

# College of the Redwoods

## Syllabus for Health Education 1 (V1654) 3 Units

Fall, 2021 (9/6/21-10/29/21)

**NOTE:** This course is only 8-weeks long and ends on October 29<sup>th</sup>!

**Instructor:** Maggie White

**Office Hours:** by appointment via zoom or email

**Email:** [maggie-white@redwoods.edu](mailto:maggie-white@redwoods.edu)

**Textbook:** An Invitation to Health, Brief 11th Edition, by Dianne Hales

**Publisher:** Cengage Learning ISBN: 978-1-337-91940-1

**Course Catalog Description:** An introduction to a broad range of lifestyle components and personal choices that have a direct relationship to the student's overall lifetime wellness. Some of the concepts discussed include principles of health and wellness, stress modifications, weight management, exercise principles, personal health responsibility, major disease, and relationships.

### Course Student Learning Outcomes:

1. Recognize the signs and symptoms of major diseases and learn to incorporate prevention strategies.
2. Apply the principles of proper nutrition and exercise to overall health and wellness.
3. Modify behavior based on a personal assessment of health and wellness dimensions.
4. Analyze and critically evaluate current media information related to health and wellness.
5. Apply principles of healthy personal relationships to real-life relationships.

### Assessment Tools:

1. Quizzes and discussion forums
2. Article reviews
3. Written nutritional calculations
4. Behavior modification goals

### Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1<sup>st</sup> floor
- Del Norte: 707-465-2324, main building near the library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last-minute arrangements or post-test adjustments usually cannot be accommodated.

### **Necessary Computer Skills**

Online courses require basic modern computer skills. Be able to navigate websites, open and download files, use a word processor and be able to convert files, if necessary, into a word document or rich text format, and submit files to Canvas (the learning management system for the course). **Some assignments may require the use of a webcam or video submission. It is the student's responsibility to meet the technological demands of the class.**

### **Technology Requirements (computer, other hardware, and software)**

Since this class is taught online, your equipment needs to be up to date. I recommend broadband services from your local cable provider or satellite internet providers. You will need reliable access to the internet and log into the class regularly (at least twice a week). It is your responsibility to meet class deadlines. It is highly recommended that you use [Firefox](#) or [Google Chrome](#) as your internet browser. They are the preferred browsers for Canvas.

### **Technology Support**

When dealing with technology, I would contact the experts in this field. I can help with course material, but support with your login or managing the technology should be left up to the experts. Before contacting Technical Support please visit the Online Support Page at <http://www.redwoods.edu/online/Help>.

For password issues with Canvas, Web Advisor, or your mycr.redwoods.edu email, contact Technical Support at [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160 or 800-641-0400 ext. 4160 between 8:00 A.M. and 4:00 P.M., Monday through Friday.

### **Special Accommodations**

College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability-related services and may need

accommodations, please contact me. Students may make requests for alternative media by contacting DSPS at 707-476-4280.

### **Regular Effective Contact**

We can meet via email, messaging, phone, or zoom if needed. The modules are organized weekly. They open every Friday, and the work is due the following Sunday (nine days to complete the work in most weeks). There are threaded discussion forums, weekly quizzes, and some assignments due each week. There are also materials highlighted from the text in each module. Our interaction will be done weekly (you may not work ahead and please do not fall behind as assignments close after the due date).

### **Course Requirements (What do I need to do to pass this class?):**

Homework assignments will be submitted in Canvas (please do not email me attachments with assignments). Each week there will be Modules (see on the menu on the left). All the week's assignments (including quizzes will be added to the module). You need to read through the module and complete the work each week. Most assignments are due by Sunday at 11:59 p.m. on the week given. When you save your document, please use your last name in the file name and save it as a **rich text format or Microsoft Word Document**. This syllabus provides a summary of the assignments. More details will be provided in the assignment area of Canvas. The modules have discussion forums, quizzes, reading lecture notes, and every week there is an article review due. Some discussion forums require some outside work before submitting the discussion so it is a good idea to do them early in the week.

### **Discussion Forum Entries (225 points - 10 points for 15 posts and 5 points for 15 responses)**

You will be required to submit at least two postings (reply to my initial post) **and** two replies to peer postings for each week. Postings are a minimum of **200** words in length and must reflect an understanding of the written (text, lecture, and articles) materials, critical thinking on the topics, and citations from the materials you read to support views. The responses are a minimum of **100** words. **Postings are not text messages. Spell out words and use punctuation and grammar appropriate for college work.** The postings are due by 11:59 pm each Friday and your response by 11:59 pm each Sunday. Late postings may not receive a grade. It is important they are done on time to receive full credit.

### **Article Review Assignment (105 points 7 Reviews worth 15 points each)**

Each student is to read 7 articles for the entire semester (one every week - See assignment schedule in the modules or on the calendar) related to any health topic - please pick a health topic that interests you. You can choose articles from one health-related topic or choose several different topics. Articles may come from any credible website (some people go to the health section of a newspaper website, or search Health magazines online - those are fine). Articles must also be **current (dated after August 1, 2021)**. On the week, the assignment is given, the review is due Sunday night by 11:59 pm.

