

Health Education 1510-30

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Office: Administration Building, #170

TEXT: Health: The Basics, Donatelle, 12th Edition

<u>Dates</u>	<u>You should be covering:</u>	<u>Chapter</u>
Jan. 21-24	Assessing Your Health	1
Jan. 24	2 Projects due! Assess Yourself Questionnaire, Behavior Change Contract	
Jan. 27-31	Promoting and Preserving Your Psychological Health	2
Feb. 3-7	Managing Stress and Coping with Life's Challenges	3
Feb. 13-13	Preventing Violence and Injury	4
Feb. 18	EXAM 1, Tuesday, Chapters 1-4	
Feb. 18-21	Connecting and Communicating in the Modern World	5
Feb. 24-28	Considering Your Reproductive Choices	6
Mar. 3-7	Recognizing and Avoiding Addiction and Drug Abuse	7
Mar. 9-13	Drinking Alcohol Responsibly and Ending Tobacco Use	8
Mar. 16	EXAM 2, Monday, Chapters 5-8	
Mar. 16	Start your Food Journal recording on Monday morning and keep it through Sunday night. Follow all directions on the project! See the Scoring Rubric to see what I am looking for on this project, especially the evaluation portion of the project.	
Mar. 16-20	Nutrition: Eating for a Healthy You	9
Mar. 23-27	Reaching and Maintaining a Healthy Weight, Food Journal Project is due on WEDNESDAY, March 25th	10
M. 30-Apr.3	Improving Your Personal Fitness	11
Apr. 6-10	SPRING BREAK!	
Apr. 13-17	Reducing Your Risk of Cardiovascular Disease and Cancer	12
Apr. 20	EXAM 3, Monday, Chapters 9-12	
Apr. 20-24	Protecting Against Infectious Diseases and Sexually Transmitted Infections	13
Apr. 27-M1	Preparing for Aging, Death, and Dying	14
May 4-8	Promoting Environmental Health	15
May 8	FAMILY HEALTH TREE IS DUE	
May 11-13	Making Smart Health Care Choices	16
May 18	FINAL EXAM, Monday, Chapters 13-16	

Exams

Feb. 18 (100 pts)

Mar. 16 (100 pts)

Apr. 20 (100 pts)

May 18 (126 pts.)

Grading Scale

631-726 = A

559-630 = B

486-558 = C

413-485 = D

0-412 = F

Projects

- Assess Yourself Questionnaire 50pts **Due January 24th**
Behavior Change Contract 50pts **Due January 24th**
Food Journal 100pts **Due March 25th**
Family Health Tree 100pts **Due on May 8th**

HLED 1510 STUDENT LEARNING OUTCOMES

Course Level SLO	Institutional SLO's Aligned With	Assessments
Identify the characteristics of a healthy person to distinguish the factors that produce a healthy lifestyle.	Discipline Content	Chapter quizzes, unit tests, and self-assessment
Analyze the nature of health care in America.	Communication Critical and creative thinking Community and global consciousness and responsibility Discipline Content	Chapter quizzes, unit tests, and presentations
Differentiate between the various dimensions of health.	Community and global consciousness and responsibility Discipline Content	Chapter quizzes, unit tests, and written reports
Identify and illustrate the causes of stress and the methods to control it.	Discipline Content	Chapter quizzes, units tests, and self-assessments on stress

NOTE: Students with disabilities who believe they may need accommodations in this class are encouraged to contact Student Support Services (661-763-7799), as soon as possible, to better ensure such accommodations are implemented in a timely fashion. If you presently receive accommodations, please show me your **current semester** accommodation card ASAP. All information will be kept confidential.