HEALTH 11
FALL 2010

Instructor: Carole Stevenson, RN, FNP-BC
Office Phone: 310 – 233 – 4520
Office Hours: M-TH - 10:00am – 3:30pm
FRI - 8:30am – 12:00pm
Class Website: www.lahc.edu
Click on Academic Departments, then Physical Education, then Health, then Health 11 (Nurse Carole Stevenson)

Course Description: 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.

Required Materials:
- Insel and Roth, Core Concepts in Health, 10th or 11th edition – BRING TO EVERY CLASS
- Notebook and writing instrument
- Scantron and #2 pencil

Requirements:
- Attend Class – You may have 2 unexcused absences
- Class participation/worksheets
- Complete Unit Quizzes (6)
- Take Final Exam-(Required)
- Health Project

Course Objectives:
- Explain the dimensions of health, the impact of lifestyle on health, and the importance of health goals.
- Explain stress, its physiological and psychological effects, the impact of stress on the individual, and the most common stress management techniques.
- Discuss the relationship of needs, values, and goals to psychological health, self-esteem, the brain, and different therapeutic approaches to treatment.
- Describe the benefits and principles of exercise, the components of fitness, and explain the components and modifications of an exercise program.
- Discuss nutrition and the principles, strategies, and food choices involved in achieving a healthy diet.
- Explain conception, and reproductive process, contraception, pregnancy, and childbirth.
- Explain HIV/AIDS and other sexually transmitted diseases, and responsible sexual behavior that prevent the spread of sexually transmitted diseases.
- Describe cancer, its development, classifications of tumors, risk factors, prevention, and treatment, and explain other noninfectious diseases and their treatment.
- Analyze the various factors influencing drug use, misuses, and abuse, substance use disorders, and common drugs of abuse and treatment of drug dependency.
Withdrawals: In the event you choose to withdraw from our course, the burden of following through with the withdrawal process is the student’s responsibility. You may or may not be dropped for excessive absences. However, failure to attend does not guarantee being dropped. Please understand that if you do not officially withdraw, you must be assigned a grade based upon what you have earned. This may be anything from A to F. Please refer to the College Catalogue for more detail. If you believe you MUST withdraw, for any reason, PLEASE consult with me first!

General Class Policies: Technology is wonderful, but pagers, cell phones, Walkman’s, Discman’s, MP3 players, etc. are inappropriate in the classroom. ALL electronics must be turned OFF during class. NO GUM. NO TALKING. Be respectful to your fellow classmates and the instructor.

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

All assignments must be turned in on time. ANY LATE ASSIGNMENT WILL BE GRADED AT 50%. There are NO make-up quizzes or exams.

Grading:
Classroom Assignments: 150 PTS
Quizzes (30 pts each quiz): 150 PTS (Drop lowest score)
Final Exam: 50 PTS
Health Project: 50 PTS

Total Points: 400 PTS

A = 350 – 400+
B = 300 – 349
C = 250 – 299
D = 200 – 249

Quizzes – 150 Points (6 Quizzes)
• Each quiz is worth 30 points
• All quizzes are multiple choice / true & false / short answer
• You can either miss one quiz or drop your lowest score.

Final Exam – 50 points
• The final exam is mandatory
• It will be comprehensive
• It will be multiple choice / true & false / short answer

Classroom Assignments – 150 points
• Each week a classroom assignment will be given
• It may be a short report, a video or a wellness worksheet
Health Report – 50 points
- Project outline due on October 19, 2010
- FINAL PROJECT DUE BY: NOVEMBER 23, 2010
- Choose ONE of the following:
  1. Wellness Worksheet #2
     - Complete the worksheet
     - Developed a plan to lower your stress
     - Follow the plan for one week
  2. Wellness Worksheet #7 or #8
     - Complete the worksheet
     - Attend 2 counseling sessions or
     - Go to 2 or more 12-step meetings
  3. Wellness Worksheet #10 and #72 (Worksheet #72 available on class website)
     - Complete the worksheet
     - Develop a plan for personal fitness
     - Follow the plan for one week
  4. Wellness Worksheet #15
     - Complete the form
     - Have the suggested tests such as cholesterol blood glucose, LFT’s done
     - Complete the check list with accurate dates
     - Update information
  5. ANY other project approved by Instructor

EXTRA CREDIT
You may earn up to 25 points for extra credit

1. Blood Profile at the Student Health Center – includes cholesterol, CBC, fasting blood sugar
   (10 PTS)
2. Attend the “Health Topics” Class – one offered every month (5 PTS per session)
3. Have height, weight, blood pressure, body mass index, and body fat analysis done (5 PTS)
4. Attend a 12 STEP meeting (5PTS) Take a friend and earn 10 pts.
5. Write a letter of apology and read the letter to the person (25 PTS)
6. Interview an aging relative p. 21 from the text #2 (5 PTS)
7. HIV Test (10 PTS)
8. Visit a Health Center and find out what services are available to you (5 PTS)
9. Over 50 men – EKG (5 PTS)
10. Over 50 women – Mammogram (5 PTS)
11. Blood Type and Rh+ Factor (ex. A+, O+, AB-) (5 PTS)
12. CharacterCounts.com – Review a topic and write a 10 sentence paragraph about your
    reaction. (You may review up to 10 topics!) (5 PTS each)
13. Read any health article and write a paragraph about it and how it applies to you. (5 PTS)
14. Update your immunization record (5 PTS)
15. Any other health related item that is approved by the instructor.

