

HEALTH EDUCATION 102

FALL 2013

INSTRUCTOR: ENRIQUE LECHUGA

PHONE:

OFFICE: 704

E-MAIL:

CLASS DAYS & TIMES: T,TH 10:15-11:40AM; ROOM 709

CREDIT UNITS: 3

TEXT: HEALTH - THE BASICS , 10th Edition by Rebecca J. Donatelle

I. COURSE DESCRIPTION: This course is designed to provide scientific health information and to promote desirable attitudes and practices for a healthful lifestyle.

II. STUDENT LEARNING OUTCOMES: 1. Identify correct cardiovascular principles and design a cardiovascular program
2. Engage in a personal cardiovascular program **P.360=(As.),P.349=(Prgm),Evl,Log**
3. Identify fundamental health terms

III. COURSE OUTLINE:

	<u>Tue</u>		<u>Th</u>		
Week 1:	8/20	Intro	8/22	Lect Ch. 1	Introduction
Week 2:	8/27	Lect. Ch. 1	8/29	Test Ch. 1	Chapter 1 - Promoting Healthy Behavior Change
Week 3:	9/3	Lect Ch. 2	9/5	Test Ch. 2	Chapter 2 - Psychosocial Health
Week 4:	9/10	Lect. Ch. 3	9/12	Test Ch. 3	Chapter 3 - Managing Stress
Week 5:	9/17	Lect. Ch. 4	9/19	Test Ch. 4	Chapter 4 - Violence and Abuse
Week 6:	9/24	Lect. Ch. 5	9/26	Test Ch. 5	Chapter 5 - Healthy Relationships
Week 7:	10/1	Lect. Ch. 6	10/3	Test Ch. 6	Chapter 6- Birth C., Pregn., and Child Birth
Week 8:	10/8	Lect. Ch. 7&8	10/10	Test Ch. 7&8	Chapter 7&8 -Licit / Ill. Drug Use & Alc.Tb&Cf
Week 9:	10/15	Lect. Ch. 9	10/17	Test Ch. 9	Chapter 9 - Nutrition
Week 10:10/22	Lect. Ch.10&11	10/24	Test Ch.10&11	Chapter 10&11- Manag. Your Weight & PersonalFitness	
Week 11:10/29	Lect. Ch.12	10/31	Test Ch. 12	Chapter12 - Cardiovascular Disease and Cancer	
Week 12:11/5	Lect. Ch.13	11/7	Test Ch. 13	Chapter 13 - Infections and Noninfectious Conditions	
Week 13:11/12	Lect. Ch. 14	11/14	Test Ch.14	Chapter 14 - Life=s Transitions	
Week 14:11/19	Lect Ch.15	11/21	Test Ch.15	Chapter 15 - Environmental Health	
Week 15:11/26	Lect. Ch.16&17	11/27	Holiday	Chapter 16&17 - Consumerism and Comp/Alt Medic	
Week 16:12/2	Final Exam	12/4	Last Class		

IV. GRADING:

Exams:	550 pts.	Scale: A = 100 - 90%
Final:	100 pts.	B = 89 - 80%
Vocabulary: 11-20-13	100 pts.	C = 79 - 70%
Cardio Program: 11-13-13	100 pts.	D = 69 - 60%
Participation/Assign.:	<u>130 pts.</u>	F = 59% and below
Total Points:	980 pts.	

V. ATTENDANCE POLICY

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

NO FOOD OR DRINKS WILL BE ALLOWED IN THE CLASSROOM!!

Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible: DSP&S, Room 2117, Health Sciences Building, (760)355-6312