Catalog Description: Personal health with emphasis on healthful behavioral practices including physical fitness, nutrition, psychosocial well-being, alcohol and other drugs, intentional and unintentional injury, reproductive health, infectious and non-infectious diseases.

Expanded Course Syllabus ad Course Learning Objectives: Posted on PolyLearn

REQUIRED TEXT: Health: The Basics (12th edition) with Modified Mastering Health Access Code By Donatelle, Rebecca; Pearson Learning Solutions
Mastering Health Student Access Kit - E-Textbook is included with Access Kit

Register for Mastering Health with your Access Code at: www.pearsonmylabandmastering.com/northamerica/

HOMEWORK ASSIGNMENTS/QUIZZES/EXAMS – See Course Calendar for Deadlines and Scheduled Dates
On Mastering Health Website: These assignments are typically due on Sundays and Thursdays by 11:59 p.m.
Dynamic Study Modules 10 points each 10% of Final Grade
ON-LINE Homework Points Vary by Week 15% of Final Grade
ON-LINE Quizzes Points Vary by Week 15% of Final Grade
Exams (are taken in class) 60% of Final Grade
Midterm Exam 100 points DATE
Final Exam (Comprehensive) 150 points DATE

Extra Credit Opportunities may be available and will be announced in class. Follow directions carefully.

Note: All students are expected to complete assignments, quizzes and exams at the scheduled time. Make-ups for exams will only be given for verifiable medical reasons, emergency, or approved university business. You are responsible to notify me in person, or by email before the exam or as soon as possible afterwards in case of an emergency. Students who will miss an exam due to university business should notify the instructor at least two weeks a head of time and schedule a make-up exam. Make-up exams will be given at a time and place determined by the instructor. A missed scheduled quiz or exam will result in an automatic "F" for those assignments if these procedures are not followed.

Grading Scale
A = 93-100% C = 73-76.99% ***PLEASE NOTE***
A- = 90-92.99% C- = 70-72.99% The grading scale and final
B+ = 87-89.99% D+ = 67-69.99% grades will NOT be curved
B = 83-86.99% D = 63-66.99% or rounded up.
B- = 80-82.99% D- = 60-62.99%
C+ = 77-79.99% F = below 60%

Email Etiquette
1. ALWAYS use your Cal Poly email address when emailing about matters related to this class. Emails that come from a non-Cal Poly email address will not receive a reply.
2. ALWAYS include a relevant and accurate subject in your email subject line. Be professional – not careless.
3. ALWAYS include a salutation (example: Dear Professor). It's good professional practice to get into this habit.
4. ALWAYS include your first and last name when you sign your email. (Many people have the same first name).
Exams - The exams will be a combination of multiple choice, matching, true/false and case study analysis questions. Students will be expected to analyze and synthesize material in a critical manner. (The final exam will be comprehensive.) The examinations will be based on the lecture, discussion, readings, guest speakers, “On-line Powerpoint Lectures” and assignments. Students will be asked to identify key terms and apply concepts related to the subjects covered.

Classroom Etiquette and the Use of Electronic Devices in the Classroom

In a large lecture hall, we share space with many human beings. To promote optimal learning and to show respect for your colleagues and professor, I have created policies to ensure just that – optimal learning. These policies will ensure we understand how our individual behavior can negatively impact the learning environment.

Computers, tablets and phones are awesome tools used for a whole host of things. Unfortunately, many students get distracted by these handy devices and start checking their sports teams, shop or use social media. When computer screens contain non-class content, it is distracting to students around you. So here’s how we are going to handle the use of these devices in this class – computers/tablets/phones will only be allowed for note taking. As to phones, students must refrain from reading or sending text messages during class. Remember that you are in class and technically unavailable. There are no exceptions to these policies. If you or your device is distracting other students you will be asked to stop using the device and/or leave the classroom and you will lose any points that could be earned that day. I appreciate your understanding and compliance.

Course Policies – Do’s and Don’ts

When in lecture
DO actively participate in class. It enhances the quality of the class for everyone.
DO arrive on time and ready to learn.
DO stay for the entire class period.
DO turn off your cell phone and put away your iPods, MP3s and other electronic devices.
DO ask questions and express your opinions in a respectful manner.

When Taking Responsibility for your own Learning
DO come to class everyday. Attendance is expected even though roll is not taken daily.
DO ask the instructor for assistance when needed. Let’s fix problems when they are small.
DO stay up to date with your reading.
DO strictly adhere to the deadlines for completing assignments and taking quizzes.
DO maintain an up to date course calendar and make note of deadlines, quizzes, and exams.
DO practice effective time management and organizational skills.
DO follow all instructions for submitting assignments and extra credit. DO adhere to all deadlines.

