

HEALTH 104 #3335 HEALTH EDUCATION **SYLLABUS SPRING 2017**

Instructor: Laura Matsumoto, MA, OTR/L
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Office / Hours: Sierra Nevada 100 #4
Mon., Tue., and Wed. 3:15pm-4:15pm
Via email above & TBA by appointment

Class Time & Location: Mon. & Wed. 1:40pm-3:05pm - SF 104

Course Description

HLTH 104 covers current issues in health and their effect upon the quality of human life. The course emphasizes the holistic approach to health and wellness and explores the latest concepts in nutrition, disease prevention, mental health and stress management, sexual relationships and lifestyles, drug use and abuse, and consumer and environmental health issues. Instruction focuses on individual responsibility for wellness, cultural diversity, and effective interpersonal communication.

Note: No credit allowed for students who have completed HLTH 106 or PSYCH 111.
Lecture 3 hours. Transfer Credit: CSU, UC, USC. Prerequisite: None.

Course Objectives

The student will strive to complete all required work as scheduled in order to improve his or her understanding and knowledge of current health issues.

Student Learning Outcomes

Upon successful completion of the required course work the student will be able to:

- Demonstrate an awareness and understanding of an individual's health.
- Explore and relate the value and significance of societies' health behavior.
- Analyze and reinforce current health related theories and statistics.

Textbook & Supplies

- **REQUIRED:**
 - **Access to Health Package with Mastering Health for GCC**, Custom Edition for Glendale College Rebecca J. Donatelle ISBN: 9781323183977
OR
 - **Access to Health – Mastering Health Edition, 14th Edition**
Rebecca J. Donatelle
ISBN-13: 978-0321995483 ISBN-10: 0321995481
Buy or rent: Amazon.com / www.vitalsource.com

NOTE: Approximately 11th grade English reading level is recommended for optimal comprehension of the text. Failing to read the required materials could subject the student to poor performance in the course.

- Lined note paper (e.g. loose leaf or spiral bound – available at GCC Bookstore, Target or office supply stores) for in-class work

- ScanTron (882-E) forms (GCC Bookstore and vending machines around campus)
- Pens & #2 Pencils (necessary for ScanTron use)

Moodle Enhancement

Moodle will be used to enhance the course by providing online access to:

- Quizzes
- Supplemental materials – video, reading, etc.
- Reading & lecture slides for note-taking
- Grades

If you do not have access to a computer off campus, the GCC student computer labs are located at 1st floor of San Gabriel and 3rd floor of San Raphael. The hours of operation are listed in the labs.

How To Set Up Your Moodle Account

Don't Panic! Follow these steps:

1. Use your GCC Student ID number as the USERNAME.
2. If you have not already set up your password recently. Use the six-digit date of birth (mmddyy) as the password to join into the system.
3. CREATE a NEW password as directed by the screen.
4. ENJOY the new Moodle Learning Environment!

Moodle Tutorials Link: [GCC Moodle Tutorials](#)

For 24/7 (ANYTIME) Moodle HELP

Go to [Moodle GCC Help Link](#) or Call 818-240-1000 EXT. 3457 Option 3

or

Students are also welcome to drop in for help in SF101

Student Email

Students **must** use their GCC student email – this is the only official communication method used by the instructor (and the college). **Failure to check your GCC student email is not an acceptable excuse for missing any vital content, information, or deadlines.**

Attendance

GCC policy requires students to attend all class sessions. Roll will be taken. **Any student missing more than one consecutive class meeting must contact the instructor to explain the absences either by phone or email.** It is to the instructor's discretion to determine whether an absence is excused or unexcused. **Missing more than 4 class meetings cumulatively** may seriously jeopardize a student's grade and could, without prior arrangements made with the instructor, make him/her subject to being dropped from the course.

First Day Drop Policy

The instructor reserves the right to drop no-shows after the first hour of the first class meeting if no prior arrangements were made for the absence.

