

# Course Syllabus

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## HEALTH 21: Contemporary Health

De Anza College

Winter 2019, 4.0 Units

HLTH-021-.63Z, CRN 01005; HLTH-021-.66Z, CRN 35479

Instructor: Barbara Liechty

Searchable Schedule of Classes: <http://www.deanza.edu/schedule/>  [\(http://www.deanza.edu/schedule/\)](http://www.deanza.edu/schedule/)

Academic Calendar: <http://www.deanza.edu/calendar/>  [\(http://www.deanza.edu/calendar/\)](http://www.deanza.edu/calendar/)



**Hygeia, Goddess of Health**, is the Greek goddess

of health and is often symbolized with a snake which is related to healing (the symbol of the modern medical profession is a staff with a snake wrapped around it). Hygeia was one of the daughters of the Greek god Asclepius, the great physician. From Hygeia we get our word hygiene and its derivations. Although, preserving health is a fundamental, critically important and self empowering component of life, our modern culture reveres and revolves around medical technology curing disease. This course is about prevention and empowering individuals and communities to be guardians of their individual and collective health while also being discriminating, informed consumers of medical technology and services.

### COURSE DESCRIPTION (College Catalog)

Development of understanding and attitudes relative to personal, family and community health needs. Attention given to mental health, drug abuse, infectious and degenerative diseases, family health, nutrition, exercise through the life cycle, and ecological conditions of health significance. Study of common lifestyle behaviors will be emphasizing self-help and preventable aspects of medical care.

### STUDENT LEARNING OUTCOME

- Appraise the interrelationship between individual lifestyle choices, societal influence and personal health.

### ONLINE CONSIDERATIONS

- This section of Health 21 is an online course administered using Canvas. All work, testing, and communication will be completed

online. There will be no on-campus meetings. Students must feel comfortable learning independently and communicating online. Students must be disciplined and responsible.

- Canvas will be used to administer exams and for all course work and responsibilities, including office hours. If you do not have easy, reliable access to a computer with high speed internet and a current version of MS Word, are not comfortable testing online, using a course management system, learning independently, or communicating online, consider taking an on-campus class.
- Student Success in this class requires **TIME**. Be prepared to spend at least 12 hours a week using and studying the course materials. *Time Management skills are essential for staying on top of the material.* Evaluate your priorities. Do not attempt to take this class if you are stretched too thin this quarter. Be realistic as to what you can accomplish with what time and energy you have to give to this class. There are no shortcuts to learning and mastering content.
- **NetTutor**, an online tutoring service, can be accessed from the left Global Navigation Panel on our Canvas course site. The **Student Success Center** (see below) offers free tutoring for many classes.

## PREREQUISITES

EWRT 1A or ESL 5 advised.

## NOTE TO STUDENTS WITH DISABILITIES

If you have a disability-related need for reasonable academic accommodations or services in this course, it is your responsibility to meet with a Disability Support Services (DSS) counselor or the Educational Diagnostic Center (EDC) advisor. The counselor / advisor will make further determinations and send documentation, if appropriate, to your instructor. Arrangements with DSS or EDC must be made in a timely way so documentation is provided the first week of the term. For further information, contact:

- Website: <http://www.deanza.edu/dsps/>  (<http://www.deanza.edu/dsps/>)
- Disability Support Services 408-864-8753
- TTY number: 408-864-5650 or Relay System call 711
- Educational Diagnostic Center 408-864-8839

## STUDENT SUCCESS CENTER

If you need help with your academics, the [De Anza Student Success Center](http://www.deanza.edu/studentsuccess/)  (<http://www.deanza.edu/studentsuccess/>) offers free tutoring for many classes. Visit the website for hours and information about workshops, group, drop-in, weekly, individual, and online tutoring.

- Academic Skills Center for workshops and adjunct study skills courses, ATC 302
- General subject tutoring, ATC 305
- Listening and speaking and world language support, ATC 313
- Math, science, and technology tutoring, S43
- Writing and reading tutoring, ATC 309

## INSTRUCTOR INFORMATION: BARBARA LIECHTY

Barbara Liechty earned her MPH in Community Health Education from San Jose State University and BS in Public and Community Health Education from Arizona State University. Barbara is particularly interested in personal health and fitness, behavior change,

community organizing, and political action. She has been an instructor at De Anza College for over twenty years.

