

HEALTH SYLLABUS

Fall 2007

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The goals of Maybeck's Health class are:

- To provide students with essential health information along with the resources and guidance to find out more when they need or want to
- To provide students with a positive, supportive, and engaged group of peers with whom they can share and discuss a broad range of health-related topics
- To provide a diverse set of experts on the class topics who can present knowledgably and from experience
- To help steer students toward healthy choices and lifestyles by looking honestly and realistically at scientific information, current situations, and options for their lives

Across the curriculum students will learn how to apply these three key elements:

AWARENESS

COMMUNICATION

SUPPORT

Primary assignments:

- | | | |
|---|-------------------------------|---|
| • Journal entries | • Preparing Questions | • Keeping logs (time use, food, mood, sleep...) |
| • Reading the textbook: <u>Core Concepts in Health</u> | • Interacting with presenters | • Internet homework |
| • Presentations | | |

Grading:

Journal reflections are central to this class. frequent journal entries should be at least 1–2 pages in length. Journals will be collected and reviewed every few weeks. You can't get an A in the class if you miss more than two entries, can't get a B if you miss more than four, etc.

Semester grades will be calculated by adding up the points for journals (5 each), assignments (1–5), presentations (15), and then adjusting that grade by as much as a full letter grade up or down depending on participation in class discussions, activities and presentations.

Major Topics:

Nutrition

Exercise & Fitness

Psychactive Drugs

Alcohol & Tobacco

Stress

Psychological Health

Sexual Orientation &

Gender

Relationships &

Communication

Sexuality

Pregnancy & Childbirth

Contraception & Abortion

Immunity & Infection

STDs & AIDS

Cardiovascular Disease &

Cancer

Environmental Health

Class Rules:

1. **Be sure to check in with the instructor if you miss a class and then take the initiative to make-up missed work.**
2. **Participate: be respectful and attentive to classmates and outside speakers. You need to share ideas, thoughts, beliefs and experiences in discussions. You should challenge yourself to be involved in discussions and understand others' perspectives.**
3. **Maintain confidentiality. Don't talk about the people and personal discussions of the class outside of class. Share only information unconnected to classmates (health information, statistics, warnings, tips, information about outside speakers) with people not in health class.**
4. **Do not talk about health students who aren't in the room.**
5. **If you are uncomfortable about any part of the class, talk to the instructor.**