

HEALTH 104 COURSE OUTLINE and SYLLABUS

Class:	Health 104	Instructor:	Lester Towns
Session:	Spring 2017	Office:	VG.K
Dates:	February 21 - June 14	Office Hour:	12:20pm to 1:30pm
Days:	Tuesday / Thursday	Office Days:	M-T-W-TH-F
Time:	1:40pm - 3:05pm	Telephone:	818 / 240-1000 ext. 3030
Location:	San Fernando 104	Email:	ltowns@glendale.edu
Ticket:	# 3341		

TEXT: Access to Health (Fourth Custom Edition for Glendale College)

Rebecca J. Donatelle
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COURSE DESCRIPTION:

This course is an introduction to the current discipline of health. Instruction and discussion will cover topics related to physical, social, emotional, and environmental health issues.

STUDENT LEARNING OUTCOMES for HEALTH 104:

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

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

STUDENT SUCCESS:

To maintain a positive learning environment for all students, please adhere to the following classroom expectations.

- * Follow the course syllabus. It is the responsibility of each student to understand class expectations and read the syllabus prior to each class session.
- * Courteously and respectfully listen to other students opinions and questions.
- * Be prepared for each class session. Bring pens, pencils, and paper to each class session.
- * Participate in class discussions and group projects.
- * Complete assignments on time.
- * Scantron form 882-E will be required for all examinations.

STUDENT CONDUCT POLICY:

- 1) Cellular Telephones:
 - * Cell phones are to be turned off prior to entering the classroom.
 - * If a cell phone is used for either talking or texting, that student will be warned to cease that behavior.
 - * If a cell phone is used for either talking or texting a second time, that student will be dismissed from that class session and will void ten participation points.
- 2) Personal Conversations:
 - * Personal conversations not related to classroom instruction is not permitted.
 - * If a personal conversation other than classroom instruction disrupts the instructor, the offending students will be warned to cease that behavior.
 - * If a personal conversation other than classroom instruction disrupts the instructor a second time, the offending students will be dismissed from that class session and will void ten participation points.
- 3) Disruptive Behavior:
 - * Disruptive behavior will not be tolerated. If disruptive behavior occurs, following due process, the disruptive student or students will be dismissed from class.
- 4) Academic Honesty:
 - * Cheating or falsifying student work will not be tolerated. Following due process, the offending student or students will be dismissed from class. Incidents of academic dishonesty will be reported to the office of the Vice President of Student Affairs and become attached to the student's academic file at Glendale Community College.
 - * Electronic devices are not permitted during examinations.

STUDENTS WITH DISABILITIES:

Students with disabilities requiring accommodations are responsible for making the proper arrangements in a timely manner through the Center for Students with Disabilities.

EMERGENCIES:

Emergencies can happen. If a student is unable to attend a class session, please attempt to get class notes from a classmate. Students who have an unexpected event in their life which prevents them from turning in or completing assignments, must communicate the problem with the instructor as quickly as possible.

PARTICIPATION:

Class participation is essential. Glendale Community College allows the instructor to drop a student for missing two weeks of class. If a student misses several class sessions or a test, that student is responsible for dropping the class.

GRADING POLICY:

Examinations:	100 points each exam	500 points
Periodical Article:	50 points	50 points
Research Paper Prep Sheet:	50 points	50 points
Research Paper:	150 points	150 points
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		1,020 total points

GRADE SCALE:

750 - 675	A
674 - 600	B
599 - 525	C
525 - 450	D
449 - 000	F

HEALTH 104: COURSE SYLLABUS

CL	Day	Date:	CH	Topic / Assignment:	Due
1	Tue	Feb. 21		Class Introduction / Pre-Test	
2	Thru	Feb. 23	1	Accessing Your Health	
3	Tue	Feb. 28	15	Preventing Cardiovascular Disease	
4	Thru	Mar. 02	15	Preventing Cardiovascular Disease	
5	Tue	Mar. 07	9	Personal Fitness: Improving Health through Exercise	
	Thru	Mar. 09		no class session	
6	Tue	Mar. 14	9	Personal Fitness: Improving Health through Exercise (workout clothing)	
7	Thru	Mar. 16		Exam # 1: Chapters: 1, 9, 15	
8	Tue	Mar. 21	7	Nutrition: Eating for a Healthier You	
9	Thru	Mar. 23	8	Reaching and Maintaining a Healthy Weight	
10	Tue	Mar. 28		Exam # 2: Chapters: 1, 7, 8, 9, 15	
	Thru	Mar. 30		no class session	
11	Tue	Apr. 04	2	Promoting and Preserving Your Psychological Health	
12	Thru	Apr. 06	3	Managing Stress and Coping with Life's Challenges	
13	Tue	Apr. 11	19	Preventing Violence and Abuse	
14	Thru	Apr. 13		Exam # 3: Chapters: 1, 2, 3, 7, 8, 9, 15, 19	Periodical Article due
	Tue	Apr. 18		no session Spring Break	
	Thru	Apr. 20		no session Spring Break	
15	Tue	Apr. 25		Recognizing and Avoiding Addiction	Research Prep Sheet
16	Thru	Apr. 27	11	Ending Tobacco Use	
17	Tue	May 02	10	Drinking Alcohol Responsibly	
18	Thru	May 04	10	Drinking Alcohol Responsibly	
19	Tue	May 09	12	Avoiding Drug Misuse and Abuse	
20	Thru	May 11		Exam # 4: Chapters 1, 2, 3, 7, 8, 9, 10, 11, 12, 15, 19	
21	Tue.	May 16	13	Protecting against Infectious Diseases	
22	Thru	May 18	13	Protecting against Infectious Diseases	
23	Tue.	May 23	14	Protecting against Sexually Transmitted Infections	
24	Thru	May 25	16	Reducing Your Cancer Risk	Research Paper due
25	Tue.	May 30	17	Reducing Your Cancer Risk	
26	Thru	Jun. 01	5	Understanding Your Sexuality	
27	Tue.	Jun. 06	6	Considering Your Reproductive Choices	
28	Thru	Jun. 08		* Exam # 5: Chapters: 1,2,3,5,6,7,8,9,10,11,12,13,14,15,16,17,19	

* Final Exam: Tuesday June 13 2:30pm to 4:50pm