Course Description
Physiological, psychological, and social perspectives of health. Emphasis on knowledge, attitudes, and behaviors that will contribute to a healthy individual.

Instructor: Ms. Hopkins, MPH
Contact Email: ehopkins@laspositascollege.edu
Assignment Email: health1hopkins@gmail.com
Phone: (925) 424-1258
Office: PE111
Office Hours: Mondays 8:30-9:15 AM & 1:00-2:15 PM,
Tuesdays 2:20-3:20 PM,
Tuesdays in the Reading Room (2401) 3:30-4:30 PM,
Wednesdays 1:15-2:15 PM,
and by appointment

Required Text

Student Learning Outcomes
The following are SLOs for Health 1:
  o Demonstrate a positive increase in attitude towards personal health self-responsibility
  o Demonstrate ability to accurately and creatively communicate knowledge to promote health
  o Successful completion of HLTH 1 will enable a student to find and evaluate sources in the appropriate databases related to her or his research topic
  o Successful completion of HLTH 1 will enable a student to evaluate the credibility of health information
  o Successful completion of HLTH 1 will enable a student to generate accurate citations for health information sources
  o Successful completion of HLTH 1 will enable a student to integrate scientific research to his or her individual behavior change process
**Grading**

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavior Change Project</td>
<td>235</td>
</tr>
<tr>
<td>In-class Assignments</td>
<td>50</td>
</tr>
<tr>
<td>Quizzes (4 @ 25 points each)</td>
<td>100</td>
</tr>
<tr>
<td>Relaxation Assignment</td>
<td>20</td>
</tr>
<tr>
<td>MyPyramid Analysis Assignment</td>
<td>30</td>
</tr>
<tr>
<td>Drugs and Advertising Assignment</td>
<td>15</td>
</tr>
<tr>
<td>Final</td>
<td>50</td>
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</tbody>
</table>

**Total Points Possible** 500

**Grading Scale**

√+ Excellent  
√ Satisfactory  
√− Needs Improvement

**Final Letter Grades**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>≥90%</td>
<td>≥450 points</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>400-449 points</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>350-399 points</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>300-349 points</td>
</tr>
<tr>
<td>F</td>
<td>&lt;60%</td>
<td>&lt;300 points</td>
</tr>
</tbody>
</table>

>70% (350 points) for Credit (CR)

**Behavior Change Project**

The goal of this project is acquiring skills to change health behaviors. The project is divided into steps to be completed throughout the semester. An in-depth explanation of this project will be presented in class. Points Possible: 235

**In-Class Assignments and Participation**

Students are expected to regularly attend class and participate in class discussions. Students receive points for completing in-class assignments. Points Possible: 50

**Quizzes**

Five quizzes will be administered via Blackboard to periodically assess students' learning of course material. Quizzes will focus on reading assignments and key concepts learned in class. Make-up quizzes are NOT given. Quizzes are open-note and open-book. The time limit for each quiz is two hours. Students are encouraged to complete quizzes early. If a student experiences technical difficulties while completing a quiz, he or she needs to contact the instructor prior to the due date. At the end of the semester, the

*When figuring your grade from your points on Blackboard, remember the lowest quiz grade is dropped at the end of the semester.*
The lowest quiz grade is dropped. The top four quiz scores account for 100 points in the final grade for the course. Points Possible: 25 each

Homework
Three written homework assignments will be due throughout the semester. Details of homework assignments will be provided in class. If a student misses a class session when an assignment is explained, it is the responsibility of the student to obtain the assignment from the instructor during office hours or from Blackboard. Points Possible: 65

Students have the option to turn in written assignments by email. Assignments need to be sent as an attachment (in a Word Document, PDF or Rich Text Format) to health1hopkins@gmail.com. In the subject line of the email, type the assignment title. In the body of the email, include both name and section. Assignments turned in by email must be sent by 5:00 PM on the due date. Late assignments are NOT accepted.

Final
A final assessment will be administered during the final class session of the course. This group assignment will be similar to an assignment previously completed during the semester. The final is both open note and open book. It is highly recommended students take notes throughout the semester and utilize both notes and the textbook during the final. Points Possible: 50

The following are each section’s final exam days and times:

- VO1 Wednesday, December 15th from 9:30 to 11:20 AM
- VO2 Friday, December 17th from 9:30 to 11:20 AM
- VO4 Thursday, December 16th from 7:30 to 9:20 AM

Late Assignments
Late assignments are not accepted.

