

**EL CAMINO COLLEGE - COMPTON EDUCATION CENTER**  
**FALL 2016**

**Course # + Title:** CH. 001 – Contemporary Health  
**Instructor:** Prof. Lamarr T. Biffle  
**Section Number:** CH. 001-9600  
**Lecture Meeting Days:** Saturday  
**Lectures Times:** 9-12:10  
**Meeting Room:** V-70  
**Instructor Telephone:** (310) 900-1600  
**Cell Phone #:** (562) 500-4271  
**Instructor's Office:** Physical Education Building  
**Office Hours:** By Appointment  
**E-Mail:** [lbiffle@elcamino.edu](mailto:lbiffle@elcamino.edu)

**I. REQUIRED TEXT:**

**Title of Text:** "Essential Concepts for Healthy Living"  
**Author's Name:** Alters and Schiff  
**Edition:** Eighth Edition (or any previous edition)  
**Optional Text Requirement:** Course workbook  
**Supplemental Materials:** DVD's

**II. Course Description:**

This class is designed to provide a critical analysis of factors which affect personal and community health. Primary emphasis is placed upon self-empowerment and disease prevention in a culturally diverse community. General topics include communicable and non-communicable disease; physical fitness, weight management, and nutrition; human reproduction and sexuality; stress management and mental health; drug use and abuse; and environmental health.

NOTE: Course satisfies section A, Area 5, of the Associate Degree requirements.

**III. Course Prerequisites:**

Eligibility for English A or 84

**IV. Course Objectives:**

- A. Compare and contrast the dimensions of health and wellness.
- B. Analyze the cause, prevention and treatments of chronic and infectious disease.
- C. Analyze the effects of lifestyle influences on each of the major causes of death in the United States.
- D. Examine the components of fitness and the benefits of physical activity as they relate to overall health and wellness.
- E. Compare and contrast healthy eating styles and fad diets.
- F. Assess total caloric intake and output as they relate to total energy balance and body composition.
- G. Evaluate various methods of determining body composition and rate these methods for reliability.

- H. Compare and contrast contraceptive devices and childbirth options.
- I. Examine human sexuality and reproduction and analyze environmental and cultural influences on behavior and reproductive choices.
- J. Examine personality theories as they relate to stress management.
- K. Analyze stress and its effects on the body and evaluate various stress management techniques.
- L. Compare and contrast drug use, misuse, and abuse.
- M. Categorize the major drug classifications and the effects they have on the human body.
- N. Examine the addiction process and evaluate the probable causes.
- O. Assess the major threats to environmental health.
- P. Examine and explain the major factors involved in consumer protection.
- Q. Compare and contrast alternative therapies with traditional medical treatment in the prevention and treatment of health issues.

### **V. Student Learning Outcomes:**

- A. Shop, plan, prepare, and analyze balanced and nutrient rich meal plans. These meal plans should aid in decreasing hypokinetic diseases such as heart attack, stroke, cancer, diabetes, and promote lifelong physical fitness, health fitness, and psycho-sociological fitness."
- B. The student will identify the seven warning signs of cancer.
- C. The student will identify the risk factors of cardiovascular disease.

### **VI. Assessment Activities:**

- A. Weekly Discussion Questions.
- B. Weekly Reflective writing that addresses the weeks reading's, the class discussions and the video clips.
- C. Minimum of two comments to class mates postings.
- D. Group collaboration on CLC Success Team Project.

### **VII. Evaluation Criteria:**

- A. Discussion questions.
- B. Reflective writing
- C. Weekly quizzes
- D. Final Exam

### **VII. Grading Scale:**

100 - 96	=	A+
95 - 91	=	A
90 - 88	=	A-
87 - 84	=	B+
83 - 81	=	B
80 - 78	=	B-
77 - 74	=	C+
73 - 71	=	C
70 - 68	=	C-
67 - 64	=	D+
63 - 61	=	D
60 - 58	=	D-
57 - 0	=	F

### **VIII. Attendance Requirements:**

As a 3 unit online class you are required to spend a minimum of three hours per week doing assignments, discussions, collaboration, and research. The course activity meter will let me know when and how long you are logged on for. Please be sure to log on during the first week of the semester, post a greeting to your classmates in the "Chat Room," so that you are not dropped from the class.

### **IX. Statement of Student Conduct:**

The El Camino College – Compton Education Center faculty, staff and administration are dedicated to maintaining a positive learning environment. Optimal standards for behavior are essential to the maintenance of a quality college environment. These standards will apply to all students on campus, other college properties, or while attending any college-sponsored event. (Student Handbook pp. 17)

The instructor in this course will allow students to make up missed work and turn in late work, but for partial credit only, not to exceed 25 percent of the highest grade possible.

