

LA Trade Tech College/USC Upward Bound

Health 11- Summer 2023

Section # 15126 - Units: 3, Transfers to CSU/UC

Instructor:

Contact via email:

Virtual Office Hours: Arranged via email via Zoom (M-TH)

Summer “2023” Term Dates: June 12th – July 16th

Class Schedule: M-TH 7:45am - 10:35am

Course Description:

This course offers concepts to use today and tomorrow as guidelines for self-directed responsible living. Emphasis is placed on relating health concepts for the individual's well-being in personal, community, vocational, and leadership roles.

Student Learning Outcomes:

Students will understand and know how to implement basic guidelines for healthy living, including mental, physical, emotional, social, spiritual, and intellectual health.

- **Students will be able to understand key health terms, definitions, and dimensions of health.**
- **Students will be able to identify positive and negative health practices.**
- **Students will correctly interpret and identify dimensions of health.**
- **Students will be able to interpret health choices.**
- **Review and evaluate health related resources to determine the credibility of the information.**
- **Apply information about health and wellness related conditions to behaviors in their**

daily environment.

- **Converse with others regarding health issues.**
 - **Examine their own dimensions of wellness through guided in and out of class activities.**
 - **Create a personal wellness philosophy.**
 - **Demonstrate the ability to plan and execute a behavior modification project.**
- **Methods of Presentation: Projects, Lecturers, Group Work, Discussion, Canvas shell...etc**

Course Content:

- **Concepts of health and wellness.**
- **Models and dimensions of wellness.**
- **Behavior Modification.**
- **Stress-Concepts of and Management Strategies.**
- **Sleep, stress, and wellness.**
- **Time Management, Goal setting.**
- **Physical Activity and Exercise as Lifestyle.**
- **Connection to chronic diseases. Mind-Body wellness.**
- **Nutrition (personal and global), weight management, and health related conditions.**
- **Connection of nutrition to physical activity and exercise.**
- **Consumer Health.**
- **Making safe and educated choices to support health and wellness.**
- **Determining if a media source and/or product are credible.**
- **Sexual Health (disease awareness and strategies for prevention, gender and sexual identity, stages of sexual development throughout the lifecycle)**
- **Psychological and Social Well-Being.**
- **Substance Use-Legal and Illegal.**
- **Uses and Misuses.**
- **Health risks and Benefits.**

*Students with disabilities who seek academic accommodations should first promptly contact the Disabled Students Programs and Services (DSPS) DSPS@lasc.edu to make a request for accommodations. For more information, please refer to LACCD Administrative Regulation E-100 ([Links to an external site.](#)) [Links to an external site.](#) ("Criteria for Serving Students with Disabilities").

***Students are responsible for dropping if they do not want to continue the class*.**

*Students must abide by the Academic Honesty, ePortfolio, and LACCD Computer User Policies ([Links to an external site.](#)) [Links to an external site.](#) which prohibit misuse of computer resources, plagiarism, and misconduct. In addition, "violations of academic integrity of any type by a student provides grounds for disciplinary action by the instructor or college. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on an exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade. For more information on the Standards of Student Conduct refer to the college catalog available in hardcopy and online at www.lattc.edu."

Textbook for class:

Open Electronic Resources (OER) will be provided

Course requirements:

*Students are required to have their own personal email, connection to the Internet and access to Internet sites.

*This course incorporates the Canvas Learning Management System. Directions to login are provided at: <http://college.lattc.edu/academictech/files/2015/11/LASC-GettingStarted-Studentsv2.pdf> ([Links to an external site.](#)) [Links to an external site.](#)

*Canvas Guide for Students: <https://community.canvaslms.com/docs/DOC-4121> ([Links to an external site.](#)) [Links to an external site.](#)

*Click on every link and read all resources and watch all assigned videos.

*Complete all assignments, Discussions, and tests by deadlines. Following the detailed directions will help you earn the most points.

*Ask questions if you don't know what is expected of you (email).

*Student Video for Canvas (overview): <https://community.canvaslms.com/videos/1124> ([Links to an external site.](#)) [Links to an external site.](#) ([Links to an external site.](#)) [Links to an external site.](#)

*Confer-Now link: <http://confernow.org> (Links to an external site.) Links to an external site. and you can download the software and see the User Guide (Links to an external site.) Links to an external site.

* Details for all the work in this class are provided inside the Canvas virtual classroom.

