

Glendale Community College – Department of Kinesiology

Health 104 – Health Education – 3 units

General Information Professor Theresa Lorch

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Office Hours to be arranged via email – 5 points for coming to office with a question before class meets.

Required Course Materials ACCESS TO HEALTH – Third Custom Edition (Looseleaf) by Rebecca J. Donatelle, Ph.D. ISBN 978-1-269-40335-1 Pearson Publishing
[Moodle](#) – mandatory course materials – online access

Course Description

Health 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 will focus on individual responsibility for wellness, cultural diversity, and effective interpersonal communication.

In this course, a majority of course material will occur online and you will access most of your class materials from our course site on Moodle. You will be expected to participate in discussions, turn in your assignments, and submit your assessments online as well as in class. You will utilize Moodle as a means of communication, teaching, and learning between your instructor and your peers. **You will share your film review and research achievement online and submit them through [Turnitin](#).** A final portfolio comprised of your surveys; evaluations; research paper topic paragraph, outline, and research sources; and any extra credit activities by the last class meeting.

Student Learning Outcomes

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

- discuss holistic approaches to health and wellness issues;
- identify emotional health issues and dealing with stress;
- recognize destructive behaviors associated with the use and abuse of drugs, alcohol, tobacco and other chemical substances;
- identify healthy routines and lifestyle choices associated with fitness programs;
- select an optimal individual nutrition program,
- describe infectious and non-infectious disease processes, with emphasis in developing preventative lifestyle choices;
- summarize environmental health issues.

Assessments

There will be four assessments covering each chapter from the textbook, taken online. You will be permitted to reassess on the day of the next scheduled assessment for more points.

Supersize Me Challenge

You will perform a film review of Supersize Me or other pre-approved and relevant film found on YouTube or similar source. The checklist for writing the film review will be provided online.

Research Achievements

There will be an APA style research paper due by the twelfth meeting **(1)**. You will introduce your paper by telling why you chose the topic and why it's relevant to health and wellness **(2)**. You will describe what research from two reputable resources reports on the topic **(3)**. You will provide a topic sentence for each paragraph along with sentence structure that supports and builds upon the idea expressed in the topic sentence **(4)**. You will conclude with how you will use this information and how others (your peers)

might benefit from this knowledge. You will visit the Writing Center on campus and receive feedback on your first draft (5). You will make the recommended changes and **post** the final draft for other students to read and **provide** the final draft through Turnitin.com (6). A hard copy along with the comments from the Writing Center will be submitted in class at the final meeting (7). An outline with a rubric will be supplied online.

- (1) Scientific Method: Explanation in own words; refer back to the Supersize Me Challenge – 5 pts
- (2) Topic Paragraph – 15 pts
- (3) Outline – 20 pts
- (4) References – 20 pts
- (5) First Draft – 20 pts
- (6) Rubric Traded with Colleague – 20 pts
- (7) Final Draft in Turnitin – 100 pts

Experiential Achievements (five maximum; see Portfolio Content sheet for additional ideas)

- Workout/Food Journal – 20 pts
- My Pyramid food day and caloric requirement personalized/customized – 20 pts
- Reports from GCC Health Center or other health and fitness conferences attended – 20 pts
- Goal Sheet including calculations of Target Heart Rate (pre and post testing) – 20 pts
- Perfect Attendance – 20 additional pts*

Interaction Points

For each class meeting you attend, you will gain **8 points**. If you miss more than five (5) class meetings, you will lose all Interaction points. If you miss more than eight (8) class meetings, you will lose all your points and not pass the course.

50 points for presentations: make a YouTube, make up a ditty, present a relevant current event – just be creative in the week that most closely corresponds to your chosen topic (this topic is not necessarily the topic you choose for your research achievement).

KEYS TO SUCCESS:

To maintain a positive learning environment for all students the following are my classroom expectations:

- Follow and understand the course syllabus. The responsibility of the student is to understand the expectations and **read the syllabus before asking questions**.
- Courteously and respectfully listen to others' opinions and ideas.
- Save personal conversations for before or after class – instead join in on group discussion appropriately.
- Inappropriate and disruptive behavior is not acceptable and may be cause for dismissal from class.
- Please be prepared for class by reading the chapters and assigned pages, as per your course schedule before coming to class.
- Participate in group projects and/or present independently, no excuses!
- **No technological devices are allowed** unless you are volunteering to research a topic relevant to the current discussion. Let me know if this is the case; otherwise, do not have your devices in your hands. Students are **prohibited from leaving class to answer a phone call. Class points will be deducted and is cause for dismissal.**
- All students with disabilities requiring accommodations are responsible for making arrangements in a timely manner through the Center for Students with Disabilities.

CHEATING:

All students are expected to do their own work. All forms of cheating and plagiarism are absolutely forbidden. This is the official policy of Glendale Community College. The following behaviors serve as an operational description of student violations of academic honesty:

1. The student takes or copies answers from another student or source or uses unauthorized materials during a test.
2. The student turns in an assignment (labs, art projects, homework, prewritten or purchased papers, or work downloaded from the Internet) which is not his/her own.
3. The student uses words or ideas which are not his/her own without acknowledgment of the source (plagiarism).
4. The student knowingly deceives an instructor with the intent to improve his/her standing in class.
5. The student submits the same paper or project previously submitted in another class without the permission of the current instructor.
6. The student depends upon tools or assistance prohibited by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments.
7. The student acquires, without permission, tests or other academic materials belonging to a member of the GCC faculty or staff.

When a student engages in academic dishonesty, faculty have the option of requiring the student to see a college counselor, assigning a lower or failing (F) final grade in the course (or denying promotion from a non-credit course).

Honesty is expected. Any to present another's work as your own will receive **ZERO POINTS**. The student will be placed on file with the GCC Vice President of Instruction. Buying or downloading assignments are forms of cheating.

Conduct/Dress

Please observe the basic rules and policies for any student of Glendale Community College found on pages 56/57 of the catalog and can be accessed online. Violations will lower your grade.

Non-Discrimination and Equal Opportunity Policy

Please refer to legislation and policy of Glendale Community College on pages 16/17 of the catalog at: <http://www.glendale.edu/Modules/ShowDocument.aspx?documentid=7409>

Grades

<i>CATEGORY</i>	<i>CATEGORICAL POINTS</i>	<i>NUMBER GIVEN</i>	<i>TOTAL PTS. POSSIBLE</i>	<i>POINTS EARNED</i>
Assessments	100	4	400	
Written Achievements	100/200	2	300	
Interaction/Portfolio	13/100	15/1	200/100	
Experiential Achievements	10	10	100	
TOTALS			1100 PTS	

Final grades will be based on total points accumulated throughout the semester.

The points will be applied to the following GRADE SCALE:

900-1000 = **A** 800-890 = **B** 700-790 = **C** 650-690 = **D** <650 = **F**

Revised February 17, 2017