

**Los Angeles Valley College**  
***Department of Physical Education***

**Course Name:** Health 11

**Course Title:** Principles of Healthful Living

**Instructor:** Chad Peters

**Office** South Gym, please call for appointment.

**Contact Info:** Office Phone: (818) 947-2600 ext. 8194  
Email: Petersca@lavc.edu

**Required Text:** Health: The Basics, (LAVC Custom Edition, 2<sup>nd</sup> ed) by Donatelle, Rebecca J., 2008, Benjamin Cummings. (available in LAVC Bookstore)  
**Or**  
Health: The Basics, (8th ed) by Donatelle, Rebecca J., 2008, Benjamin Cummings.

**Course Purpose:** Learn healthy living concepts for over all well being.

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I. Grading

Participation & Assessments 80%

Discussions that take place in forums is how attendance and participation is measured.

Assessments will be released each week along with the corresponding module. Each assessment can only be taken once, so make sure you are ready prior to beginning.

**NO LATE ASSESSMENTS OR QUIZZES WILL BE ACCEPTED.**

Class Assignment 20%

Lifetime Fitness assignment is an assignment where the student does an activity that promotes life long fitness and reports that activity to the class.

II. Grading Scale

A = 90-100%  
B = 80-89%  
C = 70-79%  
D = 60-69%  
F = 0-59%

### III. Specific Details for Health 11 Online

1. Please allow 24 hours for me to reply to your questions via email or phone and 48 hours on the weekends.
2. The best way to contact me is through email, but you may also use my office phone. For general questions please utilize the Questions Section of the Course Discussion Board.
3. If you are having technical difficulties, please call or email me telling me so. I will excuse late assignments if and only if I have a phone or email message telling me the nature of the problem prior to the due date.
4. It is highly recommended that you do not wait until the last minute to submit your work. When too many students are on the ETUDES NG site at once, it tends to slow down and malfunction. The earlier you submit your work, the better.
5. The only time constraints for this course are on a weekly basis. The entire course is available on the first day of school, so you can work ahead and finish as early as you want. **Your weekly assignments are always due on Fridays by midnight.**
6. **No Late Assignments or Quizzes Will Be Accepted.**
7. All sessions will be online, there will be no classroom meetings. Feel free to contact me via phone and email for questions, or you can make an appointment to meet on campus.
8. Assigned reading, both in your text as well as online, is mandatory. Performance in class discussions and assessments will reflect poorly if the reading has not been done.
9. Your completed work should be graded and returned to you in approximately one week from the due date.
10. Every class session should be an interactive discussion where everyone should feel comfortable and not intimidated. Please help me create this type of atmosphere by being courteous and encouraging to one another.
11. Do not cheat or plagiarize. This includes copy and pasting answers from a web site and working on quizzes and assignments together. If I catch such activity, the first offense will result in no points for that assignment, the second offense will result in referral to the Office of Student Services for disciplinary action.
12. Feel free to email or call me if you have any further questions.

IV. Course Content:

<b>Online Health Schedule 2/27-4/5</b>			
Week/ Module	Topic	Chapter	DUE
1a	Become Familiar with ETUDES		3/6*
1b	Promoting Healthy Behavior Change	1	3/6
1c	Psychosocial Health	2	3/6
2a	Managing Stress and Violence	3-4	3/13
2b	Healthy Relationships and Sexuality & Birth Control	5-6	3/13
2c	Licit and Illicit Drugs	7	3/13
3a	Alcohol, Tobacco, Caffeine	8	3/20
3b	Nutrition	9	3/20
3c	Managing Your Weight	10	3/20
4a	Personal Fitness	11	3/27
4b	Cardiovascular Disease	12	3/27
4c	Cancer	13	3/27
5a	Infections and Noninfectious Conditions	14	4/3
5b	Life's Transitions & Environmental Health, Consumerism, & Alternative Medicine	15-18	4/3
Finals	Final Project		4/5 (Sun)

\*Note that the students who do not submit the materials for Week 1a by this date will be dropped from the course.