

Principles of Health Education

HLED B1, CRN #31882 / Tuesdays 6:00-9:07 / Room #LA223 / Spring 2004



Instructor: Ron Jones, MS

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Text: *Core Concepts in Health* by Insel & Roth (9th Edition)

Office Hours: By arrangement before or after class.

Course Objective: To encourage you to be a healthier and happier person mentally, socially, emotionally, environmentally, nutritionally, and physically! ☺

Key Chapters: #1: Taking Charge of Your Health; #2: Stress: The Constant Challenge; #3: Psychological Health; #9: Nutrition Basics; #10: Exercise for Health & Fitness; #11: Weight Management; #12: Cardiovascular Disease & Cancer; #14: The Challenge of Aging; #16: Personal Safety: Protecting Yourself from Injuries & Violence; #17: Environmental Health.

Special Topics: (with outside resources in addition to text)

- ✓ Living a Wellness Lifestyle in an ACEs Community
- ✓ Psychology of Exercise, Behavior Change, & Mental Skills for Movement
- ✓ Nutrition (portion sizes, fast food, eating log)
- ✓ Fitness, Exercise, & Physical Activity for Life
- ✓ Quality Aging
- ✓ Being Safe & Healthy in your Community
- ✓ Using Technology to Access Health & Fitness Information

Assignments & Grading: *(See “Grade Calculations” for assignment weighting details)

We will cover 1-2 chapters per week plus supplementary material. Key chapters and topics will be given extra emphasis; other chapters will be adjusted. For full credit, all assignments are due at the BEGINNING of class! *Please note—Course agenda and syllabus is subject to slight change or adjustment as needed to assure quality of experience and maximum comprehension.*

- Quizzes: (1 grade) Amount and times TBA.
- Exams: (2 grades) There will 4 section exams *not counting* the final exam. NO make ups. You will drop your lowest exam score.
 - Exam Sections:
 1. Wellness, ACEs, Behavior Change Psychology, Mental Skills
 2. Nutrition, Fitness,
 3. Weight, & Healthy Aging
 4. Clinical Health: Sex, Disease, Drugs, Infection, Body Art, etc.
- Final Exam: (3 grades) **Tuesday, May 18th** (cumulative)
 - Final exam will be cumulative but weighted towards key chapters and topics.
- Web Research Assignments: (2 grades) Details TBA
- Health Handouts: (2 grades) Details TBA
- Extra Credit: Details TBA

Class Format: Turn in assignments (due at beginning of class) or take exams; discuss “Today’s Health News” & “Fit Tips” topics; weekly lesson and assignments; break @ 7:15-7:30.

Weekly Updates! Updates, syllabus changes, and other important information will be available on my website at: www.ronjones.org/Health&Fitness/HealthCourses/index.html

Students with Disabilities: If accommodations are needed, please contact Supportive Services in FACE 16 @ 395-4334 as soon as possible to better ensure such accommodations are implemented in a timely fashion.

*** Syllabus subject to change at discretion of instructor. (1-21-04)**