**Health 101: Health and Lifestyle**  
**Spring Semester 2012**

**Class Times:** Friday, 8:00 - 11:10 AM  
**CRN:** 69931  
**Class Location:** Field House Room J-224  
**Office Location:** Science Building Room 101B  
**Office Hours:** Mon/Wed 7:30 - 8:00 AM and 11:00 - 11:30 AM in J224; Tues/Thurs 7:30 - 8:00 AM; Tues 12:45 to 1:45 PM in Science Bldg.; Fri 7:30 - 8:00 AM and 11:10 AM - 11:40 AM in J224  
**Phone** 619.388.7491  
**E-mail** kpetti@sdccd.edu  
**Web** http://faculty.sdmiramar.edu/kpetti

**Course Description**  
This course studies aspects of mental, emotional, and physical health. Emphasis is placed on knowledge for development of attitude, understanding, and practice of a preventive life style for healthy living and optimal wellness. Instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco and illicit chemical use, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is stressed.  
Satisfies State of California Health Education requirement for teaching credential.

**Student Learning Objectives**  
Upon successful completion of the course the student will be able to:  
1. Identify present health conditions that may develop into chronic diseases and modify them.  
2. Design an aerobic target heart rate exercise which lasts for thirty minutes or more.  
3. Analyze daily diet for balance of essential nutrients.  
4. Design and implement an appropriate dietary regimen to meet weight and activity needs.  
5. Evaluate appropriate birth control methods and understand how to prevent sexually transmitted diseases (STD's)  
6. Identify the symptoms of the leading STD's.  
7. Understand consequences of illicit drug, alcohol and tobacco use.  
8. Identify health consequences of stress and implement stress management techniques.  
9. Identify the factors contributing to wellness and longevity.

**Evaluation:**  
1. **Four exams**, each of which equals 20% of final grade. The final exam will be given at the last class meeting. Make-up exams are given only in extreme situations and with prior arrangement. A penalty of one letter grade will be assessed to your final grade for each missed exam. This policy will be strictly enforced with no exceptions.  
2. **Self Assessment Paper**. Also worth 20% of final grade. Late papers will not be accepted. Failure to complete the paper will also cost your final grade one letter grade. Details regarding requirements for this assignment will be furnished separately. In preparation for lectures, exams, and papers, be sure to visit your textbook’s web site.

**Attendance:** The students most likely to fail are those who often miss class. Regular attendance is one component of success. You may be dropped if you have more than three unexcused absences. However, it is ultimately your responsibility to officially drop this class if that is your intent. Failure to do so may result in an "F" grade. It is your responsibility to consult the Office of Admissions for the drop, withdrawal and credit/no credit deadlines.
Academic Honesty: Honesty and integrity are integral components of the academic process. Students are expected to be honest and ethical at all time in their pursuit of academic goals in accordance with San Diego Community College District Policy 3100, Student Code of Conduct. This policy can be obtained by clicking here. Activities violating this policy include such activities such as cheating, plagiarism, disruptions of instructional activity, fraud and/or lying. Any student found in violation will receive an “F” for that assignment and/or an “F” in the course.

Text Required: Donatelle, R. J. Access to Health, Benjamin Cummings.
Materials Required: Each exam will require one Scantron Form 882

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