Subject: KIN 191: Health: Personal Issues

E-Mail Contact Information:
burquidi@riohondo.edu

Catalog Course Description:
This course is designed for all students that are physically active and interested in learning how to improve and maintain their personal health. Topics covered include the general health principles, nutrition and diet, physical fitness, stress management, sexuality and reproduction, drug/alcohol use and abuse, consumer and safety issues and the process of death. Students learn how to develop sound health principles through text readings, lectures, assignments/labs and guest speakers.

Student Learning Outcomes:
Upon successful completion of this course:

**SLO#1:** The student will develop a diet and exercise plan to maintain a healthy weight for their body size and type.

**SLO#2:** The Student will be able to identify controllable and uncontrollable risk factors associated with chronic illness and disease.

**SLO#3:** The Student will be able to identify the role of all six dimensions of health associated with overall wellness.

By logging into Canvas you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in BP 5500 (Standards of Conduct) and AP 5520 (Student Conduct Procedures) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is NOT a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

**Textbook:** Please consult the Bookstore for information at (562) 463-7345 or go to Rio Hondo College Online Bookstore

**This course will include regular instructor student contact. Methods of regular instructor student contact include:**

1. Discussion Board; Weekly Instructor-Student interaction per chapter assignments.
2. Discussion Board Participation; Between Instructor -Individual Student and Classmates at large on weekly basis.
3. Monthly Examinations; Modular exams will be given with Instructor feedback.
4. Course Message Center; Students will have access to Instructor 24 hours a day, 7 days a week via e-mail through the Canvas Platform.
5. Written Reports; Two separate written reports and interaction with the Instructor throughout the semester.
6. Live office hours are available.
The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Canvas.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Online Education website. This will help explain what online classes are like and familiarize you with how the class is laid out. The orientation can be found at: http://www.riohondo.edu/canvas-orientation/

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the Disabled Students & Programs office at 562-908-3420 for more information.

Modifications and Disclaimer: The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.