

HEALTH 104 - #3333
COURSE OUTLINE – SYLLABUS – S.L.O. - CALENDAR
Spring 2017

Days: Monday, Wednesday

Time: 7:30 am – 9:00 am

Location: SF 104

Instructor: Jason Plourde

Office: VG-220

Office Hours: T 10:15 – 10:45; W 10:35 – 11:05

2 ½ hours Online via Moodle or Email

Text: Access to Health,
Rebecca J. Donatelle, PhD
4th Custom Edition for Glendale College
Pearson/Benjamin Cummings

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EXT: 5327

Course Description: This is an introduction to the current discipline of health. Through lecture, online media resources, applications, discussions, videos and guest presentations we will be able to understand topics on physical, social, emotional and environmental health issues.

Health 104 Student Learning Outcomes:

1. **Recognize and analyze signs and symptoms of disease and discuss these conditions using basic medical vocabulary**, through class discussion, group work and examinations.
2. **Interpret and formulate an educated opinion about the reliability of multi-media delivered health information**, through class discussion, group work and examinations.
3. **Explain the relationship between lifestyle choices and longevity and use this information to implement and promote healthy living**, through class discussion, group work and examinations.

Students with Disabilities: It is the student's responsibility to make arrangements for tests, papers and notes.

Class Conduct: Disruptive and rude behavior for the instructor and fellow classmates will not be tolerated and may result in suspension or dismissal from the class. Students are expected to come to class prepared with paper, pen/pencil, notes, assignments, etc. Please turn off cell phones and beepers. Ipods, recorders and musical devices are not allowed. Attending class late is considered disruptive behavior.

Cheating: Honesty is expected. Cheating, plagiarism, or copying will result in a 0 on the assignment/exam. The offending student's name will be turned in to the Vice President of Instruction and the offense will become part of the student's college file. Buying and downloading assignments are forms of cheating.

Attendance: Attendance is essential. Attendance will be taken every meeting promptly at 7:35am. It is the student's responsibility to alert the instructor, AFTER CLASS that they attended late. College rules allow an instructor to drop a student for missing two weeks of class (4 class meetings). Each class is equivalent to half of a week. If a student misses class or tests, it is his/her responsibility for dropping the class. *On the first day of class, students who are not present at time of role call may be dropped, wait list included.*

Video/Webnotes: These are available on Moodle.

Exams: Be prepared to take exams with a 100 question Scantron and #2 pencil. Exams will consist of Multiple Choice, True/False, Short Answer, Fill in the Blank and Essay. There will be 4 exams. There is NO make-up for last exam. If an exam is missed (with a reasonable excuse and proof) you must schedule and confirm make-up date with Coach JP **A.S.A.P.**

Evaluation:

Four Exams – **386 Points**

Exam 1 – 100 Points

Exam 2 – 100 Points

Exam 3 – 86 Points

Exam 4 – 100 Points

Four Video Worksheets – 25 points each - **100 Points**

Five Crossword Puzzles – 16 Points each – **80 Points**

Workout Card – **20 Points**

Extra Credit:

A. You can earn extra credit for coming to class. If you are on time (in class when your name is called), for every meeting you will receive 28 extra credit points. If you are late to class, but still attended every class, you will receive 14 extra credit points. If you miss any classes, no matter the reason, you cannot earn any of the aforementioned extra credit points. The moral of the story is that I reward people for being here and being on time.

B. Extra Credit may be available through periodical article reviews.

- Obtain a periodical article pertaining to discussion related activities. Compose a one-page personal reflection paper how the information relates to your life experiences. This is to be kept by the instructor and possibly used for future classes. (Up to 10 points, allowed 4 times. To be turned in on days of exams.)

Late Work: Late work will be accepted with the student receiving half of the points they earned on the assignment.

Grading Scale:

Exams: 386 points + Video Worksheets: 100 Points + Crossword Puzzles: 80 points + Workout Card: 20 points = 586 points

Points

586 – 525 =A

524 – 466 =B

465 – 408 =C

407 – 349 =D

348 – 0 =F