- Online Office Hours: Mondays, 8:00 pm - 9:00 pm. Instructor will monitor Conversations (Canvas email tool) and be in the course site during these times.
- Canvas: <https://deanza.instructure.com> (<http://deanza.instructure.com>)
- Online Education Center: <https://www.deanza.edu/online-ed/> [↗](#) (<https://www.deanza.edu/online-ed/>)
- E-mail: [liechtybarbara@fhda.edu](mailto:liechtybarbara@fhda.edu) (<mailto:liechtybarbara@fhda.edu>) (please communicate in Canvas once the class begins)
- Website (being revised): <http://faculty.deanza.fhda.edu/liechtybarbara/> [↗](#) (<http://faculty.deanza.fhda.edu/liechtybarbara/>)

## PURCHASE COURSE MATERIALS

De Anza College Bookstore - Purchase textbooks online at <http://books.deanza.edu/home.aspx> [↗](#)

(<http://books.deanza.edu/home.aspx>)

Phone: General Information/408-864-8701; Textbook Information/408-864-8455

- Access to Health, Donatelle, Rebecca, **13th ed. (required)**.
- **Health 21 does NOT require an access code.** The class will be conducted in Canvas.
- The DAC campus bookstore is the best place to purchase the textbook. If you buy the textbook online, be certain you purchase the correct edition of the text. Study tools match the text edition.



## GETTING STARTED and REQUIREMENTS

- Our Canvas course site has all the study tools and instruction you need to do well in the class. Pay attention to deadlines and do the work as directed. And, communicate with your instructor and classmates!
- There will be no campus meetings for this online section of Health 21. **To demonstrate your intent to maintain your enrollment (to not be dropped as a 'no show'), students must logon to our Canvas course site and click through the Week I resources (spend significant time orienting themselves to the course site) by Wednesday, January 9, 5:00 PM. No exceptions.** The instructor is required to drop students who have not logged on by the date and time above. Dropping 'no show' students is enforced College policy. Students who are dropped as a 'no show' will not be added back into the course.
- Review the Online Education Center [Student Orientation](https://sway.com/p6KDTuWI0k3kztfq) [↗](#) (<https://sway.com/p6KDTuWI0k3kztfq>). This is a comprehensive orientation to De Anza College, online learning at De Anza, and resources available to online students.
- Students new to Canvas, De Anza's e-classroom software, are invited to attend one of the two optional, face-to-face **Getting Started with Canvas Workshops** [↗](https://www.deanza.edu/online-ed/) (<https://www.deanza.edu/online-ed/>) the first week of classes: **Tuesday, January 8, 4:00 - 5:00 PM, MLC 255, or Friday, January 11, 12:30 - 1:30 PM, MLC 255.** The sessions sponsored by the Online Education Center are identical and no reservation is required. You can also explore the Canvas Student Resource Library available in the Canvas Help menu. Included is a Sample Course where you can self-enroll and practice using Canvas.
- If you cannot make it to the on-campus Canvas orientation sessions and are new to Canvas, you are encouraged to review the [Online Education Center Orientation](#). Knowing how to navigate, upload, communicate, test, etc in Canvas is your

responsibility.

Be prepared to spend a **minimum of 12 hours per week** reading, using, and studying course materials. More time may be necessary depending on English skills, study skills, and/or health background. The term will pass quickly so plan your time accordingly.

- Health 21 **requires** that all enrolled students have easy, reliable access to an up-to-date computer and high speed internet that will allow access to Canvas. Minimum System Requirements Include: current version of MS Word, Firefox (required for testing), Shockwave, Flash, and QuickTime.
- Study the twenty-one chapters of the textbook and accompanying FOCUS ON sections using the study tools and resources in the textbook and on Canvas.
- Write and submit for evaluation a concise paper (instructions on Canvas course site) demonstrating understanding of the course Student Learning Objective: Appraise the interrelationship between individual lifestyle choices, societal influence and personal health.
- Take the three examinations and complete quizzes as assigned and scheduled on Canvas.
- Participate in on-line class learning opportunities.

## **COURSE OBJECTIVES**

- Analyze major global public health issues and the impact of culture on health behavior.
- Identify and evaluate personal and societal health risk factors and alternatives.
- Investigate and analyze issues influencing health care access and delivery.
- Explain the disease process for the leading causes of death and disease.
- Summarize important environmental and cultural concerns related to health that lead to disease locally and globally.
- Develop a sense of consumer awareness as it relates to and influences health decisions.
- Analyze the historical, medical, and sociological aspects of addiction.
- Distinguish the stages of life and identify the relevant health issues/concerns related to each.

