

GLENDALE COMMUNITY COLLEGE

HLTH 104 – Health Education

Course Information

Ticket: 1606
Units: 3
Semester/Year: Spring 2017
Meeting Time: 9:10am-10:35am
Location: SN 101

Instructor Information

Instructor: Elizabeth Garcia
Office: SN 100 Room 2
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Office Ph: (818) 240-1000 x3026
Office Hours: Mon/Wed 12:10 – 1:10 pm

Catalog 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.
Prerequisite: None. Transfer Credit: CSU, UC, USC

Student Learning Outcomes:

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

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

Materials (Required):

Option 1: Donatelle, Rebecca J. Access to Health, 4th Custom Edition Package for Glendale College. Pearson Learning Solutions. ISBN: 1323183973 Loose-Leaf textbook with access code to www.masteringhealthandnutrition.com Lab online. **Cost: \$100.50** *Note: if purchasing textbook elsewhere, choose the 14th edition.

Option 2: www.masteringhealthandnutrition.com access purchased directly from website **with eText, 14th edition. Cost: \$66.00**

Student Grades/Evaluations:

	<u>Points</u>
Mastering Health lab Quizzes (21)	200
Exams (4)	400
Assignments (2)	100
Total points possible:	700

Grading Scale:

Letter	Points	Percentage
A	623 - 700	89-100%
B	553 - 622	79-88.9%
C	483 - 552	69-78.9%
D	413 - 482	59-68.9%
F	0 - 412	<59%

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.

It is the student's responsibility to check their GCC email for correspondence from the instructor and regularly log into Moodle online in order to be aware of announcements, access course materials and complete course assignments.

Course Grade Items

Quizzes (20/21)

Quizzes will be posted on Moodle and/or given in class if necessary 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 no more than 10 questions in multiple choice, true/false or short answer format, and worth 10 points each. Quizzes will have no more than a 60-minute time limit online or a 20-minute time limit in class and **may only be attempted once**. There are 21 quizzes; the lowest scoring quiz will be dropped. **Total: 200 points.**

Quizzes may not be made up!

Exams (4)

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

Assignments (2)

Web Research Summary – 50 points

Students will conduct a web search for information about their chosen health topic. See “Tech & Health” box on page 16 of Donatelle textbook for recommendations on reliable internet sources for health information. A minimum of 2 web sources with at least 1 following text guidelines for reliable sources must be summarized and then cited in bibliography. Instructions will be posted to Moodle and the paper must be submitted through turnitin.com. (500-700 words)

Peer-Reviewed Scientific Literature Summary – 50 points

Students will conduct a search of peer-reviewed scientific literature in the library database on their chosen health topic. Students will then write a summary of the main information provided by 1-2 peer-reviewed articles from scientific journals and cite sources in the bibliography. Instructions will be posted to Moodle and the paper must be submitted through turnitin.com. (500-700 words)

**Note: all written assignments must be submitted via turnitin.com. Hardcopies will not be accepted. If plagiarism occurs, the written assignment will earn a score of 0 points (F) and the incident will be reported to the college.*

Extra Credit: TBA – 20 points maximum

Course Policies

Attendance: GCC policy states that a student may be dropped from the class for absence on the first day of class or after 4 absences of regular class. I will take roll at each class so it is up to you to make sure you are not dropped from the class.

Readings and Lecture Slides: It is very important to read the assigned chapters BEFORE the class period (with the exception of Chapter 1, which may be read after the first lecture). All of the lecture slides will be posted to the Moodle in advance, and it is highly recommended that you use them to take notes while reading the textbook and during lecture. Although the exams will be based off of the topics from the lecture presentations, not all of these topics will be covered in detail during lecture. **IT IS THE STUDENT’S RESPONSIBILITY TO ENSURE UNDERSTANDING OF THE MATERIAL.** *If you do not think that your reading comprehension or English writing skills are at the level required for the assignments in this syllabus, I highly recommend that you drop the class and wait to take it until after you have mastered these skills in other classes.* If you are confused or have questions, please see me during my office hours or email me.

Email etiquette:

Email communication is the quickest way to contact your instructor during the semester. Following the instructions below will ensure that your email can be read, understood and answered in a timely manner by your instructor. These are also great recommendations when contacting anyone in a professional or academic setting. Remember, your communication is a representation of yourself – you’ll want to present your best!

- Email from your GCC email address. This is the only way instructors are allowed to contact students, so make sure you check this email address even if you originally emailed your instructor from a different address. Also, you may want to keep your personal email address to yourself and your friends; partygirl24@gmail.com does not sound professional and may be overlooked by your instructor because they do not know who you are.
- Include your name, class, day and time, and reason for your email in the subject line. Example: Vinny Vaquero, Health 104 T/Th 7:35am, re: assignments.