***16. Additional extra credit opportunities may be available during the semester at the instructor’s discretion.
## COURSE OUTLINE

<p>| WEEK 1               | 8/31/2010 | Taking Charge of Your Health &amp; Hygiene – Chapter 1: Roll Call, Course Requirements, Lecture |
|                     | 9/2/2010 | Taking Charge of Your Health &amp; Hygiene – Chapter 1: Lecture/Discussion, Worksheet #1 |
| WEEK 2               | 9/7/2010 | Stress &amp; Psychological Health – Chapter 2 &amp; 3: Lecture, Read Chapters 2 &amp; 3 |
|                     | 9/9/2010 | Stress &amp; Psychological Health – Chapter 2 &amp; 3: Discussion, Worksheet #2 &amp; 3 |
| WEEK 3               | 9/14/2010 | QUIZ – CHAPTERS 1 – 3  |
|                     | 9/16/2010 | Intimate Relationships – Chapter 4: Lecture, Read Chapter 4 |
|                     | 9/18/2010 | Intimate Relationships – Chapter 4: Discussion, Worksheet #4 |
| WEEK 4               | 9/21/2010 | Sexuality &amp; Contraception – Chapter 5 &amp; 6: Lecture, Read Chapters 5 &amp; 6 |
|                     | 9/23/2010 | Sexuality &amp; Contraception – Chapter 5 &amp; 6: Discussion, Worksheet #5 &amp; 6 |
| WEEK 5               | 9/28/2010 | QUIZ – CHAPTERS 4 – 6  |
|                     | 9/30/2010 | Use &amp; Abuse of Alcohol, Tobacco, and Drugs – Chapter 7 &amp; 8: Lecture, Read Chapter 7 &amp; 8 |
|                     | 10/2/2010 | Use &amp; Abuse of Alcohol, Tobacco, and Drugs – Chapter 7 &amp; 8: Guest Speaker, Worksheet #7 &amp; 8 |
| WEEK 6               | 10/5/2010 | Use &amp; Abuse of Alcohol, Tobacco, and Drugs – Chapter 7 &amp; 8: Discussion |
|                     | 10/7/2010 | Nutrition/Energy Drinks – Chapter 9: Lecture, Read Chapter 9 |
| WEEK 7               | 10/12/2010 | Nutrition/Energy Drinks – Chapter 9: Discussion, Worksheet #9 |
|                     | 10/14/2010 | QUIZ – CHAPTERS 7 – 8  |
|                     | 10/16/2010 | Exercise &amp; Fitness – Chapter 10: Lecture, Read Chapter 10 |
| WEEK 8               | 10/19/2010 | PROJECT OUTLINE DUE  |
|                     | 10/21/2010 | Exercise &amp; Fitness – Chapter 10: Discussion, Worksheet #10 |
|                     |          | Weight Management – Chapter 11: Lecture, Read Chapter 11 |</p>
<table>
<thead>
<tr>
<th>WEEK 9</th>
<th>10/26/2010</th>
<th><strong>Weight Management – Chapter 11:</strong> Discussion, Worksheet #11</th>
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|        | 10/28/2010 | **QUIZ – CHAPTER 9 – 10**  
**Cardiac Disease, Cancer & Diabetes – Chapter 12:** Lecture, Read Chapter 12 |
| WEEK 10| 11/2/2010  | **Cardiac Disease, Cancer & Diabetes – Chapter 12:** Discussion, Worksheet #12 |
|        | 11/4/2010  | **Immunity & Infection – Chapter 13:** Lecture, Read Chapter 13 |
| WEEK 11| 11/9/2010  | **Immunity & Infection – Chapter 13:** Guest Speaker, Discussion, Worksheet # 13 |
**Family History & Vaccines:** Chart family history, Read pages 318 – 325 |
| WEEK 12| 11/16/2010 | **Family History & Vaccines:** Discussion, Vaccine Records, Turn in Family History Chart |
|        | 11/18/2010 | **The Challenge of Aging – Chapter 14:** Lecture, Read Chapter 14 |
| WEEK 13| 11/23/2010 | **HEALTH PROJECTS DUE** |
|        | 11/25/2010 | **QUIZ – CHAPTER 13**  
**Alternative Medicine – Chapter 15:** Lecture, Read Chapter 15 |
| WEEK 14| 11/30/2010 | **Alternative Medicine – Chapter 15:** Discussion, Worksheet #15 |
|        | 12/2/2010  | **Personal Safety/Environmental Health – Chapter 16 & 17:** Lecture, Read Chapter 16 |
| WEEK 15| 12/7/2010  | **Personal Safety/Environmental Health – Chapter 16 & 17:** Discussion, Worksheet #16 & 17 |
|        | 12/9/2010  | **REVIEW FOR THE FINAL** |
| WEEK 16| 12/14/2010 | **FINAL EXAM – 8:00AM – 10:00AM** |