

HEALTH EDUCATION

INSTRUCTOR: MARTY BIRKY
PHONE: 355-6570
OFFICE: 758 (Hours: Mon & Wed 10:15-11:45am)
E-MAIL: Marty.birky@imperial.edu
CLASS DAYS & TIMES: MONDAY AND WEDNESDAY 11:50 A.M. TO 1:15 P.M.
CREDIT UNITS: 3
TEXT: HEALTH -THE BASICS, GREEN 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 physical fitness principles
3. To understand health concepts
4. To assess a health risk, design and evaluate the process of behavior change to improve health and reduce the risk of disease.

III. COURSE OUTLINE:

Week 1: Introduction
Week 2: Chapter 1-Promoting Healthy behavior change
Week 3: Review & Assign Behavior Change Assignment (Contract & Journals Begin)
Week 4: Chapter 3- Managing Stress- **Chapter 3 Test**
Week 5: Chapter 13- Infectious & Noninfectious Conditions
Week 6: Chapter 5- Healthy Relationships-**Chapter 5 Test**
Week 7: Chapter 6- Birth Control, Pregnancy, and Child birth
Week 8: Chapter 7- Licit/Illicit Drug abuse and Alcohol-**Chapter 7 Test**
Week 9: Chapter 8- Alcohol, Tobacco, Caffeine
Week 10: Pick Groups- Chapter 11-Personal Fitness
Week 11: Group Work Activities & BEHAVIOR CHANGE ASSIGNMENT DUE
Week 12: Presentations
Week 13: Chapter 9-Nutrition- **Chapter 9 Test**
Week 14: Chapter 10- Weight Management
Week 15: Final Review
Week 16: **Final Chapter 10**

IV. GRADING: Exams (5 total):	250pts.	Scale: A = 100 - 90%
Attendance & Participation:	100pts	B = 89 - 80%
Group Presentation	100pts	C = 79 - 70%
Behavior Change Project	100pts	D = 69 - 60%
In Class Assignments	<u>100pts</u>	F= 59% and Below
Total Points:	650 pts.	

V. ATTENDANCE POLICY

1. No more than 3 absences will be permitted. A 3rd 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