## **UNIFORMLY ENFORCED COURSE POLICIES**

- Health 21 is a **completely online course that requires students to take responsibility for their learning**. Learning in this online class is considerably more autonomous than in a class taken on campus. The instructor does not meet in-person with students, there are no on-campus meetings, and there is no exception to either. The class meets the traditional office hour requirement by using the Canvas communication tools. All course communications must be sent using the Canvas communication tools.
- It is the **student's responsibility to know and abide by all College and class dates and deadlines**. This includes course dates and deadlines for quizzes, exams, and assignments and the College enforced dates and deadlines. Maintaining enrollment or dropping in accordance with posted dates is a student's responsibility.
- **Each student's first and last name on the class list (roster) must be the same first and last name in Canvas**. If you use a name other than the name that the College has on record (on the class list), College policy requires you to document the 'preferred' name. Go to Admissions and Records to complete the paperwork so the preferred name becomes an official part of your record. If you change your name legally, update your name with the College and notify your instructor.
- **Exams and quizzes must be taken when scheduled**. Students must allocate time to complete Health 21 course work.

Employment, your other class commitments, vacation, personal obligations, etc are not valid reasons for missing an exam or quiz. A missed exam or quiz, for whatever reason, can be made up only with approved documentation for the entire testing period. An emergency or any type of urgent situation must be documented. No exceptions.

- The instructor is responsible for the integrity of all assessment tools. **To discuss a specific question about an assessment, notify the instructor** so your concern can be addressed individually.
- Students are encouraged to participate and communicate. **All students must practice professional behavior when communicating.** The College defines unprofessional behavior as Disruptive Behavior in the following way: (1) is disrespectful, offensive, and/or threatening; (2) interferes with the learning activities of other students; (3) impedes the delivery of college services; and/or (4) has a negative impact in any learning environment. Disruptive behavior includes physically or verbally harassing, threatening, or abusing or acting abusively toward an instructor, staff member, or student in any activity authorized by the College. Refer to Calif. Ed. Code, Section 66300 Student Code of Conduct. Reference the De Anza Student Handbook for additional information.
- **Students are required to comply with all rules, regulations, and behavioral expectations and are subject to consequences as outlined in the Biological, Health and Environmental Sciences Student Handbook:**  
<http://www.deanza.edu/bhes/StudentHandbook.pdf>  (<http://www.deanza.edu/bhes/StudentHandbook.pdf>)

## TESTING AND GRADING

Testing is conducted online in Canvas. Exams allow a single access, are timed, and are open text and notes.

### Points toward HEALTH 21 Course Grade:

- Three exams (50 each) 150
- Written Assignment 40
- Participation 20

Total possible points: 210

### Grading Standard for HEALTH 21 Course Grade (total points = 210):

**A+** 210 - 205 points **A** 204 - 195 points **A-** 194 - 189 points

**B+** 188 - 184 points **B** 183 - 173 points **B-** 172 - 168 points

**C+** 167 - 163 points **C** 162 - 147 points

**D+** 146 - 142 points **D** 141 - 131 points **D-** 130 - 126 points

**F** 125 points and below

### Course Withdrawals and Attendance:

After the census is submitted, it is the student's responsibility to properly withdraw from the class. It is not the responsibility of the instructor to drop a student and the instructor cannot and will not drop a student who misses a drop/withdraw deadline. According to College policy, the student must officially drop classes in which s/he no longer wishes to be enrolled.

To drop or withdraw from the class, do so according to College policies and within posted dates (see academic calendar). Students

Who do not drop the course, do not drop the course correctly, or do not drop the course in a timely manner will receive the grade earned to date.

Logging onto the Canvas course site in accordance to posted dates and specific instructions indicates intent to participate. Students who do not logon to the course site will be dropped as a No Show and may or may not be eligible for a refund (see the academic enforced dates). **Monitor your individual enrollment. You are responsible for your enrollment status.**

### Policy on Copying and Cheating:

Students who submit the work of others as their own or cheat on exams or other assignments are guilty of a serious violation of academic integrity standards and will be subject to substantial consequences which might include any or all of the following, and/or other consequences not listed here: a failing grade on the work in question; reduced credit for the work in question or a reduction in the course grade; being reported to college authorities; college disciplinary action.

