

Allan Hancock College Fall 2021

Course Name & Number: Health & Wellness (HED 100) -- CRN #

Instructor Name: Dr. Sherman Vernon

Location: Lompoc Campus (Public Safety Training Complex)

Day & Time: Wednesday 6:30p- 9:30p / **Office Hours:** T & TH 12:30p- 1:15p (set appointment)

COURSE DESCRIPTION: Health Education is designed to help students assess their health status and use those assessments to change behaviors that contribute to unhealthy lifestyles. Students are provided with a broad foundation of knowledge dealing with mental health, stress management, fitness, diet and weight control, prevention and control of communicable and non – communicable diseases, drugs and alcohol, first aide, cancer prevention & control, and community health services.

CLASS MATERIALS:

Book: Mindfulness Edition. HEALTH - THE BASICS [R.J. Donatelle 13th Ed]
(Paper, writing tools, & other things as required by instructor)

STUDENT CONDUCT:

Rules- No use of phone, tablet, or electronic devices (unless approved by instructor in advance) No use of Foul Language, No fighting, No eating or drinking (except for water) in room while class is in session. Additional rules and requirements for positive class efficiency and effectiveness may be added by instructor as needed.

Behavior- Be Respectful, Attentive, Collaborative, & Responsive.

Attendance- Attendance is an absolute MUST!!! Be in seats and ready to take roll no later than 6:35p. (Notify instructor by e-mail if you cannot attend prior to absence)

Participation- EVERYONE (All Students) MUST PARTICIPATE!!!

Grading- Attendance / Participation = 20 pts each class: Performance Blocks = 100pts each

Mid Term / Final Essay = 50pts each

Letter grades will be established by combining the Blocks, A/P, & Mid Term / Final scores on a % scale.

[100-90=A; 89-80=B; 79-70=C; 69-60=D; 59 & Below=F]

COURSE OUTLINE

Practice Study Sets: Chapter 1-16 (if time permits)

Performance Blocks: Every 3rd Chapter (will do at least 4 blocks)

Mid Term: Essay on Why did I take this course & Health / Wellness subject?

Final Essay: How did this course benefit / not benefit me?

(APA format w/ 3 references, 2pgs, Double Spaced, T. Roman #12, 1' Margins)

Final: Performance Block (last Block or Chapter)

COURSE OUTCOMES

Initial

1. Provide certified training & instruction
2. Enrolled Students learn the environment of Health & Wellness for mind & body
3. Positive fellowship & participation.

Intermediate

1. Learn / maintain how to apply information being taught to life situations.
2. Gain new or maintain positive understanding & working knowledge of health information.

Long Term

1. Combine personal understanding of self with learned or enhanced knowledge from course and use for positive results in future operation of health and life.

THE AMERICANS WITH DISABILITIES AMENDMENTS ACT (ADAAA) OF 2008

Congress passed the ADAAA of 2008 and it was signed into law in January 2009. The ADAAA was written to better provide definition to the intent of the ADA for the purposes of court interpretations and to further provide changes that apply to Section 504. Relevant changes that relate to classroom accommodations include, but are not limited to:

The definition of "major life activities" was expanded to include learning, reading, concentration, and thinking. Additionally, the definition of "major bodily functions" was expanded to include neurological and brain functions.

Under the ADAAA a person cannot be denied protection simply because he or she uses a mitigating measure, such as taking medication or using a hearing aid. **For more Information call (805) 735-3366 x5274 or (805) 928-7834 [TTY/TDD for the Deaf]**

Information subject to change at discretion of instructor, if necessary for positive operation of course.

Contact Information: Dr. Sherman Vernon / Email: svernon@hancockcollege.edu