

HEALTH 21: Contemporary Health

De Anza College

Summer, 2022, 4.0 Units

HLTH-021-.50Z, CRN 00549

Instructor: Barbara Liechty

Searchable Schedule of Classes: <http://www.deanza.edu/schedule/> (Links to an external site.)

Academic Calendar: <http://www.deanza.edu/calendar/> (Links to an external site.)



Hygieia is the Greek goddess of health and is often symbolized with a snake which is related to healing (the symbol of the modern medical profession is a staff with a snake wrapped around it). Hygieia was one of the daughters of the Greek god Asclepius, the great physician. From Hygieia we get our word hygiene and its derivations. Although, preserving health is a fundamental, critically important and self empowering component of life, our modern culture reveres and revolves around medical technology curing disease. This course is about prevention and empowering individuals and communities to be guardians of their individual and collective health while also being discriminating, informed consumers of medical technology and services.

COURSE DESCRIPTION (College Catalog) Development of understanding and attitudes relative to individual, family, community, international, and global health, medical issues, and needs. Attention given to health consumerism, mental health, stress, drugs and addiction, infectious and chronic degenerative diseases, nutrition, weight management, fitness, sexual health and reproduction, and environmental concerns. Study of common lifestyle behaviors will emphasize self-help and preventable aspects of medical care.

SYLLABUS CHANGE POLICY Information contained in the course syllabus may be subject to change with reasonable advance notice, as deemed appropriate by the instructor. Updates to the syllabus will be communicated via a Canvas Announcements post and/or an email to students using Conversations.

PREREQUISITES. EWRT 1A or ESL 5 advised.

INSTRUCTOR INFORMATION: BARBARA LIECHTY

Barbara Liechty earned her MPH in Community Health Education from San Jose State University and BS in Public and Community Health Education from Arizona State University. Barbara is particularly interested in personal health and fitness, behavior change, community

organizing, and political action. She has been an instructor at De Anza College for over twenty years.

- There is no requirement for office hours during summer session. If a one-to-one ZOOM meeting is needed or would be helpful, an appointment can be set up. Whenever you have a question, request, or concern, send a message using Conversations, the Canvas email tool. Click Inbox to access Conversations. Monday - Friday, with the exception of holidays (and weekends), it is reasonable to expect a reply to a Conversation communication within 24 hours. Often you will receive a reply within hours.
- Canvas: <https://deanza.instructure.com>
- Online Education Center: <https://www.deanza.edu/online-ed/> (Links to an external site.)
- (Links to an external site.)E-mail: liechtybarbara@fhda.edu (please communicate in Canvas once the class begins)

STUDENT LEARNING OUTCOME

- Appraise the interrelationship between individual lifestyle choices, societal influence and personal health.

COURSE OBJECTIVES

- Examine significant local, international, and/or global public health issues.
- Identify and evaluate individual and societal health risk factors.
- Investigate and analyze issues influencing health care access and delivery.
- Explain risk factors and the disease process for the leading causes of death and disease.
- Summarize important environmental and cultural concerns that lead to public health threats locally, internationally, and globally.
- Develop a sense of consumer awareness as it relates to and influences health decisions.
- Identify drug trends and the various social factors responsible for the etiology of drug abuse and addiction.
- Identify health behaviors that promote health and well-being.

ONLINE CONSIDERATIONS

- Health 21 is an online course administered using Canvas. All work, testing, and communication will be completed online. If you are new to online learning, Health 21 will help you to develop online skills. The course Canvas site is easy to navigate. Your responsibility as an online student is to be highly motivated, spend time in the class, orient yourself to Canvas, do the work as instructed, and ask questions as soon as you have them.
- Canvas will be used to administer exams and for all course work and responsibilities, including communication. Ensure now that you have easy, reliable access to a computer with high speed internet. If you are new to online testing, a low value quiz early in the term will provide ample time to orient yourself to the testing function.

- Student Success in an online class requires **TIME**. Online learning requires students to be motivated and responsible for scheduling study time. Be prepared to spend at least 12 hours a week using and studying the course materials. *Time Management skills are essential for staying on top of the material.* Particularly now - evaluate your life. Know that taking a full load of online classes could be overwhelming. Carefully consider your course load so you are realistic as to what you can accomplish with what time and energy you have.
- **NetTutor**, an online tutoring service, can be accessed from the left Course Navigation Panel on our Canvas course site. The **Student Success Center** (see below) offers free tutoring for many classes.

