

**Health 11, Principles of Healthy Living, Section 1186  
Fall 2013**

**Lecture:** Mondays and Wednesdays 1:00-2:25 p.m.

**Classroom:** PECN 11

**Instructor:** Dr. Setareh Torabian-Riasati

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**Course Description & Objectives**

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.

**Program/Course Learning Objectives-** After completion of this course,

- **Students will evaluate a chosen health topic and formulate their ideas in a written assignment.**
- **Students will identify the components of physical fitness.**

**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 5 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.
- 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 Structure**

### **Assignments:**

#### **Current Event Report- DUE October 28th**

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 November 25th**

“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

### **Required Text:**

Donatelle, R.J Health: The Basics, WLAC 3<sup>rd</sup> Customized Edition. Based on the 9<sup>th</sup> Edition. (9<sup>th</sup> edition is fine too)

### **Attendance Policy:**

Students must attend class regularly to receive credit for the course. A student may be excluded when he/she misses three classes. Being late in class may result in final grade reduction.

**Classroom Disruption, Food and Beverages:**

Audible ringers of cell phones and pagers must be silenced upon entering the classroom. Do not answer cell phones during class. If necessary, students may quietly enter and exit the classroom during class.

Consumption of food and beverages except water is not permitted in the classroom.

**Student Performance Evaluation**

|                   |            |
|-------------------|------------|
| Attendance        | 10%        |
| One Mid-term Exam | 30%        |
| Quizzes           | 10%        |
| Assignments       | 10%        |
| <b>Final Exam</b> | <b>40%</b> |

**Bonus Point**

|                            |     |
|----------------------------|-----|
| Student Group Presentation | 10% |
|----------------------------|-----|

**Final grades are determined by percentage:**

A (90-100)    B (80-89)    C (70-79)    D (60 – 69)    F (<60)

***Important dates to remember:***

***Midterm Exam: October 23rd, 2013***

***Assignment (1) Due: October 28th, 2013***

***Assignment (2) Due: November 25th, 2013***

***Final Exam: Monday December 9<sup>th</sup> at 1:45 p.m.***

Exams (Midterm and final) format is a combination of multiple choices, true and false questions and short answer questions. No make-up exams will be given. No exceptions!

**Quizzes:**

There will be a total of 5-6 quizzes for this course. One or two of your lowest quizzes will be dropped at the end of the semester. No make-up quizzes will be given. No exceptions! Make sure you attend all classes for not missing any quiz. You need to bring scantron, pencil and eraser for all your quizzes and exams.

**Final Exam:**

The final exam will be on the sections after Mid-term. Make-up final exam will be given under special circumstances.

**Class Handouts:**

You will be receiving class handouts via e-mail one week prior to your scheduled exams (Midterm and Final). You are responsible for reading the book chapters along with the PPT handouts.

**Student Group Presentation**

Students can earn up to 10% of their total grade as bonus point, if they choose and present one book chapter to the entire class in two class sessions. Each group should consist of maximum 4 students. The format of presentation should be power point slides and designed for class sessions each class about 60-75 minutes.

If you are interested in such an opportunity, your group should be formed ASAP. The list of students along with the chapter number and dates of presentation should be given to Dr. Torabian no later than **Wednesday September 25<sup>th</sup>**. After you submit your names and other information to Dr. Torabian, she will help you on how to have your presentation ready and put your PPT slides together and etc.

**Special Needs:**

Requests for accommodation in test taking or other special needs must be made to the instructor by the second class meeting. Students who are authorized the assistance of sign language interpretation or who are receiving real time captioning are permitted preferential seating in class.

**Academic Honesty:**

Every member of the academic community at West Los Angeles College (WLAC) is expected to act with honesty and trustworthiness. In this course and all others, acts of cheating, plagiarism, misrepresentation, or other forms of dishonesty are not tolerated. Student academic dishonesty will result in penalties ranging from a failing grade on an assignment or examination, to a failing grade in the course.

**15. Tentative Course Schedule:**

| <b>Weeks</b> | <b>Chapter(s)</b>    |
|--------------|----------------------|
| Week 1       |                      |
| August 26    | Intro to the course  |
| August 28    | Chapter 1            |
| Week 2       |                      |
| September 2  | Labor Day (No Class) |
| September 4  | Chapter 1            |
| Week 3       |                      |
| September 9  | Chapter 2            |
| September 11 | Chapter 2 (cont.)    |
| Week 4       |                      |
| September 16 | Chapter 3            |

|                   |  |
|-------------------|--|
| September 18      | Chapter 3 (cont.)  |
| Week 5            |  |
| September 23      | Chapter 4  |
| September 25      | Chapter 4 (cont.)  |
| Week 6            |  |
| September 30      | Chapter 5  |
| October 2         | Chapter 5 (cont.)  |
| Week 7            |  |
| October 7         | Chapter 6  |
| October 9         | Chapter 6 (cont.)  |
| Week 8            |  |
| October 14        | Chapter 7  |
| October 16        | Chapter 7 (cont.)  |
| Week 9            |  |
| October 21        | No Class (attending a conference in Houston, TX)                               |
| <b>October 23</b> | <b>Mid-term Exam (Chapters 1-6)</b>  |
| Week 10           |  |
| October 28        | Chapter 8 ( <b>First Assignment Due</b> ) ( <b>Current Event Report</b> )      |
| October 30        | Chapter 8 (cont.)  |
| Week 11           |  |
| November 4        | Chapter 8 (cont.)  |
| November 6        | Chapter 9  |
| Week 12           |  |
| November 11       | Chapter 9  |
| November 13       | Chapter 9 (cont.)  |
| Week 13           |  |
| November 18       | Chapter 11   |
| November 20       |  |
| Week 14           |  |
| November 25       | Chapter 11 (cont.) ( <b>Second Assignment Due</b> ) ( <b>Personal Impact</b> ) |
| November 27       | Chapter 12   |
| Week 15           |  |
| December 2        | Chapter 12 (cont.)   |
| December 4        |  |
| Week 16           |  |
| <b>December 9</b> | <b>Final Exam 1:45-3:45 p.m.</b>   |