



FRESNO CITY COLLEGE  
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Allied Health, Physical Education & Athletics Division  
Course Syllabus  
HLTH 1: CONTEMPORARY HEALTH ISSUES  
FALL 2016

<i>Instructor:</i> Mr. Edward Kraus	<i>Classroom:</i> HS-150
<i>Course Title:</i> Contemporary Health Issues	<i>Department:</i> Allied Health, PE & Athletics
<i>Course #:</i> 29333	<i>Units:</i> 3
<i>Days:</i> T/Th	<i>Hours:</i> 12:30-1:45 PM
<i>Email:</i> <a href="mailto:edward.kraus@fresnocitycollege.edu">edward.kraus@fresnocitycollege.edu</a>	<i>Phone:</i> 559-244-2604 (Department Office)
<i>Office Location/Hours:</i> By Appointment	<i>Pre/Co requisites:</i> None
<i>Advisory:</i> Eligibility for English 125 and 126 or English as a Second Language 67 and 68	

### Course Description

This course is based on the scientific concepts and medical information designed to promote health, prevent disease, increase life span, and improve the quality of life involving the cardiovascular system, physical fitness, nutrition, emotional health, human sexuality, sexually transmitted diseases, reproduction and birth control, heredity, substance abuse, cancer, consumer and environmental health and health care systems.

### Course Goals

*In the process of completing this course, students will learn how to:*

- Explain, recognize and appreciate the importance of healthy living and gain an understanding of the conditions that affect health and apply scientific information that has been shown to increase life span and the quality of life to improve personal health.
- Comprehend assigned chapters and view examples of healthy living during class discussions.
- Implement at least one life style change to improve personal health as a semester project.
- Identify controlled and uncontrolled health risk factors as they pertain to personal health.

### Student Learning Outcomes

*Upon completion of this course students will be able to:*

- Analyze and compare their own personal health and wellness to individuals of the same gender, age and ethnicity.
- Identify controllable risk factors as they relate to their personal health and wellness and to their environment.
- Possess and use the knowledge, skills applications for improving personal health and wellness.
- Identify uncontrollable risk factors as they relate to their personal health and wellness and to their environment.

## Course Expectations

Students will be held to college level academic standards. Students are required to attend all scheduled classes including showing up on time and staying until class is dismissed each session. It is expected that you will come prepared to class having completed assigned homework and reading.

### A. Required Materials:

1. Insel, Paul & Roth, Walton. Connect Core Concepts in Health Brief– 14<sup>th</sup> Edition (loose leaf) McGraw-Hill, 2016 (ISBN- 13 #978-1-2596-8820-1)
2. Access to a computer and Canvas. Assignments, grades and other relevant information for this class will be posted on Canvas. It is your responsibility to check Canvas on a regular basis.

### B. Attendance/Participation, Late and Drop Policy:

1. Students must be in assigned seats when roll is taken. If at any time you leave the classroom and do not return, you will be marked absent for the day. If you do need to leave early, please inform the instructor before the start of class.
2. Participation is mandatory. Participation means coming to class on time, having read the chapter before class, listening to lectures, taking notes, not leaving early (unless prior arrangements have been made before class), participating in group activities and not using disruptive electronic devices. Coming to class on time and being prepared will help you achieve success!

### **CELL PHONE ALERT:**

ALL CELL PHONE USE IS PROHIBITED, INCLUDING CHECKING A DEVICE FOR MESSAGES, ALLOWING A PHONE TO RING, OR LEAVING CLASS TO USE A CELL PHONE. If for some reason you need to have your cell phone on for an emergency, inform the instructor before the start of class. Aside for an emergency, ANY cell phone usage is prohibited.

Every violation of a cell phone usage; you will lose (5) participation points, be asked to leave class, marked absent for the day, and receive a “0” on any assigned material you are working on in class (including exams and quizzes).

### 3. If you arrive late:

- a. Quietly enter the classroom and sit in the back row or the nearest possible open seat **"WARNING"** – do not disrupt class. If at any time there are students who continually (more than three (3) times) arrive late to class (more than 5 minutes), the door will be locked at the start of class from that point on.
- b. Clear your absence immediately after class. It is not the responsibility of the instructor to clear your absence.