LASC Attendance Policy:

“An instructor may exclude a student who is absent for more hours than the class meets per week or 20% of the total class hours.” In the online class, attendance = SUBMITTING WORK. Thus, a student who goes 3 weeks without submitting work needs to be excluded by the instructor (unless the student has worked ahead and finished the class early). In addition, the federal guidelines on attendance require an instructor to count the last day of attendance as the last day work was submitted. This counts for financial aid reimbursements.

CLASS PARTICIPATION AND ATTENDANCE:

*Attendance - Attendance is required and essential to a student's success. Online class equates SUBMITTING WORK as ATTENDANCE. If you log in but don't submit assignments, quizzes, or discussion postings, you are not participating and can be dropped due to absence.

*Time Management - Three hours each week need to be arranged for Online Participation. Study and homework hours are additional. Participation can be done at any time during the week and students are strongly encouraged to schedule regular time each week to do the class.

LATE POLICY:

*Assignments submitted on time and up to the closing date will be awarded full points. No points will be given to assignments submitted later than the closing date. Tests are not accepted late. When the test closes, it is not reopened and no make -up tests are given in the class. Tests are DUE with the unit but the tests are set to close two weeks later. This permits students maximum time to get their textbooks and use them for the tests. All tests are done without time limits, are open book and open note.

WITHDRAWALS (refer to College Catalog):

In the event you choose to withdraw from the course, the burden of following through with the withdrawal process is your responsibility. Please refer to the College Catalog for more detail.

TIME DEADLINES:

Exams, assignments, and homework all have due dates. On occasion, it may be necessary to alter these dates because of our progress during the semester. You will always be given advance notice of such changes.

INCOMPLETES IN THE COURSE:

An "incomplete" grade will not be given unless the student has a legitimate personal crisis that

prevents finishing the course on time. Students receiving an incomplete must be doing passing work up to that point. If such an occurrence happens, it is the student's responsibility to contact the instructor immediately to explain the situation and make plans.

Course Outline:

Note: point value for each assignment/chapter, will be discussed in class/canvas
Course Outline (see canvas modules for dates/details): (11 total discussion boards will be applied on selected weeks, see canvas)

- Module 1- ACCESSING YOUR HEALTH, Article Review Assignment Due, Quiz due. •
- Module 2- PROMOTING/PRESERVING YOUR PSYCHOLOGICAL HEALTH, Quiz due. •
- Module 3-MANAGING STRESS & COPING, Quiz due, CHAPTERS: 1, 2, 3 EXAM •
- Module 4- PREVENTING VIOLENCE & INJURY, Quiz due, Video Summary Assignment due.
- Module 5- HEALTHY RELATIONSHIPS/SEXUALITY, Quiz due.
- Module 6- REPRODUCTIVE CHOICES, Quiz due, CHAPTERS: 4, 5, 6 EXAM.
- Module 7- ADDICTION & DRUG ABUSE, Quiz due.
- Module 8- DRINKING ALCOHOL & ENDING TOBACCO USE, Quiz due. • Module 9- EATING FOR A HEALTHIER YOU, Quiz due, CHAPTERS 7, 8, 9 EXAM. • Module 10- REACHING & MAINTAINING A HEALTHY WEIGHT, Quiz due. • Module 11- IMPROVING YOUR PERSONAL FITNESS, Quiz due, Product Investigation and Critique Assignment due.
- Module 12- CARDIOVASCULAR DISEASE, Quiz due, CHAPTERS: 10, 11, 12 EXAM
- Module 13- PROTECTING AGAINST STD's/STI's, Quiz due.
- Module 14- CHRONIC DISEASE & CONDITIONS, Quiz due, Behavior Modification Project due
- Module 15- DEATH, AGING, DYING, Quiz due, CHAPTERS 13, 14, 15 EXAM, Recap, Final Exam!

NOTE: There will be an exam after every 3 chapters covered/concluded. In addition, there will Quizzes due after each chapter covered/concluded. There will be a discussion board due on selected weeks as well. There will also be approx. 1 assignment due at the end of each selected week. Please be prepared to cover at least three (3) chapters each week.

GRADING SCALE:

Points are earned by completing and submitting assignments, forums and quizzes. Students combine all points and earn a grade based on the total earned in comparison to the total possible assigned points.

Grades awarded as follow:

A = 801 to 850 Points

B = 751 to 800 points

C = 701 to 750 points

D = 651 to 700 points

F – 0

Note: point value for each assignment will be discussed in class/canvas, grading scale is subject to change