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Spring 2020

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Welcome Letter and Syllabus (Start here and work your way down)

Welcome to Spring 2020 Health 1 at Las Positas College!

Welcome to the online Health 1 - Introduction to Personal Health course at Las Positas College! I hope you find this course informative, transformative, and fun. If this is your first semester at Las Positas, welcome to LPC! If this is your first online class, congratulations on "taking the leap" into this exciting and flexible methods of learning. I look forward to working with you this semester.

Sincerely,

Lisa Everett

Syllabus

Spring 2020

Health 1 DE1 (CRN 30113), Health 1 DE2 (CRN 30201), Health 1 DE3 (CRN 30223), Health 1 DE4 (CRN 33480)

Faculty Information

Dr. Lisa Everett

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Phone: 925.424.1284

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.
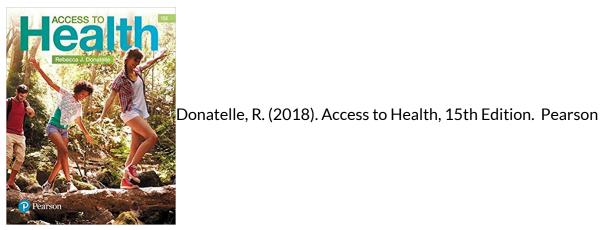
Textbook

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

Education.

OR

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

Education

<mark>Use of the 16th edition is recommended.</mark> 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 has much as possible in our course materials to ease the students' transition to the 16th edition.

You may use either 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.

Student Readiness

Las Positas conducts orientations at the beginning of each semester to familiarize students with Canvas and to give them tips on how to succeed online. These orientations are not specific to any course. I highly suggest that you consider participating in one, particularly if you are new to online learning. [Learn more about LPC Online Learning Orientations.](#)

Student Expectations

Please note that this is NOT a self-paced course. Students are expected to complete tasks including readings, assignments, and online discussions EVERY week, and submit work by each week's due date.

To be successful in this course, you are expected to:

- Read the entire Syllabus.

- Consistently check email, notifications, and announcements.

- Review the Course Schedule for due dates, and submit assignments on time.

- Participate in discussions (posts and replies)

- Communicate with your instructor if you have any problems or concerns.

Your commitment will require at least as much time as you dedicate to a traditional on-campus class. Necessary skills include:

- Carefully reading course materials and textbook chapters

- Participating in online activities, visiting recommended websites, and watching online videos

- Participating in online discussions

- Completing assignments and quizzes in a timely manner

- Following assignment instructions very carefully

- Navigating the course management system (Canvas)

- Receiving and responding to email

- Downloading and uploading files to Canvas, and

- Using a word processing program (such as Microsoft Word) proficiently

Online courses require adequate computer skills. You must be able to:

- Navigate Canvas
- Receive and respond to email
- Download and upload files to Canvas
- Use a word processing program (such as Microsoft Word), and

- Be able to SAVE AS a .pdf, .doc, or .docx all course assignments that you type up.

Technical Requirements

Although you can use new model mobile devices (such as Android or iOS phones and tablets) for some things, you should plan on doing the majority of your work (especially all

assignments and quizzes) 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 participate in this class solely from a phone/mobile device.== If you do decide to use your mobile device for some of your class work, use the free Canvas app (called "Canvas by Instructure") available in iTunes (for iOS) and the Google Play Store (for Android). Either way, you will need high-speed internet access.

Class Email

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.

Modules

The course materials for this class are divided into "Modules" or Parts. Every week (according to the Course Schedule) there will be a new Module or Part of the course that will become available to you. Within each module there are several chapters of material, with multiple activities for you to complete. Some of these activities include reading your textbook, visiting online resources/websites, and completing individual health assessments. Other activities require you to interact with me and/or your classmates using tools in Canvas, such as the Discussions board.

All of the required activities will be available in the Modules area. You will only be able to access each Module or Part of the course starting on the Available Date listed on the Course Schedule.

This is not a self-paced class; there are Due Dates throughout the semester that you are expected to meet, just like in a traditional, face-to-face class. Due Dates are reflected on the **Course Schedule.**

Your Instructor reserves the right to drop any students who do not complete modules/tasks/assignments by their due date.