Examination/Evaluation Procedures

<u>Activity</u>	<u>Points</u>
Quizzes – Moodle & In-class (21 drop 1)	200
Exams (4)	400
Topic Paper/Project w/ Presentation (1)	100
Assignments / Classwork / Participation	50

TOTAL POINTS POSSIBLE: 750

Grading Scale

Letter	Points	Percentage
A	675 – 750	90-100%
B	600 – 674	80-89.9%
C	525 - 599	70-79.9%
D	450 – 524	60-69.9%
F	0 – 449	<60%

Please note that final grade will be calculated based on POINTS, not percentage. You must meet the minimum number of points indicated in order to earn that letter grade. If deemed necessary, the instructor reserves the right to vary from the points and graded activities listed – a notification of amendment to the syllabus will be issued (may be via Moodle).

Graded Coursework

Quizzes (20/21)

Quizzes **will be posted on Moodle** and/or given in class with or without prior notice. **It is your responsibility to attend class and check Moodle and your GCC email regularly in order to be aware of quizzes.** Quizzes will be 10-20 questions in multiple-choice, true/false or short answer format, and worth 10 points each. Of the 21 quizzes, the lowest scoring quiz will be dropped. Total: 200 points.

Exams (4)

Four exams will be given throughout the semester. The last exam will fall during the scheduled final examination period. These exams will cover material from the assigned chapters since the previous exam. **The fourth exam is not cumulative.** Exams may consist of multiple-choice, true/false and short answer essay questions. Each exam is worth 100 points. Total: 400 points.

Topic Paper or Project with Presentation (1)

One topic paper or project WITH a related presentation (required for either paper or project) worth 100 points will be based on a choice of topics related to health. This may be done individually or in 2 person groups (to be determined). This will include a short (2-3 page individual / 4-6 page group) written paper or other combined media format presentation (upon approval) related to the topic and a presentation to class of 3-5 minutes (individual) / 6-10 minutes (group). Papers will be submitted via Turnitin.com. Presentations will be held on the days before exams to help peers review topics. Sign up will be required to efficiently facilitate the presentations. If needed, a lottery may be held to determine who presents when. You will rely on your peers to provide a helpful and informative review of relevant topics in their presentations, so please strive to provide the same for your peers when it is your turn. **Detailed instructions will be provided separately.** Total: 100 points.

Assignments / Classwork / Participation (varied)

Assignments and in class work / participation of various formats and point values will be given at random times throughout the semester. These may be issued via Moodle or in-class as short written responses (e.g. reflection), topic matrixes, a diet diary, group activity, and/or other written work. Instructions will be given with each assignment. Total: 50 points.

Extra Credit (TBA)

Extra credit may be offered at various times throughout the semester. It is the student's responsibility to take advantage of any opportunities offered. Opportunities will require participation and work outside of class. Total: **TBA**

Late / Make Up Coursework Policy

The instructor reserves the right to adjust the following information on a case-by-case basis.

- Classwork and participation points cannot be made up – if you are not in class on the day of points being awarded, then you cannot do the work or participate.
- Quizzes cannot be made up, unless proof of complete technology failure (e.g. GCC Moodle site is down) can be provided. **Forgetting and missing the quiz window on Moodle is not an acceptable excuse.**
- Exams may be made up at the instructor's discretion and ONLY if you follow the guidelines below:
 - Notify the instructor PRIOR to the missed class or exam date. Email or calls during the class time will not be received until afterward!
 - Provide evidence of a serious event that prevents you from attending the class/exam. Acceptable examples include death of a close family member (memorial or funeral program), serious illness or injury (Dr. or health center note), or accident/event (receipt showing damage on date/time or police report)
- Late assignments will be accepted by hardcopy or email, and the grade will be reduced 20% for each day late. After 5 days late the assignment is worth 0 (zero) points.
- Topic paper / project & presentations are difficult to make up as their timing is crucial to the flow of the class. Late work acceptance will be at the instructor's discretion and grade may be reduced.
- Extra credit may not be made up.