Cheating, plagiarism (including plagiarism in a student publication, or engaging in other academic dishonesty are prohibited. (Student Handbook pp. 17)

Any use of technology provided by the student to record, tape, photograph any lecture or class session must be cleared with the instructor in advance.

### **X. Special Accommodations:**

In compliance with ECC Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973 – Sections 504 and 508, and the Americans with Disabilities Act, instructional delivery shall provide access, full inclusion, and effective communication for students with disabilities. Instructional delivery methods may include, but are not limited to, Braille/audiotape for print material, on-site interpreter/real-time transcription/live captioning for audio material, captioning for video material, alternative text for images, and captioning of audio information for electronic media materials (such as web and online)

### **XI. Disclaimer Statement:**

Students will be notified ahead of time when and if any changes are made to course requirements or policies

### **XII. Semester schedule of topics and assignments:**

#### **WEEK 01: Chapter 01**

- A. Health: the foundation of life
  - 1. Discussion questions 1-4, pp. 23
  - 2. Chapter quiz.

#### **WEEK 02: Chapter 02**

- A. Psychological health.
  - 1. Discussion questions 1-4, pp. 49.
  - 2. Chapter quiz.

#### **WEEK 03: Chapter 03**

- A. Stress and its management.
  - 1. Discussion Questions 1-4, pp. 71.

2. Chapter quiz.

**WEEK 04: Chapter 04**

- A. Violence and abuse.
  1. Discussion questions 1-4, pp. 90.
  2. Chapter quiz.

**WEEK 05: Chapter 05**

- A. Reproductive health.
  1. Discussion questions 1-4, pp. 129.
  2. Chapter quiz.

**WEEK 06: Chapter 06**

- A. Relationships and sexuality.
  1. Discussion questions 1-4, pp. 157.
  2. Chapter quiz.

**WEEK 07: Chapter 07**

- A. Drug use and abuse.
  1. Discussion questions 1-4, pp. 185.
  2. Chapter quiz.

**WEEK 08: Chapter 08**

- A. Alcohol and tobacco.
  1. Discussion questions 1-4, pp. 219.
  2. Chapter quiz.

**WEEK 09: Chapter 09**

- A. Nutrition
  1. Discussion questions 1-4, pp. 253.
  2. Chapter quiz.

**WEEK 10: Chapter 10**

- A. Body weight and its management.
  1. Discussion questions 1-4, pp. 279.
  2. Chapter quiz.

**WEEK 11: Chapter 11**

- A. Physical fitness.
  1. Discussion questions 1-4, pp. 311.
  2. Reflective/Journal writing pp. 311.

**WEEK 12: Chapter 12**

- A. Cardiovascular health.
  - 1. Discussion questions 1-4, pp. 339.
  - 2. Chapter quiz.

**WEEK 13: Chapter 13**

- A. Cancer
  - 1. Discussion questions 1-6, pp. 375.
  - 2. Chapter quiz.

**WEEK 14: Chapter 14**

- A. Infection, immunity, and noninfectious disease.
  - 1. Discussion questions 1-6, pp. 420.
  - 2. Chapter quiz.

**WEEK 15: Chapter 15**

- A. Aging, dying, and death.
  - 1. Discussion questions 1-4, pp. 448.
  - 2. Chapter quiz.

**WEEK 16: Chapter 16**

- A. Environmental health.
  - 1. Discussion questions 1-4, pp. 472.
  - 2. Chapter quiz.

Students, for all assignments on the topics you are required to get research articles, print them, and bring them to class.

**9/3** Improving Lifestyle Habits – Enhancing the Quality of Your Life  
Intro

**9/10** Topic: Stress

- Defining stress in your life
- How to manage your stress
  - o Lifestyle, home, relatives, school, job, etc.
  - o Good stress/bad stress

**9/17** Research related to stress

**9/24** Research related to stress

**10/1** Research related to stress

**10/8** Research articles related to nutrition  
Create a write up on what was learned and apply strategies to situations in your life.

## Nutrition: Eat to Live, not Live to Eat

**10/15** Topic: Nutrient-rich foods for the body

**10/22** Obesity, Diabetes

**10/29** Obesity, Diabetes

**11/5** Apply what you learned from the research to your daily lives, then write about what you learned and the overview of your experience.

### **11/12 – 12/3 – Activity**

- Research articles
- Apply learned activity during class
- Find an activity/activities that will work for you for lifestyle habit purposes
- Final write up your experience on what you learned