*Although every effort is made to ensure the accuracy of the information, mistakes can occur. In the event of any discrepancies, De Anza College policies and posted course policies prevail.*

## Course Summary:

Date	Details	
Mon Jan 7, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9029&amp;include_contexts=course_7456">Week 1: Start Here Module (https://deanza.instructure.com/calendar?event_id=9029&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9418&amp;include_contexts=course_7456">Winter Quarter Begins (https://deanza.instructure.com/calendar?event_id=9418&amp;include_contexts=course_7456)</a>	12am
Wed Jan 9, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9021&amp;include_contexts=course_7456">NO SHOW Deadline - 5 PM (https://deanza.instructure.com/calendar?event_id=9021&amp;include_contexts=course_7456)</a>	12am
Mon Jan 14, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9030&amp;include_contexts=course_7456">Chapters 1 &amp; 2 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9030&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9036&amp;include_contexts=course_7456">Office Hour (https://deanza.instructure.com/calendar?event_id=9036&amp;include_contexts=course_7456)</a>	8pm to 9pm
Sat Jan 19, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9013&amp;include_contexts=course_7456">Last Day to Add (https://deanza.instructure.com/calendar?event_id=9013&amp;include_contexts=course_7456)</a>	12am
Sun Jan 20, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9028&amp;include_contexts=course_7456">Last Day for Refund / Drop With No "W" (https://deanza.instructure.com/calendar?event_id=9028&amp;include_contexts=course_7456)</a>	12am

Mon Jan 21, 2019	 <b><u>Martin Luther King, Jr Day: Campus Closed</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9419&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9419&amp;include_contexts=course_7456</a> )	12am
Tue Jan 22, 2019	 <b><u>Chapters 3 &amp; 4 and Focus Ons</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9031&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9031&amp;include_contexts=course_7456</a> )	12am
Fri Jan 25, 2019	 <b><u>Introduction/Profile Picture Update</u></b> ( <a href="https://deanza.instructure.com/courses/7456/assignments/158511">https://deanza.instructure.com/courses/7456/assignments/158511</a> )	due by 11:55pm
	 <b><u>Scavenger Hunt Quiz</u></b> ( <a href="https://deanza.instructure.com/courses/7456/assignments/158507">https://deanza.instructure.com/courses/7456/assignments/158507</a> )	due by 11:55pm
Mon Jan 28, 2019	 <b><u>Chapters 5 &amp; 6 and Focus Ons</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9027&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9027&amp;include_contexts=course_7456</a> )	12am
	 <b><u>Office Hour</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9038&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9038&amp;include_contexts=course_7456</a> )	8pm to 9pm
Fri Feb 1, 2019	 <b><u>Last Day to Request P/NP</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9034&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9034&amp;include_contexts=course_7456</a> )	12am
Mon Feb 4, 2019	 <b><u>Office Hour</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9039&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9039&amp;include_contexts=course_7456</a> )	8pm to 9pm
Tue Feb 5, 2019	 <b><u>Exam 1 (Chapters 1 - 6 &amp; FOCUS ONs)</u></b> ( <a href="https://deanza.instructure.com/courses/7456/assignments/158505">https://deanza.instructure.com/courses/7456/assignments/158505</a> )	due by 11:55pm
Wed Feb 6, 2019	 <b><u>Post Exam 1/+4 Participation Quiz Opens</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9024&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9024&amp;include_contexts=course_7456</a> )	12am
Fri Feb 8, 2019	 <b><u>Post Exam 1 / +4 Participation Quiz</u></b> ( <a href="https://deanza.instructure.com/courses/7456/assignments/158509">https://deanza.instructure.com/courses/7456/assignments/158509</a> )	due by 11:55pm
Mon Feb 11, 2019	 <b><u>Chapters 7, 8 &amp; 9 and Focus Ons</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9017&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9017&amp;include_contexts=course_7456</a> )	12am
	 <b><u>Office Hour</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9040&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9040&amp;include_contexts=course_7456</a> )	8pm to 9pm
Fri Feb 15, 2019	 <b><u>Presidents' Day: Campus Closed</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9032&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9032&amp;include_contexts=course_7456</a> )	12am
Mon Feb 18, 2019	 <b><u>Presidents' Day: Campus Closed</u></b> ( <a href="https://deanza.instructure.com/calendar?event_id=9420&amp;include_contexts=course_7456">https://deanza.instructure.com/calendar?event_id=9420&amp;include_contexts=course_7456</a> )	12am

