page of the website with your report).
  - Pick up a brochure and include with your paper.
  - Then prepare a typed, double-spaced two page paper with a summary of your interview and the following info: Date of visit, Agency's name, address, phone number
  - Suggested agencies within the community: Alcoholics Anonymous, Alzheimer's Assoc, American Diabetes Assoc, American Red Cross, American Lung Assoc, American Cancer Society, American Heart Assoc, March of Dimes, MADD (Mothers Against Drunk Driving), Planned Parenthood, Other ideas can be discussed with the instructor.

<u>Evaluation</u>		<u>Grading Policy</u>		
Quizzes (4 @ 15 pts each)=	60	297-330	A	90% +
Exams (2 @ 100 pts each)=	200	264-296	B	80-89%
Current Event Report =	20	231-263	C	70-79%
Personal Impact Paper =	40	198-230	D	60-69%
Participation points =	10	<197	F	50-59%
Total points=	330			

## Keeping Track

Quiz 1 \_\_\_\_\_ Quiz 2 \_\_\_\_\_ Quiz 3 \_\_\_\_\_ Quiz 4 \_\_\_\_\_ Quiz 5 \_\_\_\_\_ TOTAL \_\_\_\_\_

(Quizzes are out of 15 points)

Midterm score \_\_\_\_\_ out of 100 pts

Current Event Report score \_\_\_\_\_ out of 20 pts

Personal Impact Paper score \_\_\_\_\_ out of 40 pts

Final Exam score \_\_\_\_\_ out of 100 pts

Extra Credit to help my grade: (Maximum 20 pts)

- CPR and First Aid card 20pts
- Health-related website review 1 pt each (up to 10)
- 2 Counter Ads 5 pts for 2
- Health Agency description 10pts

## COURSE OUTLINE

*Adjustments to the schedule may be made at the instructor's discretion.*

Week	Topic	Reading
1 T 8/27 R 8/29	Course Introduction & Basics of Healthy Change	Chapter 1
2 T 9/3 R 9/5	Psychosocial Health Managing Your Stress	Chapter 2 Chapter 3
3 T 9/10 R 9/12	Stress Management Lab Preventing Violence and Abuse	Chapter 3 Chapter 4
4 T 9/17 R 9/19	Sexual Assault Healthy Relationships & Sexuality	Chapter 4 Chapter 5
5 T 9/24 R 9/26	Anatomy Anatomy/Reproductive Choices	Chapter 5 Chapter 6
6 T 10/1 R 10/3	Reproductive Choices Pregnancy and Childbirth	Chapter 6
7 T 10/8 R 10/10	Addiction and Drug Use	Chapter 7
8 T 10/15 R 10/17	Alcohol	Chapter 8
9 T 10/22 R 10/24	Tobacco and Caffeine Midterm Exam	Chapter 8 <b>Study (chapters 1-8) Report Due</b>
10 T 10/29 R 10/31	Nutrition	Chapter 9
11 T 11/5 R 11/7	Nutrition Personal Fitness	Chapter 9 Chapter 11
12 T 11/12 R 11/14	Chronic Diseases: Cardiovascular Disease, Diabetes, Cancer	Chapter 12
13 T 11/19 R 11/21	STI	Chapter 12 <b>Impact Paper Due (Tues)</b> Chapter 13
14 T 11/26 R 11/28	STI Thanksgiving	Chapter 13 (pages 421-435)
15 T 12/3 R 12/5	HIV/AIDS Environmental Health & Complementary and Alternative Medicine	Chapter 13 <b>Extra credit Due Tues</b> Chapter 15 & 17
16 T 12/10 R 12/12	<b>9:35 class final 10:15-12:15</b> <b>11:10 class final 11:30-1:30</b>	