Regular Interaction and Communication

Regular Instructor-Student interaction and communication is maintained through the following:

- Email: Email is the BEST way to reach your instructor. Use the Canvas Inbox to email me; or send an email directly to my LPC email address at leverett@laspositascollege.edu. I check email daily, so you can expect a response from me within 24 hours.

- Phone: 925-424-1284

- Office Hours: Come by my office hours, or schedule an appointment to meet with me face-to-face.

- If you do not log in to Canvas regularly and complete assignments in a timely manner, your instructor has the right to drop you from the course.

- My Role: I look forward to working closely with you this semester, so I plan to be very active in the class. I will initiate contact by posting announcements weekly, participating in class discussions to help you better understand concepts, using grading rubrics on assignments, and providing detailed feedback on big assignments. I will also give you private feedback in the Grades area, on assignment grading rubrics, assignment comments, assignment feedback and email.

- Don't hesitate to initiate contact with me if you have questions about the class, assignments, or expectations.

Regular Student-Student interaction and communication is expected through the use of the Canvas tools including:

- Email: Through the Canvas Inbox, you can email other classmates.

- Discussions: There are discussion boards that you will post and reply for Discussion assignments.

- Student-Student Questions Discussion Board ***This is a good place to start if you have a question; post your question and get a response post from one of your peers. Or perhaps your question has already been asked and ANSWERED***

- Group Discussion Boards: When you are participating in a group project, there will be a group discussion board for you post and reply to your group members.

- Netiquette: Since this is a college classroom, I trust that everybody will treat each other with respect. Netiquette is network etiquette and essentially describes what you should and shouldn't do while communicating online. If you need more information, you can read The Core Rules of Netiquette . Like all LPC classes, this one abides by the college Student Conduct Code and Academic Honesty Statement .

Grading

Graded work will include assignments, discussions, quizzes, and the Behavior Change Project. The turn around time for grading and feedback on assignments is approximately one week. After your work has been graded, you can review your scores, the grading rubric, and any feedback/comments that I have provided you. Specific instructions on how to view your Grades and Feedback can be found in the Canvas Student Guide

All activities are worth points. Grades are determined by the points accumulated in the course.

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 are open textbook, open note, open assignment J. You have two (2) attempts at each quiz. Your best score (of your two attempts) will count towards your grades. Two attempts at each quiz provides students

with an opportunity for formative assessment on their first attempt (you will be able to assess what you know and what you need to review more), and then a summative assessment on their second attempt.

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 .

Instructor's Drop Options for Distance Education (DE) Courses

Official policy at LPC:

The instructor may drop students who miss the first meeting of a course. The first meeting of online or hybrid Distance Education courses is the first day of the class as specified in

the class schedule listing. For these courses, instructors may drop students who do not log into their Blackboard course and/or complete indicated activities by the third day of classes. Additionally, DE instructors may drop students if they have not submitted work and/or accessed the class for two consecutive weeks.

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 Sin 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.

Online Tutoring

LPC provides online tutoring free to its students. I encourage students to utilize this service by clicking the NetTutor link in the course menu. If you want to learn more about NetTutor, [view the LPC Online Tutoring page](#)   .

Software for this Class

Although you can use new model mobile devices (such as Android or iOS phones and tablets) for some things, you should plan on doing the majority of your work (especially all assignments and quizzes) 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 participate in this class solely from a mobile device. Either way, you will need high-speed internet access.

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](#)

In order to view documents and certain multimedia on the Web, you need specific browser plug-ins. The most popular plug-ins are Acrobat Reader and Flash and are typically built into your web browser. If you do need to download these free plug-ins, the most common ones are:

- [Acrobat Reader](#)

- [Flash Player](#)

The files you submit as assignments in Canvas must be submitted in .doc, .docx, or .pdf format.

You can use Google Docs. You have access to Google Docs in the Google Drive account that comes with your District-issued Zonemail account. Some of you might even have your own private Gmail account. Learn how to use Google Docs . If you use Google Docs SAVE AS your assignment as .doc, .docx. or .pdf before submitting your assignment into Canvas.

If you use Pages, be sure to SAVE AS your assignment as .doc, .docx. or .pdf before submitting your assignment into Canvas.

Technical Support

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 .

Others who might access this class

As a courtesy, I'm letting you know that there might be others, such as guest speakers, course evaluators, and college technical support people, who would have access to this class from time to time.

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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