

# Health Education 120

## Personal Health & Lifestyles

Instructor: **Gloria A. Ensey, M.A., M.S.**

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Text: **Core Concepts in Health (Brief), Insel & Roth, 10<sup>th</sup> edition, McGraw-Hill Companies, Inc. New York.**

**Supplemental Reading:** provided by instructor.

**Office Hours:** MW 9:30 – 11:00 am & MT 7:00 - 8:00 am

### **CLASS GOALS:**

- ☺ **To present scientifically based, accurate, up-to-date information in an accessible format**
- ☺ **To involve students in taking responsibility for their health and well-being**
- ☺ **To instill a sense of competence and personal power in students**

*“Everyone has the ability to monitor, understand, and affect his or her health.”*

Paul M. Insel & Walton T. Roth(2008)

<b>WEEK</b>	<b>FOCUS</b>	<b>TTH</b>	<b>ASSIGNMENT</b>
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<b>Week 1 1/28/08</b>	Taking Charge of your Health & Being Healthy for Life. Conventional & Complementary Medicine		<b>Chapter 1 Chapter 15</b>
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<b>Week 2 2/04/08</b>	Stress: The Constant Challenge ▶▶ <b>Bring in 5 health advertisements from newspapers or books to second class meeting of this week.</b>		<b>Chapter 2</b>
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<b>Week 3 2/11/08</b>	Psychological Health		<b>Chapter 3</b>
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**\*\*\*\*\*HOLIDAY – PRESIDENT’S DAY February 15<sup>th</sup> – 18<sup>th</sup> – No classes**

<b>Week 4 2/18/08</b>	Intimate Relationships and Communication ▶▶ <b>Take-home quiz due on chapters 1- 3 first class meeting of this week.</b>		<b>Chapter 4</b>
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<b>Week 5 2/25/08</b>	Sexuality, Pregnancy & Childbirth		<b>Chapter 5</b>
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<b>Week 6 3/03/08</b>	Contraception and Abortion ▶▶ <b>In-class exam on chapters 4, 5 &amp; 6 second class meeting of this week.</b>		<b>Chapter 6</b>
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<b>Week 7 3/10/08</b>	Immunity & Infection ▶▶ <b>Your Research Paper to be shared FIRST class meeting of this week.</b>		<b>Chapter 13</b>
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**\*\*\*\*SPRING 2008 RECESS – March 17<sup>th</sup> – March 22, 2008 – No classes**

<b>Week 8 3/24/08</b>	Nutrition Basics ▶▶ <b>Bring in 7 complete food labels for analysis second class meeting of this week.</b>		<b>Chapter 9</b>
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<b>Week 9</b> <b>3/24/08</b>	Exercise for Health & Fitness ▶▶ <b>Timed walk around college track on second class meeting; 15 points off final grade if NOT completed.</b>	<b>Chapter 10</b>
<b>Week 10</b> <b>3/31/08</b>	Weight Management	<b>Chapter 11</b>
<b>Week 11</b> <b>4/07/08</b>	Cardiovascular System ▶▶ <b>In –class exam on chapters 9, 10 &amp; 11 second class meeting of this week.</b>	<b>Chapter 12</b>
<b>Week 12</b> <b>4/14/08</b>	The Use and Abuse of Psychoactive Drugs ▶▶ <b>Peer drug presentation: second class Meeting of this week.</b>	<b>Chapter 7</b>
<b>Week 13</b> <b>4/21/08</b>	Alcohol and Tobacco ▶▶ <b>Take-home quiz due second class meeting Of this week.</b>	<b>Chapter 8</b>
<b>Week 14</b> <b>4/28/08</b>	Cancer	<b>Chapter 12</b>
<b>Week 15</b> <b>5/05/08</b>	The Challenge of Aging, Death and Dying ▶▶ <b>Senior Interview due second first meeting of this week.</b>	<b>Chapter 14</b>
<b>Week 16</b> <b>5/12/08</b>	Environmental Issues ▶▶ <b>Letters to elected officials due first class Meeting of this week.</b>	<b>Chapter 17</b>
<b>Week 17</b> <b>5/19/08</b>	Personal Safety & Skills for the Consumer ▶▶ <b>Your analysis of five personal safety and Consumer protection articles to be shared on the first class meeting of this week.</b> ▶▶ <b>Posters are due on last class meeting.</b>	<b>Chapter 16</b>

**Final Examination Schedule for Spring 2008**

**MW 11:00 – 12:15 meets May 28, 2008 @ 11:00 am**  
**TTh 8:00 – 9:15 meets May 29, 2008 @ 8:00 am**

**\*Absolutely NO make-ups on final**

**POINT VALUE FOR QUIZZES, EXAMS, HOMEWORK, PROJECTS & ASSIGNMENTS**

<b>ASSIGNMENT</b>	<b>Pt. value</b>	<b>My Points</b>
5 Health Ads & Analysis	15 points	_____
Take-Home quizzes @ 50 points each	100 points	_____
In class exams and final exam (3) @ 100 pts.ea. (Lowest score dropped)	200 points	_____
7 food labels and analysis	35 points	_____
Nutritional Appraisal	50 points	_____
Health Research Report	100 points	_____
5 Safety/Consumer Article Summary & Analysis	25 points	_____
Peer teaching (Drugs)	50 points	_____
Environmental letter to elected official	25 points	_____
Senior Interview	50 points	_____
Poster	50 points	_____

**\*This is a college-level course and students are expected to read text, attend all class meetings, participate in class and complete assignments on “due dates.” If you cannot fulfill these obligations and take this responsibility, you are encouraged to drop this course.**

**GRADING**

<b>630 POINTS – 700 POINTS</b>	<b>=</b>	<b>A</b>
<b>559 POINTS – 629 POINTS</b>	<b>=</b>	<b>B</b>
<b>489 POINTS – 558 POINTS</b>	<b>=</b>	<b>C</b>
<b>419 POINTS – 488 POINTS</b>	<b>=</b>	<b>D</b>
<b>418 OR BELOW</b>	<b>=</b>	<b>F</b>

\*NO EXTRA CREDIT IS GIVEN IN THIS COURSE; ALL STUDENTS ARE EXPECTED TO COMPLETE ASSIGNMENTS AND EXAMS. GRADES ARE NON-NEGOTIABLE IN THIS COURSE.

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### **SUPPLIES NEEDED TO BE SUCCESSFUL IN CLASS**

1. Text, note paper, pen & study guides. All students should take notes from lectures
2. Access to computer, word processor, spell checker, and printer.
3. Note paper and copy paper
4. Poster board, scissors, markers
5. Scantrons, pen and pencils
6. Good listening skills, a positive attitude and the willingness to learn

● **Plagiarism will not be tolerated in this course.** (i.e., the appropriation or imitation of the language, ideas, and thoughts of another author, and representation of them as one's original work, Webster's New Universal Unabridged Dictionary, 2008). You can not "lift" any ideas from books, articles or internet that do not belong to you without giving credit to that particular source. Plagiarism in this HE 120 course will result in failing grade.

**Your success in this course is important to me. If you are experiencing difficulty, please contact me or an academic counselor as soon as possible. Grades are not given, they are earned and non-negotiable.**