Academic Honesty Policy

The Glendale Community College Honesty Policy as listed in the *Glendale Community College Catalog* and the *Student Conduct Policy* (see [GCC Webpage Student Conduct Policy](#)). Students are, at all times, required to do their own work. No copying of other students' work for any graded coursework (see above), is allowed at any time. Activities that are considered to be CHEATING include, but are not limited to, the following:

- Using any unauthorized materials on exams (e.g. notes, electronic devices, etc.)
- Copying other student exams or sharing answers from your own exams
- Submitting any assigned work not the student's own
- Copying other written materials without proper credit to the original author (plagiarism)
- Downloading from computer networks
- Purchasing papers

Violation of any of these rules (i.e. cheating) – subject to the instructor’s discretion - could result in a lowering of the exam / assignment grade or the course grade (e.g. a “Fail”), and the violator’s name and student I.D. number being sent, with a description of the violation, to the Division Chair and to the Vice President of Instruction to be kept on record for future reference. The Dean of Student Affairs may also be contacted for disciplinary action, if necessary.

Course Rules & Policies

Electronic Device Policy

- **Turn cell phones OFF BEFORE entering classroom** – no making / receiving calls, **no texting**, no checking messages, etc.
- Laptops or tablets may **ONLY be used for note-taking or in-class assignments** – if used for other purposes you may lose the privilege
- Electronic translators or dictionaries **are not allowed on exams**.
- Recording of lecture (audio and/or video) is allowed only with instructor permission

Class Conduct

- Come to class prepared and ready to engage in the learning process – reading assignment completed, paper, pens/pencils, notes, assignments, etc.
- Sensitive topics will be covered in class. Please be mindful and respectful of each individual (e.g. cultural differences and/or variances in levels of understanding of topics)
- Students are expected to follow the rules & regulations of Glendale Community College and the GCC Standards of Student Conduct (College Catalog and Administrative Regulation 5500). Any violation of the GCC Standards of Student Conduct will be dealt with accordingly and reported to the Dean of Student Affairs.
- Disruptive or rude behavior towards the instructor and/or peers will not be tolerated and may result in disciplinary action. Disruptive behavior includes, but is not limited to, the following examples:
 - Arriving late to class (>5 minutes) – if you must arrive late, do not make a scene - come in quietly and take the first available seat in row nearest to door
 - Cell phone ringing in class
 - Talking with other students during lecture or while peers are asking questions or participating in discussion
 - Texting, using social media or listening to music during lecture
 - Making rude, inappropriate, or offensive comments

Depending upon the severity of the behavior, the following steps may be administered for any incidents of disruptive behavior:

- 1st incident – Verbal warning
- 2nd incident – Verbal warning
- 3rd incident – Verbal warning, written notice, and possible dismissal for the class period (if dismissed, the Dean of Student Affairs must be notified)

- 4th incident – Dismissal for at minimum the class period, written notice to the Division Chair and the Dean of Student Affairs

Required Readings

Although the exams will primarily be based off of the topics from the lecture presentations, not all of the exam topics will be covered in detail during lecture. **IT IS THE STUDENT’S RESPONSIBILITY TO ENSURE UNDERSTANDING OF THE MATERIAL.** If you are confused or have questions, see instructor.

DEADLINE TO WITHDRAW from this class with a “W” notation is **May 20, 2017**. If **YOU** do not drop by this date you will be assigned a grade accordingly. The instructor may or may not attempt to notify you via your GCC e-mail only if you are in jeopardy of failing the class. It is your responsibility to check your GCC e-mail account and make the necessary decision(s).

ISSUES OR COMPLAINTS

Please address any issues you may have that are relative to this course ***with the instructor***, either in person during office hours (see above), by e-mail, or by telephone as early in the semester as possible. If we cannot resolve the issue, you will be referred to the Division Chair of Kinesiology for an appointment.

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.

