



Health 21: Contemporary Health Concerns DE

Fall 2022

INSTRUCTOR

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Online Office hours: Zoom after synchronous class, also by appointment

COURSE DESCRIPTION

Development of understanding and attitudes relative to personal, family, community, and global health needs. Attention given to mental health, drug abuse, infectious and degenerative diseases, family health, nutrition, exercise, the life cycle, and ecological conditions of health significance. Study of common lifestyle behaviors will emphasize self-help and preventable aspects of medical care.

PREREQUISITES

- Advisory: EWRT 1A or EWRT 1AH or ESL 5

STUDENT LEARNING OBJECTIVE

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

REQUIRED MATERIALS

- Access to the Internet
- Online Textbook: An Invitation to Health 12th ed. Brief (through Mindtap.)
- Mindtap registration for class activities

MINDTAP REGISTRATION

- Mindtap is an online learning system from the Cengage textbook company. You will access it through links in Canvas. Mindtap includes access to the e-text, activities, and quizzes.

Cengage Unlimited is available if you have multiple courses using Mindtap in one quarter. It costs more than a single class, but may be less than multiple individual courses. It is not required.

CLASS COMMUNICATION

- I will be using Canvas and Mindtap to make announcements and distribute course materials. It is your responsibility to check frequently and set your notifications appropriately so that you can receive announcements.
- I am available through Canvas messages and by email throughout the week. I check email and messages often, but do not expect an immediate response. If your question is of general interest I may respond to the whole class through Canvas.
- Office hours are after our class meetings on Zoom. I am also available by appointment.

STUDENTS WITH DISABILITIES

- All accommodations for DeAnza students with disabilities will be handled through Disability Support Services.
<http://www.deanza.edu/dss/>
- Accommodations for FUSD students will be handled through the appropriate FUSD or HS support office.

ASSIGNMENTS

- Assignments include chapter activities, self-assessment labs, chapter quizzes, and exams. Specific instructions can be found on Canvas and Mindtap.
- Chapter Activities are due on the due date before midnight. Check the calendar for specific dates.
- **No late work will be accepted.**

EXAMS

- There are six exams during the quarter. The first 5 exams cover material from 2-4 chapters each. The last exam (#6) is a comprehensive exam that includes material from the entire quarter.
- Exam questions are primarily multiple choice, matching, or True/False. Questions are drawn from a bank of questions so you will not have the same exam questions as your classmates.
- Exams are open book. You may refer to your text and other course materials, but remember that time is limited. Even though the exam is open book, you are expected to **do your own work**. It is not a group effort.
- Each exam emphasizes the new material but builds on material in previous exams.
- I will include your highest 5 exams scores in your final grade and **drop your lowest exam score**. If you miss an exam for any reason, that will be the score that is dropped. **There are no late or make-up exams**. If you miss more than one exam for any reason, one missed exam will be dropped and you will earn 0 points for the other missed exam(s).

EXTRA CREDIT

Extra credit is not available in this section of Hlth 21.

LETTER GRADES

These letter grade cut offs are approximate.

At any time you can access Canvas to see your scores for exams and assignments.

A = 93-100% of total	B = 83%	C = 70%	D- = 60%
A- = 90%	B- = 80%	D+ = 67%	F = < 60%
B+ = 87%	C+ = 77%	D = 63%	

CLASS PARTICIPATION

- For a face-to-face class, participation is essential for doing well in this course. The same is true for online and hybrid classes. It is essential that you read and study regularly and keep up with the activities and assignments. The flexibility of online classes can be challenging. Set aside time each week to complete your work.
- Synchronous classes are on Zoom. Attendance and full participation are expected. If you do not participate you will be marked absent and will not receive credit for in class activities.
- If you wish to drop this class, it is *your* responsibility to do so. Not doing so may result in your receiving an "F" grade. Be aware of the last day to drop with a "W".

CLASS CONDUCT

- In this class you will be interacting with other students online. Remember to be respectful of the ideas and opinions of others and keep all conversations G-rated.
- Inappropriate comments or responses will be blocked and not receive credit.

ACADEMIC INTEGRITY

- It is a violation of the Academic Honor Code for you to represent someone else's work as your own. This includes copying in part or whole someone else's test or assignment and using any unauthorized materials or equipment during exams. Any appearance of cheating is considered cheating.
- While the learning that comes with studying together is valuable, homework assignments that you submit must be entirely your own work. It is also a serious violation for you to assist other students in dishonest behavior such as allowing them to copy your work.
- Posting class materials, including activities, assignments, exams, and supplementary materials, to outside websites violates copyright. It could also be a violation of the academic honor code.
- See the Student Handbook for more information. <http://www.deanza.edu/studenthandbook/>

STUDENT SUCCESS CENTER

The Student Success Center offers free tutoring for many De Anza classes.

Visit <http://www.deanza.edu/studentsuccess> for hours and information about online workshops and tutoring.

SUMMARY OF GRADED ACTIVITIES

During this course you will read sections of the e-text, complete activities based on the text, other readings and videos, do self-assessment labs, and take exams. You will also complete activities during our synchronous online classes. A complete list of activities, exams, and assignments is available on Canvas.

TOPICS This schedule is subject to change. Check Canvas and MindTap for exam and activity due dates.

Week 1	Taking charge of your health	Week 7	Sexual Health & Reproductive Options
Week 2	Emotional and Spiritual Well-Being & Stress Management	Week 8	Diseases and Disorders
Week 3	Personal Nutrition	Week 9	Consumer Health
Week 4	Body Composition and Weight Management	Week 10	Addictive Behaviors and Drugs & Alcohol and Tobacco
Week 5	Physical Activity and Fitness	Week 11	The Environment and Your Health Environment & A Lifetime of Health
Week 6	Communicating and Connecting	Week 12	Exams