



Spring 2020

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# Syllabus

## Syllabus

Spring 2020

Health 1 VO2 (CRN 30113)

## Faculty Information

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Office Location: Las Positas College

Building 2500 Physical Education Complex

Office PE 112

Office Hours: Mondays and Wednesdays 10:00-10:50am; and by appointment.

I am also available through email or the Canvas Inbox tool. Please feel free to contact me and I will get back to you within 48 hours.

## Course Description

This health course will give you the opportunity to explore some of the major health issues and behaviors in the various dimensions of health (physical, emotional, intellectual/mental, social, spiritual, and environmental). Emphasis will be placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include psychological health, mental health, stress management, sleep, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system. 3.0 units lecture. Transfer: CSU, UC; CSU GE: E; C-ID#PHS 100.

## Textbook

Donatelle, R. (2020). Access to Health, 16th Edition. Pearson Education.

OR

Donatelle, R. (2018). Access to Health, 15th Edition. Pearson Education

**Use of the 16th edition is recommended.** All Health 1 courses are using the 16th edition as of Fall 2019. You may use the 15th edition if you choose. Much of the information in the two editions is similar. In the 16th edition statistics have been updated and Mindfulness has become a focus. I will try to reference both the 16th and 15th editions as much as possible in our course materials to ease the students' transition to the 16th edition.

You may use the print textbook, the loose leaf print book, the eBook, or both.

You can purchase or rent your textbook through the LPC bookstore on campus, or online through the [college's online bookstore](#). This textbook is also available through the [LPC Student Government Textbook Loaner program](#).

You can also purchase, download, or rent your textbook through the [Pearson publisher's](#)

[website](#), or other online book store.

(You **DO NOT** need the Mastering code included with your textbook; you will **NOT** be required to use Mastering).

## Course Student Learning Outcomes (CSLOs)

Upon completion of Health 1, the student will be able to:

- identify their modifiable and non-modifiable risk factors for personal health.
- to locate health information related to their individual behavior change process and evaluate the credibility of those sources.
- integrate and apply scientific research into their individual behavior change process.
- feel empowered to implement positive health behaviors.

## Instructional Methods

Throughout the semester, we will be using a mixture of face-to-face instruction and online activities in Canvas to maximize your learning. You are expected to actively engage in the course throughout the semester. You must come to class prepared by completing all out-of-class readings and activities. This preparation gives you the knowledge or practice needed to engage in higher levels of learning during the class sessions. If you are not prepared for the face-to-face sessions, you may struggle to keep pace with the activities occurring, and it is unlikely that you will reach the higher learning of the course such as critical thinking, problem-solving, and collaboration.

## Canvas

We will be using the online course management system – Canvas – to support what we do in the classroom. You will need to submit work (homework/assignments) via Canvas, so you will need access to a computer (Mac or PC, have Chrome and Firefox installed; Chrome is the preferred browser) and high-speed internet access. Although you can use new model mobile devices (such as Android or iOS phones and tablets) for some things,

you should plan on submitting assignments from a reasonably new model notebook or desktop computer (Mac or PC, have Chrome and Firefox installed; Chrome is the preferred browser). Do NOT plan to submit assignments solely from a mobile device.

Chrome is the preferred browser for Canvas. However, make sure you have multiple browsers installed because if something doesn't work in one browser, it should work in the other. Stay away from Internet Explorer. Popular browsers for Canvas include:

- [Chrome](#)
- [Firefox](#)
- [Safari](#)

You can use a computer off-campus, at home, or in one of our on-campus computer labs:

- LPC Library; Building 2000
- LPC Computer Center; Room 803

## Email/Inbox in Canvas

By default, your Las Positas College Zonemail account will be used in Canvas. You can change this to your personal email account or set up forwarding in Zonemail. [Learn more about email in Canvas.](#)

### Login Instructions for Canvas

1. Open your web browser, and go to the Canvas login page at:  
<https://clpccd.instructure.com/login/canvas>
2. For Username, enter your W number.
3. If you haven't used Canvas before, your initial password will be in the format of the first two letters of your first name, followed by the first two letters of your last name (all lowercase), followed by the last four digits of your W number. Example: Maria Valdez with a W number of W98765432 would enter password mava5432.
4. After logging in, change your default password by going to Account >Settings > Edit Settings > Change Password, then clicking Update Settings.
5. Bookmark the Canvas login page, so you don't have to rely on the LPC website to get

to it.

6. If you happen to forget or misplace your W number, you can always obtain it by logging into CLASS-Web with your old Student ID number (your social security number) and clicking the “What is my W ID” link.
7. If you added a course late, there might be a 1 day delay from the time you are officially enrolled in the course and your Canvas access is created.

