

# Health 11-Principles of Healthful Living

West Los Angeles College Fall 2013 November 4 – December 15, 2013

Online Class Section 8241

PLEASE PRINT AND KEEP A HARD COPY OF THIS SYLLABUS FOR REFERENCE!!

**Professor:** Melinda Smith MPH CHES

Office Hours: Online. I will try to respond to messages within 24/36 hours

Email: [Smithmm@wlac.edu](mailto:Smithmm@wlac.edu) *Please note that you can send messages to the professor through the online class. Only use this email for emergencies.*

## 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, 2013. ISBN: 978-1-269-34384-8

## 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 Responsibilities, "Attendance" and General Policies

- 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 on a regular basis (at least 2 times a week minimum) **YOU WILL BE DROPPED FROM THE COURSE**. There are no on campus meetings.
- Communication- Please communicate with the instructor through the ETUDES website. Do not use the wlac email unless there is an emergency. You can send messages to the instructor through the course in the "private messages" section. I will try to respond in 24-36 hours. Generally, I will not answer messages on Sundays.
- Safeguards- always back up your work. Do not wait for the last minute to do your work. Allow time for deadlines.
- 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 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.
- Do not be intimidated by the amount of work in this class. Stay on schedule and you will do well.

## Course Structure

The course is divided into Chapter Units with study modules which correspond to the chapters in the textbook

**Discussion Board:** (Two discussion topics per unit theme. About once a week. **PICK ONE** question to discuss.) Worth 20 points (10 pts for 1<sup>st</sup> posting and 10 pts for 2<sup>nd</sup> posting to a classmate's reply) per week =100 points. Students are expected to log into the discussion forum and respond to the topic and 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.

**Unit 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 Six Week Schedule), and your access will be **limited for only couple of 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 Six Week 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. **Once you log on to take the quiz, you will be given only 40 minutes to answer 20 questions.** 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, I would suggest that you 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. Additionally, making sure that you have a secure connection, as well as phone connection will be important.

**Exams:** The two exams Midterm and Final (75 points each) 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 examinations 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. If you do not take the midterm or the final, you will automatically fail the course.

**Assignments:**

**#1) Introduction Assignment-** (To be found under the Discussion Section). You will write a paragraph introducing yourself and what you find interesting about health and wellness. **10 points**

**#2) Personal Health Assessment-** Refer to the Assess Yourself “How Healthy Are You” on pages 21-23 in the text. Answer the questions and then score yourself. Evaluate your behaviors and identify patterns and specific things you are doing. What can you change now? What can you change in the future? Write a two page single spaced report that reflects on your findings. **45 points**

**#3) Nutritional Assessment-** Students will record their dietary intake and analyze their diets using a computerized assessment. Analysis will be presented in a short report. The two page single spaced paper must be typed with 12 point font and submitted on the due date. **45 points**

**Study Guides:** Each chapter will have a corresponding study guide. These are worth zero points and are not to be turned in. They are to assist you as you read the chapters. Quiz questions may be taken directly from the study guide so it is in your best interest to print the study guide and fill it in as you read along. Study guides may be used on your quizzes and exams.

**Extra Credit:** There will be one pop quiz that will become available (with 1 day notice) sometime during the semester. For those who chose to take the pop quiz, they can earn up to 15 extra credit points to be applied to their grade. Pay close attention to the “Announcements” to learn about the open time for the pop quiz.

**Evaluation**

**Grading Policy**

Discussion Board (5 topics at 20pts each)=	100			
Quizzes (5 @ 20 pts each)=	100	405-450	A	90% +
Exams (2 @ 75 pts each)=	150	360-404	B	80-89%
Assignments 2 @ 45pts each =	90	315-359	C	70-79%
Introduction 10pts =	10	270-314	D	60-69%
Total points=	450	225-269	F	50-59%