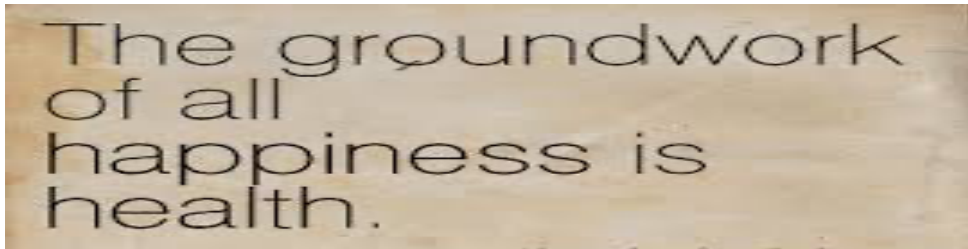


HEALTH II –Principles of Healthful Living

HEALTH II, 1055I, SUMMER 2021



Leslie Trujillo
Health and Kinesiology Professor
Email: trujillc@lahc.edu



WEBSITE:

www.professortrujillo.com

-Health II Tab

-Health II Course Info Tab

<https://www.grlcontent.com/>



OFFICE: PE 149

OFFICE HOURS: Email for a zoom by appointment

CONTACT ME: I will reply within 30 minutes to emails within office hours and within 24 hours if emailed outside of office hours.

MENTORING: My office hours are for YOU! Please utilize them for any assistance you need in the class, in your education, or in your life. I'm here to help you succeed.

Our Healthy Class:

JUNE 14- JULY 18

Course Description:

This course teaches concepts to use as guidelines for healthy, responsible living. Importance is placed on relating health concepts to the individual's well-being in personal, social, professional, and leadership roles. Health topics cover emotional/physical/social/mental health goals, nutrition, weight, fitness, chronic diseases, and environmental health issues. *(Can be applied toward AA in Kinesiology degree).*

Textbook:

Lifelong Wellness: An Applied Approach; Omaboe

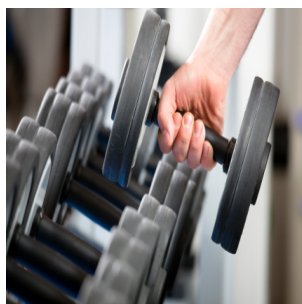
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SYLLABUS PAGES

PG 1	My Info Mentoring Our Class Our Text
PG 2	Philosophy SLO's/ Goals Responsibilities
PG 3	Succeeding Grading Holidays Extra Credit
PG 4	Relevant Info Resources
PG 5	Course Outline



My Teaching Philosophy: My main goal of teaching is to help my students become aware of the infinite potential within them and how to fully thrive in life. They will learn about persistence, fortitude, confidence, motivation, and accountability. They learn they are much stronger than they ever knew possible and they can create whatever they want in their life if they are willing to work for it and never give up. Students experience tools and methods to incorporate in their life to feel great and aid them along their educational and career journey. The classes are designed to not only teach the students about kinesiology and health but also about themselves.



**NEVER, EVER GIVE UP!
SUCCESS IS YOURS!**

Student Learning Objectives (SLO's):

1. Identify and explain 6 components of wellness.
2. Define, apply, and evaluate physical fitness' 5 out of 5 components of exercise.
3. Recognize the effects of stress on the human body, the importance of stress management, and use of physical exercise as a method of stress reduction.
4. Understand the effects of chronic disease and our environment on our health.

Responsibilities:

1. **Attendance:** It is the student's responsibility to participate in all the assignments and discussions on time. Everything is online with no specific meeting time.
2. **Activities:** Points will be given for the activities completed during class time and at home. You are responsible to give your best effort on every activity. P.R.I.D.E.
3. **Course Material:** The info for the class comes from our Online Text and on Canvas.
4. **Be Prepared:** Do your assignments by the due date. Keep a calendar. Stay organized. This is for your education and life, not mine!

Goals: Assignments are designed to endorse critical thinking skills, personal reflection, dialogue and active participation from all students. My primary goal is to train students to become highly motivated individuals that take personal responsibility and proper action to create positive, healthy habits for a lifetime.



Emails: I send out info to the class to your Harbor email. Make sure you check it daily. You can forward that email to your personal one. I also mostly post announcements through our Canvas shell.



Extra Credit:

There is a MAX of 50 points for extra credit if you need it. Refer to the website, "Education" tab, for the list of activities.

How to Succeed:

1. Complete work enthusiastically, willing to give 100% effort.
2. Encourage & respect one another.
3. Complete ALL journals, assignments, and study to the best of your ability.
4. Ask for help if you don't understand how to do something.
5. Be willing to learn and grow.
6. Turn in all work on time.

Grading:

1. You will be evaluated on your participation in the class. You are graded on your "Growth Mindset" notebook (reflections & answers from the videos, reading, and Power Points), discussion, journal, and "Online Textbook" assignments. Check the website for the Video of the Day.
2. You will interview a professional in the field and type a report on the conversation.
3. At the end of the semester, you will work on a small project to teach your family or a friend on a subject of your choice. The presentation includes a project & an informational sheet. Pick something you are passionate about and make it fun for everyone!

You can keep track of your grades by recording them on the chart below:

<u>SUBJECT:</u>	<u>POINTS:</u>	<u>MY POINTS:</u>
"Growth Mindset" notebook	100 points	
Participation/Discussions	100 points	
Journal	100 points	
Online Exercises (65)	130 points	
Online Labs (27)	135 points	
Online Module Quiz's (7)	140 points	
Goal Summaries (7)	70 points	
Interview	50 points	
Total Points	825 points	
A =90 – 100%; B = 80 – 89%; C = 70 – 79%; D = 55 – 69%		

RESOURCES & SPECIAL SERVICES:

On my HOME page, www.professortrujillo.com, there are links to the following resources and services to help you succeed:

Life Skills Center, Youth Source Center, Mental Health, Student Health, and the Library

LAHC

MISSION: Los Angeles Harbor College fosters learning through comprehensive programs that meet the educational needs of the community as measured by student success, personal and institutional accountability, and integrity.



Disability Accommodation- ACCESS:

The Los Angeles Community College District (LACCD) adheres to the Disabled Student Programs and Services (DSPS) Implementing Guidelines as specified in Title 5 of the California Code of Regulations, the mandates of Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990 (ADA), all of which prohibit discrimination on the basis of disability. The Los Angeles Community College District is committed to providing equal access to college educational programs and related activities for students with disabilities.

Los Angeles College District Academic Dishonesty Policy:

9803.28 Academic Dishonesty. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on 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.



CLASS CONTACTS:

Name:
Phone:
Email:

Name:
Phone:
Email:

Name:
Phone:
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Name:
Phone:
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TUES, WED, THURS- HEALTH II- COURSE SCHEDULE:

<u>DATE:</u>	<u>CLASS TOPIC:</u>
Wk1 6/14-20	TUES: Intro & Overview of Course WED & THURS: Module 1 –Goals -Exercises 1-7; Labs 1-3; Module 1 Quiz
Wk2 6/21-27	TUES & WED: Module 2–Nutrition -Exercises 1-16; Labs 1-2; Module 2 Quiz THURS: Module 3- Weight -Exercises 1-6;
Wk3 6/28-7/4	TUES: Module 3- Labs 1-4; Module 3 Quiz WED & THURS: Module 4-Fitness -Exercises 1-5; Labs 1-4; Module 4 Quiz
Wk4 7/5-11	TUES-WED: Module 5- Stress Management -Exercises 1-13; Labs 1-5; Module 5 Quiz THURS: Module 6- Chronic Diseases -Exercises 1-9;
Wk5 7/12-18	TUES: Module 6- Labs 1-5; Module 6 Quiz WED-THURS: Module 7- Environmental Health -Exercises 1-10; Labs 1-4; Module 7 Quiz THURS: <i>Interviews Due; All Journals & Growth Mindsets Due</i> SAT: <i>All Textbook Work Due</i>

****Syllabus subject to change. I will inform you of any changes****

CHECK CANVAS or www.professortrujillo.com WEBSITE FOR:

- Growth Mindset Notebook
- Journal Assignments
- Daily Video for Growth Mindset Notebook
- PowerPoints for Growth Mindset Notebook