If you have to miss class due to illness or emergency
DO stay home from class if you are sick with a contagious illness or otherwise too ill to attend.
DO visit the Health Center or your Health Care Provider to have your medical condition evaluated/treated AND to obtain verification of illness if you miss a scheduled quiz or exam.
DO get the class notes from a classmate if you have to miss class. See the instructor for clarification or questions after reading class notes.
**Record Keeping and Checking your Progress**

**DO**
- check your grades on Mastering Health regularly.
- inform the instructor immediately of a discrepancy with your grades.
- keep all your graded exams, quizzes and assignments until final grades are posted.

**Don'ts**
- **DON'T WAIT** until the last minute to complete the on-line quizzes or discussion boards – things can take more time to complete than you expect.
- **DON'T** sleep in class. It’s not conducive to learning and it’s disrespectful.
- **DON'T** text message during class. It’s not conducive to learning and it’s disrespectful.
- **DON'T** pack up your belongings before the instructor is finished. It’s disruptive and disrespectful.
- **DON'T** engage in off-task conversations during lecture. It’s disruptive and disrespectful.
- **DON'T** leave your trash behind. Pack out your empty water bottles, coffee cups, etc.
- **DON'T** engage in cheating, plagiarism or other forms of academic misconduct. Those who engage in such actions will receive an “F” in the course and be reported to the Office of Student Rights and Responsibilities for disciplinary action.

**General Information for Student Success**

Your success in this course requires more than intelligence. Your achievement will be influenced by your effort, attention to detail and your ability to manage multiple obligations so you are able to commit the appropriate amount of time to study for your classes. Effective time management and organizational skills are the necessary tools to maintain a high level of academic achievement for any university student. All students are capable of performing well in this class. My role is to present the concepts and material in a meaningful way – but I CAN’T make you learn. I CAN create an atmosphere that will help you learn the material presented as effectively as possible. Your role is to participate and to speak up if you don’t understand. **Remember, I want you to do well.**

For KINE 250 the suggested amount of time for study is for every one hour spent in the classroom the student should expect to spend two hours of study and preparation outside of the classroom. You should plan to allocate **8 hours of time per week to study** and complete routine assignments for this class. **If you maintain this schedule, you should expect to study an additional 2-3 hours the week of an exam.**

When you study you should review your lecture notes every week, read the chapters assigned in the text, and complete the Mastering Health assignments and quizzes on time. The midterm and final exams will be given in class on the day specified on the course calendar. I will provide you with a review sheet for the exams to assist you in focusing your study. The exam review sheets are made available to you on the Mastering Health website at least 48 hours before an exam.

This quarter, most of you will be taking 12-16 units of course work. You will be in class a minimum of 12-16 hours each week and the minimum recommended study time is around 24-32 hours. **There is no better piece of advice that I can give you than to study 25-35 hours per week.** A variety of resources are available on campus to assist you develop effective study skills. One resource is your professors – we were all students once! Another excellent resource is the Academic Skills Center located in Kennedy Library. One-hour workshops are available for a variety of needs including Time Management, Memory Skills, Listening and Note Taking, Procrastination, Test Preparation, Test Taking, etc. Information about workshops AND on-line tutorials are available at: http://sas.calpoly.edu/asc/
### Tentative Course Calendar - Fall Quarter 2016

#### Part ONE: Mind and Body: Physical, Social, Emotional and Intellectual Wellness

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapter(s)</th>
<th>Deadlines/Due Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/26</td>
<td>Introduction to Class: What is Health?</td>
<td>Chapter 1</td>
<td>9/30 Dynamic Study Module and Homework A</td>
</tr>
<tr>
<td>9/18</td>
<td>Health Issues in the U.S.</td>
<td></td>
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<tr>
<td>10/3</td>
<td>Making Positive Changes in your Health Behaviors</td>
<td>Chapter 1</td>
<td>10/2 Homework 1 and Quiz 1</td>
</tr>
<tr>
<td>10/5</td>
<td>Financial Health Psychological Health and Well-Being</td>
<td>Chapter 2</td>
<td>10/4 Dynamic Study Module and Quiz 2</td>
</tr>
<tr>
<td>10/10</td>
<td>Mental Illness &amp; Suicide Prevention Guest Speaker from Counseling Services</td>
<td>Chapter 3</td>
<td>10/8 – Homework 2 and Quiz 2</td>
</tr>
<tr>
<td>10/12</td>
<td>Managing Mental Health, Stress and Wellbeing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10/17</td>
<td>Stress/Time Management: The Healthy Student</td>
<td>Chapter 3</td>
<td>10/16 Dynamic Study Module</td>
</tr>
<tr>
<td>10/19</td>
<td>Stress Related Illness Video: “Holly’s Flu” Immune System: Self Care when sick</td>
<td>Chapter 13 (pp. 397-413)</td>
<td>10/23 - Homework 3</td>
</tr>
<tr>
<td>10/24</td>
<td>Sleep 101</td>
<td>Focus on Sleep (pp. 98-109)</td>
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<tr>
<td>10/26</td>
<td>Health Care Choices</td>
<td>Chapter 16</td>
<td></td>
</tr>
<tr>
<td>11/3</td>
<td>EXAM 1 – Bring Scan-tron &amp; Pencil &amp; Picture I.D.</td>
<td>Week 6 – Midterm Exam</td>
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#### Part TWO: Reducing Health Risk Behaviors

