

HE 102 Syllabus (3 units)

Instructor: Anthony Escalera
Room: 709
Semester: Fall 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	8/20	Introduction/ Crash
Week 2	8/27	Chapter 1- Assessing Your Health Chapter 2- Promoting and Preserving Your Psychological Health
Week 3	9/3	Chapter 1&2- Test Chapter 3- Managing Stress and Coping with Life's Challenges
Week 4	9/10	Chapter 4- Preventing Violence and Injury *Bowling For Columbine
Week 5	9/17	Chapter 3&4- Test Chapter 5- Building Healthy Relationships and Understanding Sexuality
Week 6	9/24	Chapter 5- Test Chapter 6- Considering Your Reproductive Choices
Week 7	10/1	Chapter 7- Recognizing and Avoiding Addiction and Drug Abuse *Intervention
Week 8	10/8	Chapter 6&7- Test Chapter 8- Drinking Alcohol Responsibly and Ending Tobacco Use
Week 9	10/15	Chapter 9- Eating For a Healthier You *Food Borne Illness
Week 10	10/22	Chapter 8&9- Test Chapter 10- Reaching and Maintaining a Healthy Weight Chapter 11- Improving Your Personal Fitness
Week 11	10/29	Chapter 10&11- Test Chapter 12- Reducing Your Risk of Cardiovascular Disease and Cancer
Week 12	11/5	Chapter 12- Test *Presentations: Chapter 13- Protecting Against Infectious and Noninfectious Disease
Week 13	11/12	*Presentations: Chapter 14- Preparing for Aging, Death, and Dying *Presentations: Chapter 15- Promoting Environmental Health
Week 14	11/19	*An Inconvenient Truth *Presentations: Chapter 16- Making Smart Health Care Choices *Presentations: Chapter 17- Understanding Complementary and Alternative Medicine
Week 15	11/26	*Presentations
Week 16	12/3	Final

II GRADING

Attendance (10 Points x 16 Days)	=	160
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