GETTING STARTED AND REQUIREMENTS

- Our Canvas course site has all the study tools and instruction you need to do well in the class. Pay attention to deadlines and do the work as directed. Communicate with your instructor and classmates!
- College policy requires your instructor to drop 'no show' students. To demonstrate your intent to maintain your enrollment (to not be dropped as a 'no show') no later than Friday, July 1, 5:00PM, students must login to our Canvas course site and spend time orienting yourself to the course site (no exceptions).
 - read all the pages in the Get Started module; move onto the Week 1 module. The Get Started and Week 1 modules are all part of week 1 work.
 - submit the [course contract](#) (included in week Get Started Today! module)
 - complete the week 1 check-in
 - spend a significant amount of time orienting themselves to the course site
 - explore the Canvas Student Resource Library available in the Canvas Help menu. Included is a Sample Course where you can self-enroll and practice using Canvas.
 - review the [Online Education Center Orientation](#). Knowing how to navigate, upload, communicate, test, etc in Canvas is your responsibility.
 - click through the Week 1 module; you will have access to the Week 1 module after you have read through this Get Started module
 - secure access to the required e-text and course materials
 - post your introduction / picture - image and update your profile (due Tuesday, July 5)
- Be prepared to spend a **minimum of 12+ hours per week** reading, using, and studying course materials. More time may be necessary depending on English skills, study skills, and/or health background. The term will pass quickly so plan your time accordingly.
 - Health 21 **requires** that all enrolled students have easy, reliable access to an up-to-date computer and high speed internet that will allow access to Canvas. Minimum System Requirements Include: current version of MS Word, Firefox (required for testing) , and QuickTime.

- Study the fifteen chapters of the e- textbook using the study tools and resources on our Canvas course site.
- Take the five chapter related exams and complete quizzes and activities as assigned and scheduled on Canvas.
- Participate in on-line class learning opportunities.

ACCESS TO THE COURSE MATERIALS AND TEXTBOOK IS REQUIRED

Required Text and Access: An Invitation to Health: The Power of Now, Hales, 10 E with MindTap. Access to the e-text and activities is required. Access is provided in the Canvas course site. If you use financial aid or a voucher to pay for course materials, you must purchase an access code through the [De Anza College Bookstore. \(Links to an external site.\)](#)



UNIFORMLY ENFORCED COURSE POLICIES

- Health 21 is a **completely online course that requires students to take responsibility for themselves and their learning**. When you have an issue or question, it is your responsibility to contact your instructor using the Canvas communication tools. Be confident in the fact that your instructor is experienced at communicating online so your issue or question will be resolved or addressed. The class meets the traditional office hour requirement by using the Canvas communication tools.
- It is the **student's responsibility to know and abide by all College and class dates and deadlines**. This includes course dates and deadlines for quizzes, exams, and assignments and the College enforced dates and deadlines. Maintaining enrollment or dropping in accordance with posted dates is a student's responsibility.
- **Each student's first and last name on the class list (roster) must be the same first and last name in Canvas**. If you use a name other than the name that the College has on record (on the class list), College policy requires you to document the 'preferred' name. Go to Admissions and Records to complete the paperwork so the preferred name becomes an official part of your record. If you change your name legally, update your name with the College and notify your instructor.
- **Exams and quizzes must be taken when scheduled**. Students must allocate time to complete Health 21 course work. Employment, your other class commitments, vacation, personal obligations, etc are not valid reasons for missing an exam or quiz. A missed

exam or quiz, for whatever reason, can be made up only with approved documentation for the entire testing period. An emergency or any type of urgent situation must be documented. No exceptions.

- The instructor is responsible for the integrity of all assessment tools. **To discuss a specific question about an assessment, notify the instructor** so your concern can be addressed individually.
- Students are encouraged to participate and communicate. **All students must practice professional behavior when communicating.** The College defines unprofessional behavior as Disruptive Behavior in the following way: (1) is disrespectful, offensive, and/or threatening; (2) interferes with the learning activities of other students; (3) impedes the delivery of college services; and/or (4) has a negative impact in any learning environment. Disruptive behavior includes physically or verbally harassing, threatening, or abusing or acting abusively toward an instructor, staff member, or student in any activity authorized by the College. Refer to Calif. Ed. Code, Section 66300 Student Code of Conduct. Reference the De Anza Student Handbook for additional information.
- **Students who participate in any form of sharing** while completing scored assessments will earn no credit for that scored assessment and the conduct violation will be reported for disciplinary action. See Policy on Copying and Cheating below.
- **Students are required to comply with all rules, regulations, and behavioral expectations and are subject to consequences as outlined in the Biological, Health and Environmental Sciences Student Handbook:**
<http://www.deanza.edu/bhes/StudentHandbook.pdf> (Links to an external site.)