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapter(s)</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/2</td>
<td>Reproductive Health – Men’s and Women’s Health</td>
<td>Chapter 5 &amp; 6</td>
<td>THURSDAY – 11/3 Dynamic Study Module and Homework 5 and Homework 6</td>
</tr>
<tr>
<td>11/7</td>
<td>Roots of Addiction Video: “Drunk in Public” Guest Speaker</td>
<td>Chapter 7</td>
<td>11/8 Dynamic Study Module</td>
</tr>
<tr>
<td>11/9</td>
<td>Tobacco, Alcohol and Other Drugs of Abuse: Acute Alcohol Intoxication</td>
<td>Chapter 8</td>
<td>11/10 Homework 6 and Quiz 6</td>
</tr>
<tr>
<td>11/14</td>
<td>Nutrition: Eating and Health</td>
<td>Chapter 9</td>
<td>11/13 Dynamic Study Module</td>
</tr>
<tr>
<td>11/16</td>
<td>Physical Activity</td>
<td>Chapter 11</td>
<td>11/15 Dynamic Study Module</td>
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</table>

#### Part THREE: Lifestyle and Health: Physical Wellness

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapter(s)</th>
<th>Week 8 - 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/21</td>
<td>THANKSGIVING HOLIDAY</td>
<td></td>
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<tr>
<td>11/25</td>
<td>Preventing &amp; Coping with Chronic Disease: &amp; Obesity</td>
<td>Chapter 10 and pp. 428-437</td>
<td>11/27 - Home work 7 and Quiz 7</td>
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<tr>
<td>11/30</td>
<td>Cancer: Prevention and Treatment</td>
<td>Chapter 12</td>
<td>11/27 Dynamic Study Modules</td>
</tr>
<tr>
<td>12/5</td>
<td>Cardiovascular Disease and Stroke</td>
<td>Chapter 12</td>
<td>Quiz 8</td>
</tr>
<tr>
<td>12/7</td>
<td>Preventing Heart Disease</td>
<td>Chapter 12</td>
<td>12/4 Dynamic Study Modules and Quiz 8</td>
</tr>
</tbody>
</table>

#### Final Exam

- Please note the date on your calendar. If you are not available to take the final on this day, please do not take the class this quarter. Bring Scan-tron & Pencil and Picture I.D.
- Exams may not be rescheduled – DO NOT make plane, train, bus, carpool or vacation reservations for this day. Clear your schedule.

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Commented [VM2]: PS 14.1 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM3]: PS 14.1, 14.2, 14.7, 14.10 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM4]: PS 14.1, 14.2, 14.6, 14.7, 14.10 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM5]: PS 14.1, 14.3, 14.6, 14.7, 14.8, 14.10 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM6]: PS 14.1, 14.6, 14.7, 14.10 I/P - Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM7]: Assessment of all topics covered up to this point.

Commented [VM8]: PS 14.1, 14.2, 14.6, 14.7, 14.10 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM9]: PS 14.1, 14.2, 14.6, 14.7, 14.10 I/P – Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM10]: PS 14.1, 14.6, 14.7, 14.9, 14.10 I/P - Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM11]: PS 14.1, 14.3, 14.6, 14.7, 14.8, 14.10 I/P - Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM12]: PS 14.1, 14.3, 14.6, 14.7, 14.8, 14.10 I/P - Introduced in readings and class instruction, Practiced in homework, quizzes and class activities.

Commented [VM13]: Assessment of all course topics, including PS 14.1, 14.2, 14.3, 14.6, 14.7, 14.8, 14.9, 14.10

May also include assessment of available community services, care teams, and serving diverse health and developmental needs, related to Program Standards 4.2, 4.3, 7.1, 7.2, and 11.1.