

## HEALTH EDUCATION 102

**INSTRUCTOR:** ANDREW ROBINSON  
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**CLASS DAYS & TIMES:** MON & WED- 7AM-8:25AM, 10:15AM-11:40AM  
**CREDIT UNITS:** 3  
**TEXT:** HEALTH -THE BASICS, 11<sup>TH</sup> EDITION: BY REBECCA J. DONATELLE

I. COURSE DESCRIPTION: This course is designed to provide various health concepts and promote healthy attitudes and increase action towards creating a healthier lifestyle.

II. COURSE OBJECTIVES:

1. To understand the importance of engaging in a healthy lifestyle
2. To understand various health concepts
3. To read and discuss various health related case studies
4. To learn information share information

III. STUDENT LEARNING OUTCOMES:

1. Identify correct cardiovascular principles and design a cardiovascular program
2. Engage in a personal cardiovascular program
3. Identify basic health terms

### III. COURSE OUTLINE:

Week 1 : Introduction  
Week 2: Chapter 1- Promoting Healthy behavior change  
Week 3: Chapter 3- Managing Stress- **Chapter 3 Test**  
Week 4: Chapter 4- Violence and Abuse  
Week 5: Chapter 5- Healthy Relationships- **Chapter 5 Test**  
Week 6: Chapter 6- Birth Control, Pregnancy, and Child birth  
Week 7: Chapter 7&8- Licit/Illicit Drug abuse and Alcohol/ Tobacco –**Chapter 7 Test**  
Week 8: Chapter 12 & 13- Cardio Vascular Disease & Cancer  
Week 9: Group Presentations  
Week 10: Group Presentations  
Week 11: Chapter 9- Nutrition- **Chapter 9 Test**  
Week 12: Chapter 11- Personal Fitness  
Week 13: Chapter 11- Personal Fitness  
Week 14: Chapter 10- Weight Management  
Week 15: Final Review  
Week 16: Final

IV. GRADING:	Exams:	400pts	Scale:	A = 100 - 90%
	Attendance & Participation:	100pts		B = 89 - 80%
	Group Presentation	100pts		C = 79 - 70%
	Behavior Change	100pt		D = 69 - 60%
	Final	<u>200pts</u>		F= 59% and Below
	Total Points:	900 pts		

### V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3<sup>rd</sup> absence can result in you being dropped.
2. Three tardies will be equivalent to one absence.
3. Any sign of plagiarism will result in action by the Imperial Valley College.

### **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