## Canvas Help

If you need Canvas help, call the LPC Help Desk for Monday – Friday daytime support at 1-925-424-1142. Call Canvas directly for nighttime and weekend questions at 1-844-600-4956. Other help is available on the LPC Online Learning web site.

## Course Expectations

- It is expected that students arrive to class on time and ready to learn. Attendance will be taken regularly.
- To facilitate informed discussions and classroom activities, students are expected to complete the assigned readings prior to coming to class.
- Students are expected to actively participate in class discussions and in-class activities that draw upon assigned readings.
- There will be assignments assigned during class time that will be factored into your course grade. These assignments may be started in class, assigned as homework, and/or completed in class.
- If you are absent from a class session, it is the YOUR responsibility to find out what you missed FROM ONE OF THE OTHER STUDENTS. If an assignment was assigned, it is YOUR responsibility to find out what you missed and still turn it in on time. Your instructor strongly recommends that you find a study partner or responsible peer from whom you can obtain class notes, announcements, and/or assignment information should you miss a class session.
- Honesty, integrity, and respect are highly cherished and very necessary in academics and in life. You are expected to do your own work. You are expected to cite the work of others appropriately. Plagiarism and dishonest work are cheating; and they will be

dealt with harshly. Punitive responses may include failing grade for the work, a failing grade for the course, and/or a permanent academic dishonesty letter placed in your academic records.

- All students are expected to be respectful of others. We will explore some of the critical health issues facing us today. Your background, experiences, and/or opinions may differ from others, but respect is always expected.
- Like all LPC classes, this one abides by the college [Student Conduct Code](#) and [Academic Honesty Statement](#).

## Regular Communication

Regular Student-Student communication is expected through the following:

- Attendance at all class meetings
- Active participation in class activities and discussions
- Active participation in group activities

Regular Instructor-Student communication is maintained through the following:

- Your attendance at all class meetings
- Email: Email is the BEST way to reach your instructor. I check email daily, so you can expect a prompt reply.
- Your Faculty's On-Campus Office Hours.

## Grading

Graded work will include in-class assignments, homework assignments completed out of class and submitted in Canvas, discussions, quizzes, and the Behavior Change Project. The Behavior Change Project (BCP) is a HUGE part of your overall grade in this course. All activities are worth points. Grades are determined by the points accumulated in the course.

## Assignments

In-class assignments will randomly be given throughout the semester. These are often done at the beginning of the class period. These in-class assignments are to encourage

regular attendance and participation in the class sessions. Students need to be present to complete the in-class assignments.

This is an academic environment, and all written assignments should reflect this. While many of the assignments will ask you to assess your personal health lifestyle, you should still respond in an intelligent, academically oriented manner. Your tasks including assignments, discussion board posts, emails, papers, etc. should:

- reflect college-level writing
- demonstrate an understanding of the material
- use discipline specific language; health language/terms from your textbook
- use evidence and/or examples appropriately
- discuss how the material relates to your personal health lifestyle
- be free of spelling, punctuation, and grammatical errors
- cite sources and avoid plagiarism

## Discussions

We will regularly discuss topics relevant that that week's readings, lectures, and other resources. Students should be prepared to provide substantive responses to the questions posed. Your responses should reference concepts brought up in lectures, readings, additional materials, and your own personal experiences.

## Quizzes

There will be quiz given at the end of each Module/Part of the course. Each quiz will cover only the chapters found in that module/part. For example - Quiz 1 will cover Module 1 / Part 1, which is Chapters 1-4. Having quizzes regularly encourages students to stay caught up in the course, study regularly, and pay attention to material covered in class. Quizzes will consist of true/false, multiple choice, and/or short answer questions probing your insights into that module's content. Quizzes will be open note. Open note quizzes

encourages you to take notes while completing the readings and during class.

## Behavior Change Project (BCP)

You will complete a Health Behavior Change Project (BCP) in this course. The goal of this project is to provide a guided experience through changing a health behavior so you make progress towards becoming healthier and so you will know how to make successful changes again in the future.

Our choices and behaviors can profoundly affect how long and how well we live. Nearly half of all deaths in the U.S. are linked to behaviors such as tobacco use, poor diet, abuse of alcohol or drugs, motor vehicle accidents, risky sexual practices or lack of exercise. Changing a behavior isn't easy. To make lasting beneficial changes, we have to understand: the influences that shape our behaviors; the stages of change; the process of change; how to research a health topic including the health impacts of that behavior, as well as steps to take to change that behavior; how to implement a plan for change; how to track our progress along the way; how to adhere to (stick-to) the health behavior change; and the importance of reflecting back on our change journey.

