COURSE DESCRIPTION
This course is designed to explore the major areas of health that will have an effect on the well-being of the individual now and in the future. This course is intended to increase student knowledge about health and focus attention on the need to arrive at one’s own informed conclusions about how to take responsibility for your health.

TEXTBOOK, MATERIALS, AND EQUIPMENT
Required Text:
Donatelle, Rebecca. Health: The Basics, 13th Edition

Required Materials and Equipment
Notebook paper and writing utensils
Two 100 Question Scantron answer sheets for midterm and final

STUDENT LEARNING OUTCOMES (SLOs)
1. OUTCOME: Students will identify the controllable and uncontrollable risk factors for coronary heart disease to lower their risk of heart disease.
2. OUTCOME: Understand the essential nutrients that bodies need as well as the role and caloric value of each nutrient to identify personal nutritional deficiencies
3. OUTCOME: Explain each health-related component of physical fitness and be able to identify a variety of exercises specific to each component to improve their personal fitness levels.

COURSE OBJECTIVES
1. Identify the dimensions of health and recognize positive characteristics of each dimension in order to live a healthier lifestyle.
2. Understand the essential nutrient that bodies need as well as the role and caloric value of each nutrient to identify personal nutritional deficiencies.
3. Explain each health-related component of physical fitness and be able to identify a variety of exercises specific to each component to improve their personal fitness levels.
4. Recognize stressors in life and develop healthy methods to manage stress in their own lives in order to minimize stress-related health problems.
5. Students will identify the controllable and uncontrollable risk factors for coronary heart disease to lower their risk of heart disease.

COURSE REQUIREMENTS
a. Come to each class session prepared (notes, etc.)
b. Participate in class discussions
ATTENDANCE
Students are expected to attend class regularly. Excessive absences (3 total) as well as tardiness (5 minutes or more) or leaving the class early with no excuse will affect your grade and may result in you being dropped from the course. Students who are absent from the first day of class may be dropped by the instructor. Students who miss two consecutive days in the first two weeks of the class may be dropped by the instructor. Please make an effort to contact the instructor if you will be absent. It is your responsibility to make-up missed assignments. It is also your responsibility to officially withdraw from this class, if necessary by the deadline stated in the schedule of classes.

* The last date to drop this course with no grade is: January 13th, 2019
* The last date to Withdrawal with a “W” grade from this course is: January 30th, 2019

IMPORTANT: If you wish to withdrawal from this course and do not do so by the date listed above or in the schedule of courses, you will receive a regular grade in this course (an F if your work is incomplete or you stop attending).

GRADES
2 Exams @ 100 points each, 200 pts. (53.3%)
2 Essays @ 50 points each 100 pts. (26.7%)
1 Group Presentation @ 75 points 75 pts. (20%)
Total Points 375 pts.

IMPORTANT DATES

<table>
<thead>
<tr>
<th>DATE*</th>
<th>NOTE</th>
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<tbody>
<tr>
<td>Jan. 7</td>
<td>First Day of Class</td>
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<tr>
<td>Jan. 14</td>
<td>MLK Day – NO CLASS</td>
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<tr>
<td>Jan. 21</td>
<td>Essay #1 Due (Stress)</td>
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<tr>
<td>Jan. 28</td>
<td>Midterm Exam</td>
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<tr>
<td>Jan. 4-Feb. 5</td>
<td>Group Presentations</td>
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<tr>
<td>Feb. 13</td>
<td>Essay #2 Due (Personal Prescription)</td>
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<tr>
<td>Feb. 15</td>
<td>Final Exam</td>
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*Dates are subject to the pace of the course and the instructor’s discretion. Dates may change.

ESSAYS
The due dates for the essays are listed above, but are subject to change due to the coverage of the material in class. Course material for each essay is specifically listed below. The Essay should be in APA Format. For help with APA style, please visit https://owl.english.purdue.edu/owl/section/2/10/. Capitalization, punctuation, spelling, and proper formatting will count towards your final grade. All papers need to include a title and reference page, and must cite properly. All papers must be submitted via Canvas.