### 4. Students may be dropped during the first 9 weeks of school if:

- a. Student has missed one (1) class before the first census date (Friday, August 5th).
- b. Student has missed four (4) consecutive unexcused class sessions prior to the final census date (Friday, October 14<sup>th</sup>).
- c. Student is not making satisfactory academic progress (C= 2.0).
- d. Student has missed two (2) assignments/quizzes/tests/exams

### C. Important Dates:

August 26 <sup>th</sup> – Friday	Last day to drop for full refund
September 2 <sup>nd</sup> – Friday	Last Day to add a full-term class
September 2 <sup>nd</sup> – Friday	Last day to drop without receiving a “W” (in person)
September 4 <sup>th</sup> – Sunday	Last day to drop without receiving a “W” (on WebAdvisor)
September 5 <sup>th</sup> - Monday	Labor Day

October 14 <sup>th</sup> – Friday	Last day to drop (in person) and then receive a letter grade
November 11 <sup>th</sup> – Friday	Veterans Day
November 24 <sup>th</sup> – November 25 <sup>th</sup> Thursday-Friday	Thanksgiving

## Grading Policy & Assignments

### Course Grading

Quizzes/Tests/Exams/Final	Assignments/Participation	Extra Credit
Final: 30 points = 30 points	1. Article Reviews (directions on Canvas): 25 points each = 50 points	Participation Incentive: Hours absent      Bonus 0                      +50 1-2                    +25
*Quizzes/Tests/Exams/Final questions may consist of any class lectures/discussions, in the form of T/F, Multiple Choice, Short Answer, Matching, Essay, Discussion Board, Video or Online	2. Health Newsletter (directions on Canvas): 100 points = 100 points	Teaching Section Extra Credit: 50 points Additional: 50 points
	3. Wellness Worksheets (on Canvas): = 275 points	Health Screening Extra Credit: 50 points Additional: 50 points
	4. Learn Smart Modules (on Canvas) = 215 points	Total Extra Credit: Points Possible = 150
	5. Participation 5 points section discussion 25 points for participation = 30 points * Each non-participation day will result in the loss of 1 point	

A total of 700 possible points:

A = 90% - 100%	630 - 700
B = 80% - 89%	560 - 629
C = 70% - 79%	490 - 559
D = 60% - 69%	420 - 489
F = 50% - 59%	419 or below

## Late Work & Make-up Policy

No late work will be accepted\*. There may be extra credit points available in this class. This is at the sole discretion of the instructor and should not be counted on. I will only accept assignments on the due date either in person or via email (only if you have made prior arrangement with me). Again, these options are only available for turning in assignments on the due date. If sent by email, the assignment must be received by the end of the normally scheduled class time. Exams or quizzes may only be made up if prior authorization from the instructor has occurred. If you miss an exam and have not spoken to me prior, you will not be allowed to make it up. I reserve the right to handle each issue on a case by case basis.

1. **\*NO MAKE-UPS** will be given unless there is prior approval **SEVERAL DAYS IN ADVANCE** by the instructor. If you do get approval, **IT IS YOUR RESPONSIBILITY** to arrange for a make-up. Students who fail to notify the instructor will not be allowed a make-up.
2. **IF YOU MISS AN ASSIGNMENT/QUIZ/TEST/EXAM**  
(1) The missed work must be made up **WITHIN ONE WEEK**. Contact the instructor immediately and set a time to complete the make-up. **AGAIN, ANYTHING MISSED MUST BE MADE-UP WITHIN ONE WEEK.**

3. (2) In the case of quizzes, **the make-up quiz will be different from the one taken by the rest of the class** on the scheduled date. It will cover the same chapters, but it will consist of essay questions and fill-in-the-blank questions. Nothing should prevent you from taking a quiz/test/exam on the scheduled day except a documented urgent personal emergency. **A DOCUMENTED PERSONAL EMERGENCY INCLUDES: jury duty, medical emergency, death in the family, and student-athlete requirements. Failure to notify the instructor will result in a grade of "0" for the assignment.** Your best chance for success is to be in class on the day of the scheduled quiz/test/exam.

## Communication

The instructor will communicate via Canvas. All documentation and out-of-class announcements are also made via Canvas. It is your responsibility to check Canvas regularly as well as having a working email through Canvas. When sending an email, make sure it is typed in a PROFESSIONAL manner making sure you state which class and time you are in. Do not start an email in the following format: Dude, Bro, Hey or Yo. For example, "Hey, I'm not coming to class, John Doe." "Dude, I am sick today, Jane Doe." "Yo, what did I miss today?" If I see an email addressed to me in the abovementioned manner, I will automatically hit the delete button. Please start an email with one of the following formats; Mr. Kraus, Ed, Hello Mr. Kraus, Hello Ed, Hi Mr. Kraus or Hi Ed.

