

PE/TH 191 HEALTH: PERSONAL ISSUES

Date/Time – M 6:50-10:00pm

Instructor – Bianca Urquidi

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Textbook: Heath the Basics 8th Edition, Donatelle,

Holidays: Sept. 7th, Nov. 9, 26, 27th

Final: Monday December 7^h at 7:00pm

Drop Date: November 12th

Class Objective:

This is designed to discuss, understand, and address personal health issues. Students will explore diet, exercise and lifestyle choices that effect health.

Class Policy:

This is a course that is enhanced by class participation and discussions. It is important that we all show each other respect and allow all our points of view to be heard. I encourage you to ask question and participate in class. Rude and inconsiderate behavior will not be tolerated and my lead to your removal from class.

Attendance:

Attendance is mandatory. You will receive 10 pts. for attending every class session. If you are late more than 5 minutes or leave class early you will lose 5 of your attendance points. If you are absent more 2 times you will be dropped. However, it is the responsibility of the student to drop themselves.

Late Work:

All Test/Quizzes and Paper must be turned in on the assigned date. If you are absent on a test/quiz date, you are expected to make this up during my office hours, within one week of the absence. Late work will lose 5 points per day.

Grading:

All grades will be based on your total points compared to the total points possible for the course.

A – 90-100%

B – 80-89%

C – 70-79%

D – 60-69%

F – 59% and below

NO CELL PHONES DURING CLASS!!!! TURN THEM OFF AND IF YOU FORGET DO NOT ANSWER IT. NO TEXTING IN CLASS. INAPPROPRIATE CELL PHONE USEAGE IS RUDE AND YOU WILL BE ASKED TO LEAVE IMMEDIATELY.

Academic Honesty:

Cheating in PE/TH 191 will have serious consequences. Any student found copying another's work on an assignment or plagiarizing will receive no credit for that assignment. The same penalty applies for a student who allows another to cheat off of them. If this should happen more than once the student will receive a grade of "F" in the class and be referred to the division dean for discipline. Any student who cheats on an examination will receive a zero on the exam and will be referred to the division dean.

Student Learning Outcomes:

Throughout the semester, your performance on student learning outcomes will be evaluated. In particular the outcomes which will be assessed this semester will include:

- The student will develop a diet and exercise plan to maintain a healthy weight for their body size and type.

Assessments of this outcome will be done using a written diet plan, a written exercise plan, a written lifestyle plan, and chapter tests.

Students with Disabilities Statement:

Any student with a disability who believes that he/she may need accommodations in this class is encouraged to contact the Disabled Students Program and Services office as soon as possible to ensure that such accommodations are implemented in a timely manner. The office is located in room S205 and the telephone number is (562) 908-3420.