TESTING AND GRADING

Testing is conducted online in Canvas. The five chapter exams allow a single access, are timed to allow access for 60 minutes, and are open text and notes. The 5 chapter exams are open for a single day from 6:00 AM - 11:55 PM.

There is no make up for any of the scored work. The following is a uniformly enforced course policy:

- **Exams and quizzes must be taken when scheduled.** Students must allocate time to complete Health 21 course work. Employment, your other class commitments, vacation, personal obligations, etc are not valid reasons for missing an exam or quiz. A missed exam or quiz, for whatever reason, can be made up only with approved documentation for the entire testing period. An emergency or any type of urgent situation must be documented. No exceptions.

The course grade is determined by total points. Grading is set up to include +/- final grades as allowed by the College.

Scavenger Hunt Quiz = 6 points

Introduction Tasks = 6 points

Five Exams: 30 question, 30 points = 150 points

Activities: 4 graded activities in each of the 15 chapters = 60 points
Total Points = 222

Extra Credit Opportunities = points to be determined

Grading Standard for HEALTH 21 Course Grade (total points = 222):

A+ 222- 218 points (98.20%) **A** 217 - 207 points (93.24%) **A-** 206- 201 points (90.54%)

B+ 200- 196 points (88.29%) **B** 195 - 185 points (83.33%) **B-** 184 - 179 points (80.63%)

C+ 178- 174 points (78.38%) **C** 173 - 158 points (71.17%)

D+ 157 - 153 points (68.92%) **D** 152 - 145 points (65.32%) **D-** 144 - 139 points (62.61%)

F 138 points and below

NOTE TO STUDENTS WITH DISABILITIES

If you have a disability-related need for reasonable academic accommodations or services in this course, it is your responsibility to meet with a Disability Support Services (DSS) counselor or the Educational Diagnostic Center (EDC) advisor. The counselor / advisor will make further determinations and send documentation, if appropriate, to your instructor. Arrangements with DSS or EDC must be made in a timely way so documentation is provided the first week of the term. For further information, contact:

- Website: <http://www.deanza.edu/dsps/> (Links to an external site.)
- Disability Support Services 408-864-8753
- TTY number: 408-864-5650 or Relay System call 711
- Educational Diagnostic Center 408-864-8839

STUDENT SUCCESS CENTER

If you need help with your academics, the [De Anza Student Success Center \(Links to an external site.\)](#) offers free tutoring for many classes. Visit the website for hours and information about workshops, group, drop-in, weekly, individual, and online tutoring. View the [Student Success](#)



[Center's Welcome Video. \(Links to an external site.\)](#)

- Academic Skills Center for workshops and adjunct study skills courses, ATC 302
- General subject tutoring, ATC 305

- Listening and speaking and world language support, ATC 313
- Math, science, and technology tutoring, S43
- Writing and reading tutoring, ATC 309

DE ANZA STUDENT GOVERNMENT

De Anza College students are represented in school and district governance processes by elected student representatives. The De Anza Student Government funds programs, clubs, and events across campus, and defends the rights of students.

For more information, please visit <https://www.deanza.edu/dasg//> ([Links to an external site.](#)), stop by the DASG Senate Office in the lower level of the Hinson Campus Center, or contact the Office of College Life at collegelife@fhda.edu or (408) 864-8756.

COURSE WITHDRAWALS AND ATTENDANCE

After the census is submitted, it is the student's responsibility to properly withdraw from the class. It is not the responsibility of the instructor to drop a student and the instructor cannot and will not drop a student who misses a drop/withdraw deadline. According to College policy, the student must officially drop classes in which s/he no longer wishes to be enrolled.

To drop or withdraw from the class, do so according to College policies and within posted dates (see academic calendar). Students who do not drop the course, do not drop the course correctly, or do not drop the course in a timely manner will receive the grade earned to date.

Logging onto the Canvas course site in accordance to posted dates and specific instructions indicates intent to participate. Students who do not logon to the course site will be dropped as a No Show and may or may not be eligible for a refund (see the academic enforced dates).

Monitor your individual enrollment. You are responsible for your enrollment status.

POLICY ON COPYING AND CHEATING

Students who submit the work of others as their own or cheat on exams or other assignments are guilty of a serious violation of academic integrity standards and will be subject to substantial consequences which might include any or all of the following, and/or other consequences not listed here: a failing grade on the work in question; reduced credit for the work in question or a reduction in the course grade; being reported to college authorities; college disciplinary action.

Although every effort is made to ensure the accuracy of the information, mistakes can occur. In the event of any discrepancies, De Anza College policies and posted course policies prevail.