STRESS ESSAY
This assignment will be a minimum of three pages in length and will allow you to explore the role stress plays in your personal life, and help identify stressors and successful ways to deal with them. Use your textbook as a guide and reference. You will submit this assignment on Canvas at the on the date listed above. The essay should cover at a minimum the following:

- Describe in detail the stages of the stress response, and how it affects the body.
- Describe the different stress hormones that are released into your body, and how it affects the body.
- The biggest stressors in your life, and why they stress you out.
- Ways to manage and/or minimize stress.

GROUP PRESENTATION
In groups of no more than five students, develop a 15 minute presentation on any disease of your choosing. One month prior to the presentation the groups must be formed, and they must submit to
the professor which disease they will be covering in order to avoid the same topic being covered by multiple groups. The presentation should at a minimum cover the history of the disease, how the disease attacks the body, what causes the disease, what cures there are for the disease (if any), and the latest research and developments with the disease. Groups are encouraged to engage the class using different techniques (audio, visual, kinesthetic). Points will be based on the information presented, as well as the groups’ ability to properly convey the information in a clear and concise way. For more tips on groups presentations visit the following: http://www.mycollegesuccessstory.com/academic-success-tools/class-presentation-tips.html.

**PERSONAL PRESCRIPTION ESSAY**

This assignment will be a minimum of three pages in length and will allow you to explore the importance of health and wellness, and to design your own health and wellness prescription. Using the material learned throughout the course of the semester you will define your own prescription as well as set three personal goals. The essay must include “academic” sources to back up the claims set forth in the paper. You will submit this assignment on Canvas by the due date listed above.

**EXTRA CREDIT**

There may be extra credit available for this class. These tasks will be announced during class meeting time, and will be given a specific due date. No points will be given for late extra credit assignments.

**STUDENT CODE OF CONDUCT**

An important part of fulfilling the College’s mission is providing a student discipline process that promotes student accountability and social responsibility, as well as maintaining a college environment that is respectful, inclusive, and collegial that is free from intimidation, threats, coercion, or violence.

Any conduct or behavior that disrupts the learning environment is a potential violation of the Student Code of Conduct (BP 5500) as written in the Citrus College catalog. Any conduct or behavior that interferes with any students attaining his or hers academic goals, maintaining the orderly operations of the College, or presents a threat to the health and safety of the campus community is a behavior of concern. College faculty, staff, administrators, and students are encouraged to report violations to the Dean of Students and disciplinary actions may be taken.

**ACADEMIC HONESTY**

All work turned in for grading should be original, not copied from others. Copying (representing the work of another as your own) or any other form of cheating will result in a failing grade.

**USE OF ELECTRONIC DEVICES**

No electronic devices may be used during tests. Recording of class sessions only by permission of the professor’s. Please disable audible functions of cell phones during class.

**SEXUAL MISCONDUCT**

Citrus Community College District is committed to providing an educational environment that is safe, friendly, accessible and free of all forms of discrimination, sexual harassment, and sexual misconduct, including sexual assault, domestic and dating violence and gender-based stalking. If you (or someone you know) has experienced or experiences gender-based violence (intimate partner violence, attempted or completed sexual assault, harassment, coercion, stalking, etc.), know that you are not alone.

Please be aware that all Citrus College faculty are responsible employees with reporting responsibilities and obligations. This means that if you tell me about a situation, I may have to report the information to the appropriate college administrator. Reports may be made to: Manager of Human Resources/Staff Diversity & Title IX Coordinator (626) 914-8830; Campus Safety Supervisor (626) 914-8611; Health Center Nurse (626) 914-8635; or Glendora Police Department.
STUDENTS WITH DISABILITIES
If you have a disability documented by a physician or other appropriate professional and wish to discuss academic accommodations, please contact the DSP&S office (626-914-8675). Please discuss your accommodations with me during office hours or after class and be sure to allow at least one week to arrange appropriate classroom or testing accommodations. NOTE: With the appropriate documentation all class materials can be provided in alternate formats, such as large print, audiotape, Braille, or a computer file. Requests can be made by calling the Disabled Students Programs and Services Department at (626-914-8675). “Under Education Code section 78907, all electronic recording in any classroom is strictly prohibited without the prior consent of the instructor, except as required to accommodate a disabled student. A violation of this prohibition is a misdemeanor and may subject a student to criminal liability and/or disciplinary action.”