If a student misses class the day an assignment is due, he or she can turn in the assignment on time via email, have it put in the instructor’s mailbox in Building 100, or bring it to the instructor’s office. Assignments must be received by 5:00 PM on the due date.

If a student experiences verifiable, extenuating circumstances that impair his or her ability to turn in assignments on time or otherwise compromises academic performance in the course, the student needs to contact the instructor as soon as possible. Under such circumstances, a student will be asked to provide verification from a professional, such as healthcare provider, counselor, clergy, police report, or similar information.
Reading
In order to facilitate discussion, assigned readings are to be completed prior to the class session.

Blackboard
Students are encouraged to utilize the course materials and assignments posted on Blackboard. Students can also view their current grade points on Blackboard and will receive periodic emails. Students must use Blackboard to complete online quizzes. Students have on-campus access to computers in the Computer Center in Room 803 (http://laspositascollege.edu/computercenter/index.php) and the Library (http://www.laspositascollege.edu/library/information.php#anchorLibComputers)
If a student is unfamiliar or has difficulty with Blackboard, he or she can come to office hours for assistance or use Instructional Technology Student Support. Assistance can be accessed by phone [(925) 424-1142], online (http://www.laspositascollege.edu/onlinelearning/support.php), email (LPCdistEd@laspositascollege.edu), and in-person in Room 803.

Important Dates
It is the student’s responsibility to add or drop this course.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept 3</td>
<td>Last Day to ADD/DROP with NGR (No Grade of Record) in person (full term classes)</td>
</tr>
<tr>
<td>Sept 5</td>
<td>Last Day to ADD/DROP with NGR online (full term classes)</td>
</tr>
<tr>
<td>Sept 17</td>
<td>Last Day to Apply for Credit/No Credit (full term classes)</td>
</tr>
<tr>
<td>Oct 29</td>
<td>Last Day to apply for Graduation</td>
</tr>
<tr>
<td>Nov 5</td>
<td>Last Day to Drop with a “W” in person and online (full term classes)</td>
</tr>
</tbody>
</table>

See Course Schedule for class session topics, readings, quizzes, and assignment due dates.

Campus Resources
The Health Center is available to all students and provides medical care services, emergency services, mental health services, and wellness counseling. At the front office, students can drop in to schedule appointments or pick up over-the-counter medications and health information. The Health Center is located in Building 1700 in Office 1701. The phone number of the Health Center is (925) 424-1830.

Disabled Students Programs & Services (DSPS) provides support services to students with disabilities and is located in Building 1500. If a student needs accommodations for a learning-related disability, talk to the instructor as soon as possible. The phone number of DSPS is (925) 424-1510.

The Library provides students with access to credible health information resources and support for research assignments. Students will attend a Library
Orientation session on utilizing the library catalog, electronic databases, and NoodleBib to complete the Behavior Change Project. The library homepage is http://www.laspositascollege.edu/library/.

A number of additional important student support services are available to assist students in reaching their personal, career, and educational goals. Services include Tutorials, Career/Transfer Center, Financial Aid, and EOPS.

**Course Expectations**

All students are expected to conduct themselves in a professional manner.

1. Treat fellow students and the instructor with respect and compassion. Each student is expected to contribute to a positive learning environment. If a student engages in disruptive behavior, including distracting talking, during class, the student will be requested to stop. If the behavior continues, the student will be asked to leave.

2. Be on time to class and minimize interruptions during class time. If a student is late to class, it is his or her responsibility to see the instructor after class regarding attendance.

3. Keep cell phones off and away during class. Students need to take care of phone calls and text messaging after class. Phones should not be seen or heard during class.

4. Be both physically and mentally present in class. This means being prepared by completing readings and assignments. Also be focused on the material by engaging in active listening and participating in class discussions.

5. Finish food and drink before entering the classroom. Students are welcome to have water with a closable top at their desk.

6. Legibly write both name and section number on all assignments.

7. Staple assignments that consist of multiple pages before turning in the assignment.

8. Review, understand, and follow the plagiarism and academic honesty policies of Las Positas College. The Academic Honesty Policy is on page 26 in the College Catalog (Available online: http://www.laspositascollege.edu/students/catalog.php). Engage in ethically sound behavior by giving credit to authors’ research and completing your own work.