**The completed assignment will include:**

A. A **link** to one article that you have read (Copy and paste the website address to the top of the review).

B. A **summary** review of each article. Be sure to include your name, the article name, date of publication, author, and the source at the top of your summary page. The summary should be short but complete (about one paragraph). It should be followed by **how the article influenced your thinking** on the topic. This should also only be about 1-2 paragraphs long. There should be critical thought and analysis put into this part of the summary.

The reviews are worth 15 points each (105 points total for the semester) and will be graded on the following criteria:

1. Neatness and current health-related review turned in on time (5 points)
2. Spelling, grammar, and proper sentence structure (5 points). (Hint: use spell check!)
3. The content of your summary review (5 points).

**The article review must be submitted on Canvas as a rich text format document (.rtf) or Microsoft Word Document (.docx or .doc). Too many students have had issues with Google docs so make sure to copy and paste it to the text box in the assignment or attach a word document (or rich text format) before submitting it. Assignments via email will not be accepted.**

**Quizzes (150 points - 10 points for 15 quizzes)**

There will be at least 2 short quizzes each week. These are done online and due by the end of the week (Sunday at 11:59 pm). They will be timed (about 3 minutes per question) and cover the assigned readings and lecture notes for the assigned week. These quizzes are open book, but the quizzes are timed. Therefore, be mindful of the time when you begin the quiz. Each student is allowed two attempts. The highest score will be entered into the grade book.

**Final Examination (130 points)**

There will be one examination that will cover the entire semester. **Due to COVID-19 issues, the requirement to take the final exam at a CR testing center has been lifted. Please be mindful as the exam will be timed, but you will be able to take the exam online using the Google Chrome or Firefox browser.**

**Grading:**

Your final grade will be based on the total points you have earned throughout the semester. After each assignment is graded, your point value will be posted into the Canvas grade book. I am not a fan of the plus or minus system in grading. Occasionally, I may give a plus, but rarely a minus. Back in the Stone Age, when I was a student, I was not fond of the fact that 80% was below a 3.0 on the grade point average.

90% and above	A
80-89%	B
70-79%	C
60-69%	D
59% and below	F

## **Admissions deadlines & enrollment policies**

### **Fall 2021 Dates**

- *Classes begin: 8/21/21 (this class 9/6/21)*
- *Last day to add a class: 8/27/21 (this class is 9/10/21)*
- *Last day to drop without a W and receive a refund: 9/10/21*
- *Labor Day Holiday (all campuses closed): 09/06/21*
- *Census date: 9/07/21 or 20% into class duration (this class 9/16/21)*
- *Last day to petition to graduate or apply for certificate: 10/28/21*
- *Last day for student-initiated W (no refund): 10/29/21 (this class 10/8/21)*
- *Last day for faculty-initiated W (no refund): 10/29/21 (this class 10/8/21)*
- *Veteran's Day (all campuses closed): 11/11/21*
- *Fall Break (no classes): 11/22/21 – 11/26/21*
- *Thanksgiving Holiday (all campuses closed): 11/24/21 – 11/26/21*
- *Final examinations: 12/11/21 – 12/17/21 This class 10*
- *Last day to petition to file P/NP option: 12/17/21*
- *The semester ends: 12/17/21*
- *Grades available for transcript release: approximately 01/07/22*

## **Academic dishonesty**

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

## **Disruptive behavior**

Student behavior or speech that disrupts the instructional setting will not be tolerated (this also happens in online classes). Disruptive conduct may include but is not limited to unwarranted

interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

### **Inclusive Language in the Classroom**

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It, therefore, encourages instructors and students to use language that is inclusive and respectful.

### **Setting Your Preferred Name in Canvas**

Students can have an alternate first name and pronouns appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the [Student Information Update Form](#).

### **Canvas Information**

Being able to log into canvas is important if the college website is down. This is the direct link instead of going through the college website.

Log in to Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birthdate

For tech help, email [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160

Canvas Help for students: <https://www.redwoods.edu/online/Help-Student>

Canvas online orientation workshop: <https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources>

## **Community College Student Health and Wellness**

Resources, tools, and training regarding health, mental health, wellness, basic needs, and more designed for California community college students, faculty, and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email [counseling@redwoods.edu](mailto:counseling@redwoods.edu).

## **Emergency procedures / Everbridge**

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus, you will receive an alert through your personal email and/or phone. Registration is not necessary to receive emergency alerts. Check to make sure your contact information is up to date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or [security@redwoods.edu](mailto:security@redwoods.edu) if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the district:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus unless it has been deemed safe by the campus authorities.

## **Del Norte Campus Emergency Procedures**

Please review the [Crescent City campus emergency map](#) for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information, see the [Redwoods Public Safety Page](#).

## Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [Redwoods Public Safety Page](#). It is the responsibility of the College of the Redwoods to protect life and property from the effects of emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others, if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus unless it is necessary to preserve life and/or has been deemed safe by the person in command.

## Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) aids students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including the textbook award, career academic and personal counseling,



school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!

- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active-Duty Military, Veterans, and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821

*Note: The instructor has the right to make changes to this syllabus during the semester.*