## Course Policies & Safety Issues

Unacceptable, Disruptive Class Behavior:

Basic courtesy and respect for the classroom setting are required in order to allow all students an equal opportunity to learn and succeed. Students in class who use inappropriate language/actions towards the instructor or students, check their cell phones, sleep, walk out early, read magazines or books, carry on private conversations (also inappropriate), or engage in other distracting behavior during class are engaging in disruptive behavior. **Such behavior is not acceptable and is subject to ANY OR ALL of the following penalties:** suspension from class, assigned to a different seat in the classroom, or the loss of five (5) participation points for each case of disruptive behavior.

Campus code requires shoes and shirt to be worn at all times. **No** eating, drinking or smoking is allowed in the classroom. No children, pets or visitors are allowed in the classroom. *Only enrolled students are allowed in the class. Students are responsible for confirming enrollment in the class through Admissions and Records.*

## Academic Dishonesty

**Plagiarism:**

*"Plagiarism is a specific form of cheating and is the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work tube evaluated in different courses without the knowledge and consent of the instructors involved, or encouraging, permitting, or assisting another to do any act that could subject him or her to discipline."*

*"Incidents of cheating and plagiarism may result in a variety of sanctions and penalties that may range from a failing grade on the particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents."* (FCC Catalogue page 53).

## Disabled Student Programs & Services (DSPS)

Accommodations for students with disabilities:

*"If you have a verified need for an academic accommodation or materials in alternate media (i.e.: Braille, large print, electronic text, etc.) per the Americans with Disabilities Act or Section 504 of the Rehabilitation Act, please contact your instructor as soon as possible."*

Any students with disabilities, that feel accommodation is needed to best succeed in the class, are encouraged to meet with me as soon as possible to discuss reasonable accommodations. Students should also visit the DSP&S office to

make sure that all services available are being employed. The DSP&S office can be contacted at 559- 442-8237 (FCC main) or in person in the A (Administration) Building.

## Tentative Class Schedule

### Syllabus Subject to Change

This syllabus and schedule are subject to change in the event of extenuating circumstances. If you are absent from class, it is your responsibility to check on announcements made while you were absent.

Students will be notified of specific changes during a regularly scheduled class meeting. I reserve the right to make changes that benefit the majority of students and that allow for student learning outcomes to be enhanced. It is the responsibility of the student to ensure he/she has the latest version of the course syllabus.

### *Fall 2016*

	Date	Topic	What's Due
Week 1	8/16 -T	Orientation to course & handouts	
	8/18 -Th	Ch. 1: Taking Charge of Your Health	Ch. 1
Week 2	8/23 - T	Ch. 2: Stress: The Constant Challenge	Ch. 2
	8/25 - Th	Ch. 3 Psychological Health	Ch. 3
Week 3	8/30 – T	Ch. 5: Sexuality, Pregnancy and Childbirth	Ch. 5
	9/1 – Th		
Week 4	9/6 - T		
	9/8 – Th	Ch. 6: Contraception and Abortion	Ch. 6
Week 5	9/13 - T		
	9/15 - Th	Ch. 7: Drug Misuse and Addiction	Ch. 7 A&E: “Intervention” (45 minutes)
Week 6	9/20 - T		
	9/22 – Th	Ch. 8: Alcohol and Tobacco	Ch. 8
Week 7	9/27 - T		
	9/29 – Th	Ch. 9: Nutrition Basics	Ch. 9 Film: “Fed Up” (95 minutes)
Week 8	10/4 - T		
	10/6 – Th		
Week 9	10/11 - T		
	10/13 – Th	Ch. 10: Exercise for Health and Fitness	Ch. 10
Week 10	10/18 – T		
	10/20 - Th		
Week 11	10/25 – T	Ch. 11: Weight Management	Ch. 11 Film: “The Sugar Film” (101 minutes)
	10/27 – Th		
Week 12	11/1 – T		
	11/3- Th	Ch. 12: CVD and Cancer	Ch. 12 Film: “The Beautiful Truth” (92 minutes)
Week 13	11/8 - T		
	11/10 - Th		

Week 14	11/15 - T		
	11/17 - Th	Ch. 13: Immunity and Infection	Ch. 13
Week 15	11/22 - T		
	11/24 - Th	<b>THANKSGIVING</b>	THANKSGIVING
Week 16	11/29 - T	Ch. 14: Environmental Health	Ch. 14
	12/1 - Th	Ch. 15: Conventional and Complimentary Medicine	Ch. 15
Week 17	12/6 - T	Ch. 16: Personal Safety	Ch. 16
	12/8 - Th	Ch. 17: The Challenge of Aging	Ch. 17
Week 18	12/13 - T	Final 12-1:50 PM	Final