

## HE 102 Syllabus (3 units)

**Instructor:** Anthony Escalera  
**Room:** 3200  
**Semester:** Fall 2013  
**Office Hrs:** TBA

**Day & Time:** T- 6:30 pm -9:40 pm  
**Phone:** 336-4246  
**Email:** anthony.escalera@imperial.edu

**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	8/21	Introduction/ Crash
Week 2	8/28	Chapter 1- Assessing Your Health
Week 3	9/4	Chapter 1- Test Chapter 2- Promoting and Preserving Your Psychological Health
Week 4	9/11	Chapter 2- Test Chapter 3- Managing Stress and Coping with Life's Challenges Chapter 4- Preventing Violence and Injury
Week 5	9/18	Chapter 3&4- Test Chapter 5- Building Healthy Relationships and Understanding Sexuality Chapter 6- Considering Your Reproductive Choices
Week 6	9/25	Chapter 5&6- Test Chapter 7- Recognizing and Avoiding Addiction and Drug Abuse
Week 7	10/2	Chapter 7- Test Chapter 8- Drinking Alcohol Responsibly and Ending Tobacco Use
Week 8	10/9	Chapter 8- Test Chapter 9- Eating For a Healthier You
Week 9	10/16	Chapter 9- Test Chapter 10- Reaching and Maintaining a Healthy Weight
Week 10	10/23	Chapter 10- Test Chapter 11- Improving Your Personal Fitness
Week 11	10/30	Chapter 11- Test Chapter 12- Reducing Your Risk of Cardiovascular Disease and Cancer
Week 12	11/6	Chapter 12- Test Chapter 13- Protecting Against Infectious and Noninfectious Disease
Week 13	11/13	Chapter 13- Test Chapter 14- Preparing for Aging, Death, and Dying
Week 14	11/20	Chapter 14- Test Chapter 15- Promoting Environmental Health
Week 15	11/27	Chapter 15- Test Chapter 16- Making Smart Health Care Choices Chapter 17- Understanding Complementary and Alternative Medicine
Week 16	12/4	Final

## **II GRADING**

Tests (60 Points x 15) = 900 points  
Final = 100 points

1000-900 = A  
899 – 800 = B  
799 – 700 = C  
699 – 600 = D  
< 600 = F

## **III TEXTBOOK**

Health, The Basics, 10<sup>th</sup> 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. Three tardies will be equivalent to one absence.
4. Make-up Tests must be approved prior to absence.
5. No Cell Phone use in class

\*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