In this assignment, you will select a health behavior of importance to you. You will then research, plan and carry out a project for changing that personal health behavior (examples include: stop smoking, learn/practice a relaxation method, alter diet, or begin an exercise plan). There are multiple steps required in this project, and each step is to be carried out by a specific due date according to the Course Schedule. The BCP steps are:

- BCP Step 1 - Increase Your Awareness of Your Behaviors and Choose a Health Behavior to Change
- BCP Step 2 - Research Your Health Behavior Topic and Strategies for Change
- BCP Step 3 - Prepare and Plan for Change
- BCP Step 4 - Take Action and Keep a 3 Week Journal of Attempted Change
- BCP Step 5 - Reflect Back on Your Change Journey

The BCP instructions can be found in the Modules area.

## Course Grades

All tasks, including assignments, discussion board posts, quizzes and the Behavior Change Project are worth points. The Behavior Change Project (BCP) is a HUGE part of your overall grade in this course.

GRADES ARE BASED ON THE TOTAL POINTS ACCUMULATED IN THIS COURSE. POINTS ARE THEN CALCULATED INTO GRADES BASED ON A SIMPLE PERCENT BREAKDOWN:

grading scale

**90-100% A**

**80-90% B**

**70-79% C**

**60-69% D**

**<60% F**

## Make-Up Policy and Late Submissions

All tasks should be completed by their due date. Make-ups or late work are allowed only under extenuating circumstances. If you experience an extenuating circumstance that prevents you from completing a task on time, PLEASE contact your instructor **immediately** to make arrangements.

If you are taking a quiz in Canvas and experience a "technical glitch" that prevents you from finishing the quiz, contact your instructor immediately. Your instructor MAY clear your attempt ONLY IF you did NOT wait until the due date to attempt the quiz. If your attempt is cleared, you will need to restart the quiz/exam from the beginning. You get two

attempts at each quiz, so you really shouldn't need to ask to have a quiz cleared for you. Please note that the quiz/exam is still due by the due date, so do not procrastinate and wait until the last day or due date.

Late submissions are not encouraged but will be accepted up to 7 days, but with the following penalty schedule:

1 minute to 7 days late: 50% deduction from achieved grade.

Thus, if your assignment is late, the assignment is worth 30 points, and you achieve 20/30 points, you will lose 50% of your achieved grade, and therefore earn only 10 points for that assignment.

Your completion of course tasks is critical to not only your course grade, but also to getting the most you can out of the course by bolstering your knowledge, skills, and attitudes about your personal health.

## LPC Withdrawal Process

Students are responsible for officially withdrawing from classes by the deadline date listed in the current Class Schedule. There is no automatic withdrawal process. Failure to follow the proper withdrawal procedures may result in a grade of "F". Students may drop a course in CLASS-Web.

For more information on withdrawals, [go to the LPC Registration Policies](#).

## Students with Disabilities

Las Positas College is committed to creating a teaching and learning environment that facilitates equitable access and helps ensure academic success for all students. If you anticipate or experience any barriers to learning in this course, you are welcome to discuss your concerns with me.

Students who require alternative formats for course materials, adaptive equipment or software, or other academic support or accommodations due to a long-term or temporary

physical or learning disability, mental health, or personal circumstance that may affect learning in this course, may request accommodation services through the Disability Resource Center (DRC) located in the Student Services & Administration Building, Building 1600, Room 1615.

The Disability Resource Center is the entity on-campus that helps coordinate with students to provide and/or arrange reasonable accommodations in accordance with the Americans with Disabilities Act (ADA). All meetings with students are confidential and are discussed in a safe environment. For additional information about resources and services available through the [Disability Resource Center](#), please call (925) 424-1510 or visit <http://www.laspositascollege.edu/dsps/>.

If you already have an approved accommodations plan through the Disability Resource Center, please let me know AT THE BEGINNING OF THE SEMESTER so we can discuss and develop an implementation plan together. I work hard to design my course in a way that should meet the learning needs of all students. For example - students have a full week to complete work, so they can pace themselves; students get two attempts at each quiz, with only the highest score counting, so they can assess their own knowledge on the first attempt and do great on the second attempt. If you anticipate or experience any barriers to learning in this course, you are welcome to discuss your concerns with me. Thank you for your cooperation.

## Finally...

If you have any questions or concerns about the class, feel free to email me at <mailto:leverett@laspositascollege.edu>, and I will get back to you as soon as I can. I look forward to working with you this semester!

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