

**HEALTH 104 –HEALTH EDUCATION
TICKET # 3337
– SYLLABUS – COURSE OUTLINE
SPRING 2017**

Instructor: Jorge A Mena Freitas

Title: INSTRUCTOR: OF FIRST AID/CPR/AED, PHYSICAL EDUCATION, HEALTH, KINESIOLOGY AND ATHLETICS. WOMEN'S SOCCER HEAD COACH

HEALTH 104

Time: 9:10 am – 10:35 am

Location: SF 104

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

Office: VG-215

Office Hours: TU/TH 3:15-5:15PM.

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EXT: 5522

I. 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.

II. 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.

III. Students with Disabilities: All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

IV. 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.**

V. 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.

VI. Attendance: Attendance is essential. Attendance will be taken every meeting promptly at 9:10am. 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 classes 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.*

VII. 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.

NO MAKE UPS!!! FOR EXAMS.

VIII. 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

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

COURSE OUTLINE

TENTATIVE

Week 1: February 20/26

TUESDAY: February 21:

First Meeting - Class SAN FERNADO 104

Orientation

Introduction

Roll Call, Drop/Add

Syllabus/Course Outline

THURSDAY: February 23:

Roll Call, Drop/Add

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Health Assessment

Week 2: February 27/ March 5

TUESDAY: February 28:

CHACPTER # 1

ACCESSING YOUR HEALTH

Thursday: March 2:

CHAPTER # 2

PROMOTING AND PRESERVING YOUR PSYCHOLOGICAL HEALTH:

DUE: Crossword # 1

Week 3: March 6/12

TUESDAY: March 7:

The Brain: Mysteries of the Mind:

BRAIN VIDEO

DUE: Crossword # 2

THURSDAY: March 9:

CHAPTER # 15

PREVENTING CARDIOVASCULAR DISEASE

DUE: Brain Handout

Week 4: March 13/19

TUESDAY: March 14:

CHAPTER # 3

MANINGING STRESS AND COPING WITH LIFE'S CHALLENGES

DUE: Crossword # 15

THURSDAY: March 16

Stress:

Stress Video

DUE: Crossword # 3

Week 5: March 20/26

TUESDAY: March 21:

EXAM PREVIEW

1, 2, 3, 15, Videos, Lecture

THURSDAY: March 23:

EXAM #1

DUE: Stress Handout

Week 6: March 27/April 2

TUESDAY: March 28:

CHAPTER # 7

Post Exam Review, NUTRITION: EATING FOR A HEALTHIER YOU

THURSDAY: March 30:

CHAPTER # 8

REACHING AND MAINTAINING A HEALTHY WEIGHT

Week 7: April 3/9

TUESDAY: April 4:

CHAPTER # 9

IMPROVING YOUR PHYSICAL FITNESS

THURSDAY: April 6

CHAPTER # 9

Diabetes, Personal Fitness

Wear Tennis Shoes/socks & Work Out Attire to Class

Week 8: April 10/16

TUESDAY: April 11:

Inconvenient Truth:

Inconvenient Truth Video

DUE: WORKOUT CARDS

THURSDAY: April 13:

The Great Global Warming Swindle:

Global Warming Video

DUE: Inconvenient Truth Handout

Week 9: April 17/ 22

SPRING BREAK

Week 10: April 24/30

TUESDAY: April 25:

EXAM PREVIEW
7, 8, 9, Videos, Lecture

THURSDAY: April 27:

EXAM #2

DUE: Global Warming Handout

Week 11: May 1/7

TUESDAY: May 2:

CHAPTER # 5

UNDERSTANDING YOUR SEXUALITY

THURSDAY: May 4:

CHAPTER # 13

PROTECTING AGAINST INFECTION DISEASES

DUE: Crossword # 5

Week 12: May 8/14

TUESDAY: May 9:

CHAPTER # 14

PROTECTING AGAINST SEXUALITY TRANSMITTED INFECTIONS

THURSDAY: May 11:

CHAPTER # 6

CONSIDERING YOUR REPRODUCTIVE CHOICES

WOMB: Multiples:

WOMB Video

Week 13: May 15/21

TUESDAY: May 16:

EXAM PREVIEW

5, 6, 13, 14, Videos, Lecture

THURSDAY: May 18:

EXAM #3

Week 14: May 22/28

TUESDAY: May 23:

**CHAPTER # 9B. On the back of Ch. # 9
Post Exam Review, Recognizing and Avoiding Addictions**

THURSDAY: May 25:

**CHAPTER # 10
DRINKING ALCOHOL RESPONSIBLY**

Week 15: May 29/June 4

TUESDAY: May 30:

**CHAPTER # 11
ENDING TABACCO USE**

THURSDAY: June 1:

**CHAPTER # 12
AVOIDING DRUG MISUSE AND ABUSE**

Website:

<http://learn.genetics.utah.edu/content/addiction/>

Week 16: /June 5/11

TUESDAY: June 6:

**EXAN PREVIEW
9B, 10, 11, 12, Video, Lecture**

THURSDAY: June 8:

**FINAL EXAM: # 4
TIME: 9:10- 11:30 am**