Text/CD: FOCUS ON HEALTH, 7TH ed, Hahn and Payne
Health Quest CD ROM, v 4.2 – (optional) available in the library for checkout.

Course Description: Provides basic knowledge of healthful living. Emphasis is on positive health behavior and personal responsibility. Content includes personal health: stress, drugs, disease; social health sexuality, safety; consumer health and environmental health.

Student Learning Outcomes
Upon completion of this course, students should be able to:
- Develop a personal concept of health incorporating mental, physical, social, intellectual and spiritual aspects.
- Evaluate personal level of health and identify how behaviors affect health.
- Utilize health information resources from a variety of sources, both print and electronic, and discern credibility.
- Design a strategy for making a behavior change that improves lifelong wellness.

Process Objectives (Classroom Environment)
- The student will develop the understanding that wellness is multifaceted and dynamic in nature; throughout a lifetime there is a continuing relationship between personal behavior and wellness. What we value is reflected in our CHOICES!!
- The student will develop knowledge, understanding and awareness about the use and misuse of drugs, including tobacco and alcohol.
- The student will develop an understanding that fitness and nutrition patterns are dependent upon interrelationships between physical, social and psychological factors.
- The student will clarify responsibilities for sexual life styles and decisions to promote healthful living.
- The student will develop an understanding of the causal factors of disease and disorders as well as an understanding of the extent to which certain diseases and disorders can be prevented, treated and controlled.
- The student will exhibit selective practices in choosing and using health information, products and services.

Product Objectives (Student Performance)
- The student will demonstrate, through performance on written quizzes and assignments, both knowledge and comprehension of the topics listed on the course outline.
- The student will demonstrate, through classroom discussions, assignments and field observations, evidence of application, analysis, synthesis and evaluation of the concepts listed on the course outline.

Attendance:
- My expectation is that you will be on time. LATE = ABSENT
- You may be dropped if you are absent three consecutive classes.
- You must attend 70% of classes to pass. That is equal to no more than nine (9) absences.
- Please notify me if you will be absent for an extended period of time. 714-432-5899 x3
Assignment Requirements

- All assignments will be submitted on WebCT. I will not accept late assignments.
- Because all of the assignments are online in WebCT, absence from class is not an excuse for missing an assignment.
- Be sure to save all assignments to either your hard drive or a disc before submitting in WebCT.
- DO NOT copy and paste information – I want information reported in your own words.
- Please be sure to complete each assignment in a way that is thorough, detailed, specific and college level. FYI - I hate generalizations and you will lose points if you use them. Here is an example of a generalized statement: “This assignment was a good experience. I learned a lot about myself. Thank you, Ms. Hanlon for giving us this assignment.” I want specifics, examples and details. I need to learn what you learned from the experience.

Examples of grading criteria

A = Outstanding = 90%
   Above and beyond the requirements of the assignment; outstanding effort, detailed discussion of experience showing significant understanding and application of information and concepts learned to student’s life.

B = Above Average = 80%
   Fulfills all aspects of the assignment and goes a bit beyond minimum competence to demonstrate extra effort.

C = Average = 70%
   Fulfills all aspects of the assignment with obvious competence, but they are only completed exactly as assigned with no details or specifics.

Grading

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Grade</th>
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<tbody>
<tr>
<td>Quizzes (15 X 10 pts)</td>
<td>150 pts</td>
<td>90% - 100% = A 450 – 500 pts</td>
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<tr>
<td>Exams (2 X 75 pts)</td>
<td>150 pts</td>
<td>80% - 89% = B 400 – 449 pts</td>
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<tr>
<td>Homework Assignments</td>
<td>170 pts</td>
<td>70% - 79 % = C 350 – 399 pts</td>
</tr>
<tr>
<td>Health Goal Assignment</td>
<td>30 pts</td>
<td>60% - 69% = D 300 – 349 pts</td>
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<td>0% - 59% = F 0 – 299 pts</td>
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Quizzes (150 pts): There will be a 5 – 10 point quiz for each chapter. Quizzes will be taken through WebCT, and they must be completed before the cut off date as listed in WebCT. You are allowed three attempts and I will take the highest score. Each attempt may have different questions, so review the chapter before you retake a quiz. There will be no make up quizzes.

Exams (150 pts): Two (2) exams will be given in class during the semester, each worth 75 points. Only in the case of extenuating circumstances will a student be allowed a make up exam, and the student must notify me before the exam date to make arrangements.

Homework Assignment (170 points)
You will be given a homework assignment for most chapters. Assignment will be submitted through WebCT. These assignments include web based scavenger hunts, health evaluation/self assessments, or exercises that will require you to apply what you learn in class to your own life. Specific details will be given each week for each assignment.

Health Goal Assignment (30 points)
This assignment will be given to you in the ninth week of class. You are going to be asked to evaluate your own behavior and then choose a health behavior that you are willing to change for the better. You will follow class guidelines to develop a plan for making the behavior change, and then you will chart your progress for six weeks. After the six weeks, you will be asked to reflect on the experience.
Extra Credit
There will be opportunities to earn extra credit. Total extra credit is limited to 50 pts. Extra credit is due no later than November 29.
1. Attend class – you will earn one (1) point for each class you attend, up to 30 points.
2. Adapted Physical Education Volunteer: 50 points for volunteering to work with the Adapted PE program at OCC. See Robin O’Connor in the Student Health Center.
3. Quit Smoking: This is available if you currently smoke and is worth 30 points. To get credit for this, you will need to contact Belinda Hernandez at the American Lung Association – 714-835-5864 x115 to arrange for support services.
4. Additional extra credit activities will be announced during the semester.

Academic Honesty
Orange Coast College has the responsibility to ensure that grades assigned are indicative of the knowledge and skill level of each student. Acts of academic dishonesty make it impossible to fulfill this responsibility and weaken our society.

Faculty have a responsibility to ensure that academic honesty is maintained in their classroom. Students share that responsibility and are expected to refrain from all acts of academic dishonesty. Procedures for dealing with any violation of academic honesty will be followed. Additionally, the Student Code of Conduct and Disciplinary Procedure shall be applied to incidents of academic dishonesty.

What is academic honesty?
Everyone at Orange Coast College is responsible to insure that students are honest in their course work. This is called "academic honesty," which means that cheating and plagiarism are not permitted. Cheating includes obtaining information from another student or giving information to another student during an exam, allowing another student to copy your work, taking an exam for another student or having another person take an exam for you, sharing answers unless authorized by your instructor, using unauthorized materials during an exam, altering a graded exam or assignment and returning it for additional credit, having another person or a company research, write, or rewrite an assigned paper or report, or misreporting or altering the data in laboratory or research projects. Plagiarism is presenting the ideas, words, or creative product of another person as your own.

What are my responsibilities as a student?
Your responsibilities as a student are to refrain from acts of academic dishonesty, refuse to aid or abet any form of academic dishonesty, notify your instructor about acts of dishonesty you have observed, and bring your student ID card with you to all exams.

What are the consequences of cheating and plagiarism?
If you are accused of dishonest behavior in a class, you can expect to be reported to the Dean of Student Services who will provide you an opportunity to explain your side of the matter and take appropriate disciplinary action. Students who violate the academic policy will be subject to disciplinary action, which may include warnings, reprimands, suspensions, lowered grade or other actions. A copy of the academic honesty policy is available from the Dean of Students Office. See Student Code of Conduct.

Caveat
The schedule and procedures presented in this syllabus are subject to change in the event of extenuating circumstances.