

HE 102 Syllabus (3 units)

Instructor: Anthony Escalera
Room: 413
Semester: Spring 2013
Office Hrs: TBA

Day & Time: T- 6:30 pm -9:40 pm
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Course Description: This course is designed to provide practical and scientific health information.

Course Objectives: To promote the application and practice of principles that lead to happiness and health.

Student Learning Outcomes:

*Identify correct cardiovascular principles and design a cardiovascular program.

*Engage in a personal cardiovascular program.

*Identify basic health terms.

I CONTENTS

Week 1	1/15	Introduction/ Crash
Week 2	1/22	Chapter 1- Assessing Your Health Chapter 2- Promoting and Preserving Your Psychological Health
Week 3	1/29	Chapter 1&2- Test Chapter 3- Managing Stress and Coping with Life's Challenges
Week 4	2/5	Chapter 4- Preventing Violence and Injury *Bowling For Columbine
Week 5	2/12	Chapter 3&4- Test Chapter 5- Building Healthy Relationships and Understanding Sexuality
Week 6	2/19	Chapter 5- Test Chapter 6- Considering Your Reproductive Choices
Week 7	2/26	Chapter 7- Recognizing and Avoiding Addiction and Drug Abuse *Intervention
Week 8	3/5	Chapter 6&7- Test Chapter 8- Drinking Alcohol Responsibly and Ending Tobacco Use
Week 9	3/12	Chapter 9- Eating For a Healthier You *Food Borne Illness
Week 10	3/19	Chapter 8&9- Test Chapter 10- Reaching and Maintaining a Healthy Weight Chapter 11- Improving Your Personal Fitness
Week 11	3/26	Chapter 10&11- Test Chapter 12- Reducing Your Risk of Cardiovascular Disease and Cancer
	4/2	<i>Spring Break</i>
Week 12	4/9	Chapter 12- Test *Presentations: Chapter 13- Protecting Against Infectious and Noninfectious Disease
Week 13	4/16	*Presentations: Chapter 14- Preparing for Aging, Death, and Dying
Week 14	4/23	*Presentations: Chapter 15- Promoting Environmental Health *An Inconvenient Truth
Week 15	4/30	*Presentations: Chapter 16- Making Smart Health Care Choices *Presentations: Chapter 17- Understanding Complementary and Alternative Medicine
Week 16	5/1	*Presentations
Week 17	5/7	Final

II GRADING

Attendance (10 Points x 15 Days)	=	150
Tests (30 Points x 7 Tests)	=	210
Presentation (50 Points)	=	50
Final	=	60

470 – 423	=	A
424 – 376	=	B
375 – 329	=	C
328 – 282	=	D
< 281	=	F

III TEXTBOOK

Health, The Basics, 10th Edition, Donatelle (*REQUIRED*)

IV ESSENTIALS

1. No more than two absences will be permitted.
2. A third absence will result in you being dropped from the class.
3. Two tardies will be equivalent to one absence.

*Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP & S) as soon as possible.

DSP & S Room 2117
Health Sciences Building
(760)355-6312