- Check your email for clarity, spelling and punctuation errors. Do not email as you would text a friend; (e.g. RU goin 2 giv us xtra crdt?) but rather as you would write a class paper. Also, be sure your email is NOT in all caps as this makes it seem like you are yelling at your instructor.

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. iPods or mp3 players are not allowed. You may use a laptop or tablet but **ONLY** for note-taking or in-class assignments. All of the following is considered disruptive behavior:

- Attending class late (>5 minutes) **2 tardies = 1 absence.**
- Cell phone ringing in class.
- Conversing with other students during lecture.
- Texting, using social media or listening to music during lecture.

As a student at Glendale Community College you will behave in such a manner so not to bother students and disrupt the instructor during class. If you fail to act in such a manner, disciplinary action will be taken. Ultimately you can be asked to drop the class. **If you behave in a disruptive manner, you will be given 1 verbal warning. Any further disruptive behavior will be reported to the Dean of Student Affairs.**

Late Papers/Quizzes/Exams:

- Quizzes may not be made up – no exceptions. Online quizzes are posted with at least 1 additional class meeting before the due date, so do not wait until the last minute and risk technological failure. Computer labs are available on campus for students to use for this purpose, and quizzes can also be taken on a smartphone with access to internet.
- Late papers will be accepted for ½ credit after the due date and before the last day of instruction. You may also rewrite your papers – fix any errors and respond to feedback - and resubmit them for a possible ½ of the missing points by the last day of instruction. See assignment guidelines for details.
- Exams MAY be made up at the instructor's discretion **ONLY** if you follow the guidelines below:
 - Notify your instructor **PRIOR** to the missed class or exam date. (If you email me or call my office during the class time I will not get it 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.)

Students with Disabilities: This instructor, in conjunction with Glendale Community College, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the Center for Students with Disabilities at 818.240.1000, extension 5905 or visit the San Rafael building, 2nd floor. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Academic Dishonesty Policy: College study is the process of becoming an independent scholar. 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 and the instructors of this course. Students found cheating will earn an F (0 points) on any assignment cheated on, and may also receive a failing grade (F) for the course. Incidents of academic dishonesty will be reported to the Vice President of Instruction and will become part of the student's Glendale College file. Examples of cheating include, but are not limited to, the following:

- Using unauthorized materials on exams (Note: translators and dictionaries are not allowed on Health 104 exams).
- Copying other student exams or allowing other students to copy their 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

Tentative Course Schedule *subject to change at instructor's discretion*

Week	Date	Topic	Read	Items Due
1	2/22	Introduction, Syllabus	Syllabus	
2	2/27	Overview of Health, Lifestyle Change	Ch. 1	Syllabus Quiz
	3/1	Psychological Health	Ch. 2	Quiz Ch. 1
3	3/6	Managing Stress	Ch. 3	Quiz Ch. 2
	3/8	Cardiovascular Disease and Diabetes	Ch. 15	Quiz Ch. 3
4	3/13	Cancer	Ch. 16	Quiz Ch. 15
	3/15	<i>Lab: Researching Health</i> <i>Review Day</i>		Quiz Ch. 16
5	3/20	Exam #1		
	3/22	Healthy Relationships	Ch. 4	
6	3/27	Preventing Violence and Abuse	Ch. 19	Quiz Ch. 4
	3/29	Sexual Health Reproductive Health	Ch. 5 Ch. 6	Quiz Ch. 19
7	4/3	Reproductive Health con't Infectious Diseases	Ch. 6 Ch. 13	Quiz Ch. 5
	4/5	STIs <i>Review Day</i>	Ch. 14	Quiz Ch. 6 Quiz Ch. 13
8	4/10	Exam #2		Quiz Ch. 14 Assignment: Web Research Summary Due
9	4/12	Nutrition	Ch. 7	
	4/24	Weight Maintenance	Ch. 8	Quiz Ch. 7
10	4/26	Weight Maintenance	Ch. 8	
	5/1	Physical Activity and Fitness	Ch. 9	Quiz Ch. 8
11	5/3	Physical Activity and Fitness	Ch. 9	
	5/8	Environmental Health	Ch. 20	Quiz Ch. 9.1, Quiz Ch. 9.2
12	5/10	<i>Review Day</i>		Quiz Ch. 20
	5/15	Exam #3		Assignment: Scientific Literature Summary Due
13	5/17	Addiction	Ch. 9A pg. 289-300	
	5/22	Alcohol	Ch. 10	Quiz Ch. 9A
14	2/24	Tobacco	Ch. 11	Quiz Ch. 10
	5/31	Avoiding Drug Misuse and Abuse	Ch. 12	Quiz Ch. 11
15	6/5	<i>Review Day</i>		Quiz Ch. 12
	6/7	Exam #4 Final Exam		Any resubmissions of assignments due today via email.