

# Healthful Living 110

## Fall 2019

Office hrs.: Tues. & Thurs.: 11:50-1:30  
3:00-3:50



Dr. Dave Shrock, FRGS

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class info: <http://shrockd.faculty.mjc.edu>

grades and project submission:

<https://modesto.instructure.com/login/canvas>

### ❖ Course Syllabus - *Lecture Classes* ❖

#### Course Description:

Consideration of factors in selection of a plan for healthful living. Emphasis on self-assessment through gathering and analyzing information to take charge of life, while setting new goals. Focus on emotional, physical, and societal wellness in achieving human potential.

#### Student Learning Outcomes for MHE 110:

1. Define health and wellness
2. Describe 3 techniques for managing stress
3. Identify how proper nutrition and regular exercise can enhance personal health
4. Identify 3 healthy behaviors that will reduce the risk of developing a disease

Prerequisites: None

#### Required Materials:



**Health: The Basics**, by Rebecca J. Donatelle. 13<sup>th</sup> edition-2019: ISBN: 978-0-134-70968-0, or the 12<sup>th</sup> edition-2017, ISBN: 978-0-134-18326-8. The 13<sup>th</sup> edition will be the primary reference, though the 12<sup>th</sup> edition contains almost the same information.

You may also purchase the electronic version (e-text book) at substantial savings at:

<http://www.mypearsonstore.com/bookstore/health-the-basics-9780134709680?xid=PSED>

**Note:** There are also many on-line book sellers that offer the 'hard-copy' text book at substantial discount.

You will not be able to resell any text purchases online.

- ❖ note paper and pens-pencils to take notes
- ❖ **fifteen lined 5x8 index cards** (mandatory for pop quizzes and class assignments)

**Grading Policy:** The course final grade will be determined by the total number of points scored during the term, weighted according to the following areas:

- ❖ 10 quizzes or class assignments: 40% (400 pts.)
- ❖ health research project: 30% (300 pts.)
- ❖ mid-term examination: 10% (100 pts.)
- ❖ final examination: 20% (200 pts.)
- ❖ A=100-90%(1000-900pts); B=89-80%(899-800pts); C=79-70%(799-700pts); D=69-60%(699-600 pts); F=59-0%(>599pts)

**Excused Absences:** If you miss more than two classes in a row due to illness or to take care of personal business, be sure to phone me or e-mail me. No contact-no consideration for unexcused absences or the makeup of missed assignments. You must e-mail me before, or on the day of the absence. Whether an unexcused or excused absence, you are still responsible for all quizzes or course assignments with-in two weeks of returning to class.

**Drop Policy:** Federal and state regulations require students to **participate regularly**.

- If you are ill or have a family emergency that prevents you from participating for more than a week, contact Dr. Shrock.
- If you miss two consecutive assignments, you may be dropped from the class. Please contact me in advance should any issue arise that may require your inability to participate.

**Note on e-mails:** Only yosemite.edu student e-mail accounts will be utilized. If I do not reply to you with-in a reasonable time, assume I did not receive your e-mail, call me at 209.575-6337 and leave a message if necessary.

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**Pop Quizzes:** You will be given 10 (ten) unannounced quizzes or assignments during the course of the term worth 40 points each. Quizzes are closed book and closed note, though quiz clues are posted on course website.

**Quiz make-ups:** If you have an excused absence and have contacted Dr. Shrock, you have two weeks from your return to class to make up missed quizzes. You must e-mail me before, or on the day of the absence.

**Extra Credit Opportunities:** The MJC Health Services Department, and the Science Department (MAPS) often offers one hour workshops throughout the semester discussing healthful living topics. A student may receive 20 (twenty) extra points (*up to 100 points*) for each seminar attended by providing a signed attendance confirmation slip and turning in a 5x8 index card reviewing what was discussed at the seminar/presentation.

**Semester Health Research Projects:** Everyone is required to complete one term health research project taken from the list of project suggestions counting towards 30% of your final grade. Pick a topic which is most relevant to you. **Projects are to be typed, and a minimum of four pages (1200 words)**, although journal entries or tables may be hand written that accompany the four page typed project summation. Photos, DVD's or relevant materials may also accompany projects. Projects may be turned in early, **but not later than Thursday, 7 November at 4:30pm in John Muir Hall, 157-I.**

In addition to turning in a 'hard-copy' of your assignment with supplemental documents, you are required to submit the text portion to Turnitin.com via the class grade website: <https://modesto.instructure.com/login/canvas>

Failure to turn either your hard and/or electronic copies in by the deadline may result in you receiving zero credit for the assignment. Any projects turned in after the deadline will have 25% (twenty-five percent) deducted from the assignment grade; and most likely will not be graded until the following semester resulting in you receiving an incomplete for the semester grade until the project is graded.

*If you have any questions concerning this process, ask before 4:30pm on 7 November!*

**Note:** Though the WWW is a valuable resource, projects are not to be taken word-for-word from the www/internet.

'Wikipedia' is a great initial resource site, but should not be utilized as a reference in your final paper.

If it is found that you have plagiarized the WWW or another source, you will receive no credit for the project, and may be referred to the Dean of Allied Health/Family Consumer Sciences and the Vice President of Student Services for possible disciplinary action.

**Class Information Available on the Web:** You can find all class information, handouts, lecture notes, and quiz clues on the class website: <http://shrockd.faculty.mjc.edu>.

Assignment grades can be viewed on the course Canvas page: <https://modesto.instructure.com/login/canvas>. It is suggested once you log-on that you save these URLs in your 'favorites' folder for easy reference.

**General Information:**

- ❖ Arrive on time for class, and make sure that you turn off any mobile phones, in addition to removing headphones
- ❖ Take quizzes and tests when scheduled and turn in all assignments on time
- ❖ If you have contacted the instructor allowing excused absences, you are still responsible for making up any and all quizzes or projects no later than the week before finals
- ❖ Be respectful of all class members and the professor
- ❖ If you will be using a laptop or tablet during the class you are asked to sit in the first five rows of the classroom
- ❖ It is the responsibility to ask questions if you do not understand information from the lectures or readings
- ❖ It is the student's responsibility to drop the course if it cannot be completed. A grade of 'F' may be given to students who do not drop classes by the **final drop date, which is Thursday, 14 November by 5:00pm**
- ❖ Keep all returned work and exams as proof of points earned
- ❖ Use all MJC facilities available to help you: Tutoring Centre, Writing Centre, Computer Labs, Health Services, Disability Services and the Library...many of which are available on both campuses.
- ❖ There are editions of the text are available at the MJC West Library Reserve Desk (*upstairs of Yosemite Hall*) and the East Campus Centre for Learning available for checkout for two hours at a time
- ❖ Course topics, reading assignments, important deadline dates, and examination dates are indicated on a separate class agenda

***This may very well be one of the most important college classes you will take  
All the math, science, English and career classes you will ever take will be of less  
value if you don't have a healthful life from which to utilize them!***