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:
1. Develop a personal concept of health incorporating mental, physical, social, intellectual and spiritual aspects.
2. Evaluate personal level of health and identify how behaviors affect health.
3. Utilize health information resources from a variety of sources, both print and electronic, and discern credibility.
4. 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 and our CHOICES affect our wellness!!
- 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.
Grading

Discussion Postings (34 @ 2 points each)  68 pts
Homework Activities (17 @ 10 points each) 170 pts
Quizzes (15 X 10 pts) 150 pts
Midterm and Final Exams (2 X 75pts) 150 pts
Health Goal Assignment  30 pts
Total  548 pts

Of these 548 possible points, 500 points are “assigned” and 48 points are “extra credit.” Therefore, my grading scale is outlined below.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>90% - 100%</td>
<td>A</td>
<td>450 – 500 pts</td>
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<tr>
<td>80% - 89%</td>
<td>B</td>
<td>400 – 449 pts</td>
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<tr>
<td>70% - 79 %</td>
<td>C</td>
<td>350 – 399 pts</td>
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<tr>
<td>60% - 69%</td>
<td>D</td>
<td>300 – 349 pts</td>
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<tr>
<td>0% - 59%</td>
<td>F</td>
<td>0 – 299 pts</td>
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Discussions (68 pts)

There are two discussion topics for each chapter. In addition, there is a discussion posting for your introduction and the Health Goal activity. Each discussion posting is worth 2 points. This includes an original post or a reply to another students posting. However, don't think you will get 2 points for replying to another student with "I agree" or "Ya, I know what you mean." These responses are pointless (pun intended).

Discussion topics are found in the Discussion area from the Course Menu or the Homepage. Discussion postings must be completed by the due date for the chapter quiz. Discussion topics will be locked so you can read them but you will not be able to post.

Homework Activities (170 points)

There is a homework activity for each chapter, plus a Wellboard assignment. Each is worth 10 points. These assignments include web based scavenger hunts, health evaluation/self assessments, or exercises that will require you to apply what you have learned in class to your own life. The homework activity will take anywhere from 15 to 60 minutes to complete. Please allow yourself ample time so that you can do a careful and thoughtful job.

Homework activities are found in the Homework Activity area from the Course Menu or the Homepage. Specific directions will be given for each Homework Activity within the webpage. In addition, these directions are available for download (usually as a Word or Excel document) at the bottom of the specific assignment page.

Homework activities must be completed and submitted before the cut off date. I have generally given you a few extra days after the due date to turn in assignments, but please use this cushion as the exception, not the rule. Please be sure to check the due dates on the homework activities and submit them before they are cutoff. Otherwise, you will become ineligible to submit the overdue homework activity. Also, do not wait until 11:00PM on the cutoff date to submit your assignment; I do not accept the excuse of computer crash or network problem for assignments not submitted before the cutoff.
Please be sure to complete each assignment in a way that is thorough, detailed, specific and college level. FYI - I hate generalizations like, "This assignment was a good experience. I learned a lot about myself." I want specifics, examples and details. Health is achieved through practice, and the assignments are structured to allow you to practice what you learn in the chapters.

- 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 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.

**Quizzes** (160 pts)

Sixteen (16) quizzes will be given during the semester. Each quiz is worth 10 points. These quizzes are taken online. You can access the quizzes from the Course Menu or the Homepage.

Please be sure to check the due dates on the quizzes and take them before they expire. Otherwise, you will become ineligible to take the quiz.

**Midterm & Final** (150 points)

These two exams will be taken as a class on the same day. You may take them from your home computer or wherever you are doing the rest of your online work. Please check the calendar for the specific dates and times. Each test should take no more than an hour.

**Health Goal Assignment** (50 points)

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 guidelines to develop a plan for making the behavior change, and then you will chart your progress for six weeks in a journal. After the six weeks, you will be asked to reflect on the experience.

This assignment is scheduled in the ninth week of class but is available now. You will need to complete the Wellboard homework activity before you complete your Health Goal assignment. This is all reiterated in the assignment directions. *This is a six-week assignment*, so if you have the time, I strongly suggest you get started as soon as possible.

You will find both the Wellboard and Health Goal assignments in the Homework Activity area accessible from the Course Menu or the Homepage.
**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.