Tentative Schedule – SPRING 2017

The schedule is subject to change at the instructor’s discretion. **Moodle-based work is due not later than 11:59pm on the date specified.**

Week	Date	Topic	Read	Items Due
1	2/22	Introduction, Syllabus	Syllabus Moodle	
2	2/27	Accessing Your Health Presentation Sign-ups	Ch. 1 (pg. 2-33)	Quiz - Syllabus
	3/1	Psychological Health	Ch. 2 (pg. 34-71)	Quiz - Ch.1
3	3/6	Managing Stress	Ch. 3 (pg. 72- 109)	Quiz - Ch. 2
	3/8	Preventing Cardiovascular Disease & Minimizing Risk for Diabetes	Ch. 15 (pg. 422- 443) & pg. 444-454	Quiz - Ch. 3

Week	Date	Topic	Read	Items Due
4	3/13	Reducing Your Cancer Risk	Ch. 16 (pg. 455-477)	Quiz - Ch. 15 & Quiz – Diabetes (pg. 444-454)
	3/15	Review Day Presentations		Quiz - Ch. 16 Presentations as assigned
5	3/20	Exam #1	Ch. 1, 2, 3, 15, 16	
	3/22	Building Healthy Relationships & Preventing Violence and Abuse Assignment #1 on Moodle (TBA)	Ch. 4 (pg. 110-130) & Ch. 19 (pg. 526-559)	
6	3/27	Preventing Violence and Abuse (cont.) & Understanding Your Sexuality	Ch. 19 (pg. 526-559) & Ch. 5 (pg. 131-154)	Quiz - Ch. 4
	3/29	Considering Reproductive Choices	Ch. 6 (pg. 155-192)	Quiz – Ch. 19
7	4/3	Infectious Diseases & STI's - 2 CHAPTERS	Ch. 13 (pg. 374-394) & Ch. 14 (pg. 395- 410)	Quiz – Ch. 5
	4/5	Review Day Presentations		Quiz – Ch. 6 Presentations as assigned
8	4/10	EXAM REVIEW		Quiz – Ch. 13 & 14 Assignment #1 DUE via Moodle (TBA)
	4/12	Exam #2	Ch. 4, 5, 6, 13,14,19	
	4/17-21	SPRING BREAK		No Class
9	4/24	Nutrition: Eating for a Healthier You	Ch. 7 (pg. 193-224)	
	4/26	Reaching & Maintaining a Healthy Weight	Ch. 8 (pg. 225-260)	Quiz – Ch. 7

Week	Date	Topic	Read	Items Due
10	5/1	Improving Your Physical Fitness Assignment #2 on Moodle (TBA)	Ch. 9 (pg. 261-288)	Quiz - Ch. 8
	5/3	Protecting Your Environment	Ch. 20 (pg. 560-582)	Quiz - Ch. 9
11	5/8	Aging, Death, and Dying	Ch. 21 (pg. 583-603)	Quiz – Ch. 20
	5/10	Review Day Presentations		Quiz – Ch. 21 Presentations as assigned
12	5/15	Exam #3	Ch. 7, 8, 9, 20, 21	
	5/17	Focus On: Recognizing and Avoiding Addiction	pg. 289-300	Assignment #2 DUE via Moodle (TBA)
*** SAT. 5/20/17 DEADLINE TO DROP & RECEIVE A “W” ***				
13	5/22	Drinking Alcohol Responsibly	Ch. 10 (pg. 301-323)	Quiz – Focus On: Avoiding Addiction
	5/24	Ending Tobacco Use	Ch. 11 (pg. 324-346)	Quiz - Ch.10
14	5/29	Memorial Day Holiday		No Class
	5/31	Drug Misuse and Abuse	Ch. 12 (pg. 347-373)	Quiz - Ch. 11
15-16	6/5	Review Day Presentations		Quiz – Ch. 12 Presentations as assigned
	6/6-6/11	STUDY FOR EXAM #4	Pgs. 289-300 & Ch. 10, 11, 12	No Class – GCC Final Exams Start Wed. 6/7
Final	6/12 11:50am-2:10pm SF 104	Exam #4	Pgs. 289-300 & Ch. 10, 11, 12	NOTE TIME DIFFERENCE ** Don't be late! **

NOTES: