HEALTH II – Principles of Healthful Living

HEALTH II, SEC 12936, WINTER 2018

The groundwork of all happiness is health.

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

WEBSITE:
www.professortrujillo.com
- Health II Tab
- Health II Course Info Tab
- Power Points Tab

Our Healthy Class:
Jan 2-Feb 1: Tues-Thurs 9:00am-12:20pm

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, cardio respiratory fitness, nutrition, chronic and communicable diseases, environmental health issues, sexuality, reproduction, addiction and the life cycle. (Can be applied toward AA in Kinesiology degree).

Textbook:
“Health: The Basics” 11th ed.
Donatelle, Rebecca J.
Pearson, 2015
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.

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 that drugs and alcohol have on the human body and its relation to health.

Responsibilities:

1. Attendance: Attend all classes & participate in the activities. Missing more than 2 classes puts your status in the class in jeopardy. It is the student’s responsibility to consult with me regarding any absences that would alter the student’s status in the class (LAHC Policy).
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.
3. Course Material: The info for the class comes from our text and my website. Handouts are posted on our class tab. You can study online or print it out. The study guides are also on the website, as well as other information to help you succeed.
4. Missing Class: Sometimes life happens and you have to miss a class (I know you will be disappointed). Please inform me ASAP of your absence reason.
5. Be Prepared: Do your assignments the day before class. 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.
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 “Assess Yourself” assignments. Check the website for the Video of the Day.
2. There will be a Mid-Term and Final Exam based on the book and Power Points. We will review for both exams.
3. You will interview a professional in the field, type a report on the conversation, and present the information to the class.
4. At the end of the semester, you will work with a small group to teach the class on a subject of your choice. The group presentation includes a project & research paper on the topic. Pick something you are passionate about and make it fun for everyone!

How to Succeed:

1. Attend class enthusiastically, willing to give 100% effort.
2. Encourage & respect one another.
3. Prepare work BEFORE class to be active DURING class.
4. Complete ALL journals, assignments, and study to the best of your ability.
5. Take the Mid-term and Final on time.
6. Ask for help if you don’t understand how to do something.
7. Be willing to learn and grow.

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.

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

<table>
<thead>
<tr>
<th>SUBJECT:</th>
<th>POINTS:</th>
<th>MY POINTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Growth Mindset” notebook</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Participation</td>
<td>100 points (5 points per day)</td>
<td></td>
</tr>
<tr>
<td>Journal</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>“Assess Yourself” assignments</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Interview</td>
<td>100 points (40 Oral/60 Paper)</td>
<td></td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td>Research Paper/ Group Presentation</td>
<td>100 points (40 Oral/60 Paper)</td>
<td></td>
</tr>
<tr>
<td>Final Exam</td>
<td>100 points</td>
<td></td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>800 points</strong></td>
<td></td>
</tr>
</tbody>
</table>

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:         Name:         Name:         Name:
Phone:        Phone:        Phone:        Phone:
Email:        Email:        Email:        Email:
TUES, WED, THURS- HEALTH 11- COURSE SCHEDULE:

DATE: CLASS TOPIC:

Wk1 1/2-4
TUES: Intro & Overview of Course
Accessing your Health, Ch.1
WED: Promoting & Preserving your Psychological Health, Ch. 2
Cultivating your Spiritual Health, Ch. 2A
THURS: Managing Stress & Coping with Life’s Challenges, Ch.3
Improving your Sleep, Ch. 3A

Wk2 1/9-11
TUES: Preventing Violence & Injury, Ch. 4
Building Healthy Relationships & Understanding Sexuality, Ch.5
WED: Considering your Reproductive Choices, Ch. 6
Recognizing & Avoiding Addiction & Drug Abuse, Ch. 7
THURS: Drinking Alcohol Responsibly & Ending Tobacco Use, Ch. 8
MIDTERM REVIEW

Wk3 1/16-18
TUES: MID-TERM EXAM
WED: INTERVIEW PRESENTATIONS
Eating for a Healthier You, Ch. 9
THURS: Group Projects

Wk4 1/23-25
TUES: Reaching & Maintaining a Healthy Weight, Ch. 10
Enhancing your Body Image, Ch.10A
Improving your Personal Fitness, Ch. 11
WED: Reducing your Risk for Cardiovascular Disease & Cancer, Ch. 12
Protecting against Infections & Noninfectious Diseases, Ch. 13
THURS: Preparing for Aging, Death, & Dying, Ch. 14
Promoting Environmental Health, Ch.15

Wk5 1/30-2/1
TUES: RESEARCH PROJECT PRESENTATIONS
(Journals & “Assess Yourself” Work Due)
WED: PRESENTATIONS/FINAL REVIEW
THURS: FINAL EXAM

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

CHECK WEBSITE FOR:

- Growth Mindset Notebook
- Assess Yourself Assignments
- Journal Assignments
- Daily Video for Growth Mindset Notebook
- PowerPoints for Growth Mindset Notebook and review
- Mid-term and Final Review
- Interview and Final Project Information
- MLA and APA Checklist
- Extra Credit Assignments