Tue Feb 19, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9016&amp;include_contexts=course_7456">Chapters 10 &amp; 11 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9016&amp;include_contexts=course_7456)</a>	12am
Mon Feb 25, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9020&amp;include_contexts=course_7456">Chapters 12 &amp; 13 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9020&amp;include_contexts=course_7456)</a>	12am
Fri Mar 1, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9025&amp;include_contexts=course_7456">Last Day to Drop with a "W" (https://deanza.instructure.com/calendar?event_id=9025&amp;include_contexts=course_7456)</a>	12am
Mon Mar 4, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9018&amp;include_contexts=course_7456">Chapters 14 &amp; 15 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9018&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9022&amp;include_contexts=course_7456">Office Hour (https://deanza.instructure.com/calendar?event_id=9022&amp;include_contexts=course_7456)</a>	8pm to 9pm
Tue Mar 5, 2019	 <a href="https://deanza.instructure.com/courses/7456/assignments/158508">Exam 2 (Chapters 7 - 13 &amp; FOCUS ONs) (https://deanza.instructure.com/courses/7456/assignments/158508)</a>	due by 11:55pm
Wed Mar 6, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9015&amp;include_contexts=course_7456">Post Exam 2/+3 Participation Quiz Opens (https://deanza.instructure.com/calendar?event_id=9015&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9044&amp;include_contexts=course_7456">Written Assignment Displays (https://deanza.instructure.com/calendar?event_id=9044&amp;include_contexts=course_7456)</a>	12am
Fri Mar 8, 2019	 <a href="https://deanza.instructure.com/courses/7456/assignments/158506">Post Exam 2 / +4 Participation Quiz (https://deanza.instructure.com/courses/7456/assignments/158506)</a>	due by 11:55pm
Mon Mar 11, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9019&amp;include_contexts=course_7456">Chapters 16, 17 &amp; 18 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9019&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9043&amp;include_contexts=course_7456">Office Hour (https://deanza.instructure.com/calendar?event_id=9043&amp;include_contexts=course_7456)</a>	8pm to 9pm
Mon Mar 18, 2019	 <a href="https://deanza.instructure.com/calendar?event_id=9026&amp;include_contexts=course_7456">Chapters 19, 20 &amp; 21 and Focus Ons (https://deanza.instructure.com/calendar?event_id=9026&amp;include_contexts=course_7456)</a>	12am
	 <a href="https://deanza.instructure.com/calendar?event_id=9041&amp;include_contexts=course_7456">Office Hour (https://deanza.instructure.com/calendar?event_id=9041&amp;include_contexts=course_7456)</a>	8pm to 9pm
Thu Mar 21, 2019	 <a href="https://deanza.instructure.com/courses/7456/assignments/158512">Written Assignment (https://deanza.instructure.com/courses/7456/assignments/158512)</a>	due by 11:55pm
Mon Mar 25, 2019	<a href="https://deanza.instructure.com/calendar?">Office Hour (https://deanza.instructure.com/calendar?)</a>	

 [event\\_id=9042&include\\_contexts=course\\_7456](#))

8pm to 9pm

 **Exam 3 (Chapters 14 - 21 & FOCUS ONs)**  
(<https://deanza.instructure.com/courses/7456/assignments/158504>)

due by 11:55pm

 **Extra Credit**  
(<https://deanza.instructure.com/courses/7456/assignments/158510>)

due by 11:55pm

 **Last Day of Fall Quarter** ([https://deanza.instructure.com/calendar?event\\_id=9035&include\\_contexts=course\\_7456](https://deanza.instructure.com/calendar?event_id=9035&include_contexts=course_7456))

12am

 **Winter Grades Due** ([https://deanza.instructure.com/calendar?event\\_id=9421&include\\_contexts=course\\_7456](https://deanza.instructure.com/calendar?event_id=9421&include_contexts=course_7456))

12am

 **Grades Display in MyPortal** ([https://deanza.instructure.com/calendar?event\\_id=9422&include\\_contexts=course\\_7456](https://deanza.instructure.com/calendar?event_id=9422&include_contexts=course_7456))

12am

Tue Mar 26, 2019

Fri Mar 29, 2019

Wed Apr 3, 2019

Fri Apr 5, 2019