

I. COURSE TITLE

Health 10

II. INSTRUCTION

A. INSTRUCTOR:

Tim Frisbie

B. INSTRUCTOR'S OFFICE:

Office Number: (530) 939-5389

E-mail (frisbie@[siskiyous.edu](mailto:frisbie@siskiyous.edu))

C. OFFICE HOURS:

M-W- 1:00 - 2:00

T-Th- 1:00 - 2:00

D. COURSE ADVISORY:

None

IV. REQUIRED TEXTBOOKS/MATERIALS

A. Focus on Health- Ninth Edition. The text can be purchased at the Weed campus book store.

V. COURSE OBJECTIVES

A. Students will be able to:

1. Comprehend, evaluate, and analyze basic health issues concerning the following: fitness, drug abuse, mental health, nutrition, personal health, stress, sexuality, and tobacco products.
2. Construct and defend an individual health strategy for successful life long health practices.

VI. COURSE PROCEDURE

A. This is a three unit academic course. This is a on-line Health Course.

B. Assignments: Assignments are due on Wednesday (11:00 pm) of the week they are assigned. This is intended to keep everyone working together and progressing through the course in a timely manner. I try to grade assignments and return them in a timely fashion. Students should keep a backup of all assignments submitted and the scores given for each assignment. All assignments, and exams must submitted in the e-tudes program. **(I will not open any attachments to an email or private message in etudes).** Late assignments lose 10% of the total points. All assignments will stay open throughout the semester.

C. Methods of Evaluation:

Final exam (300 points)

Weekly quizzes (300 points-25 points per chapter)

Weekly post for class discussions(80 points-10 points per week)

Weekly self assessment(120 points-10 points per assessment)

Personal Health Design(100 points)

Total points= 900 points

D. Grading:

90% - 100% (900-810)= A

89% - 80% (809-720points) = B

79% - 70% (719 - 630points) = C

69% - 60% (629 - 540points) = D

59% - 0% (539 - 0 points) = F

E. COS INTERNET GRADING POLICY:

After completion of an independent study course, the instructor will issue a final grade. The final grade will be posted to the student transcript at the end of the semester by the Admissions and Records Office.

1.Quizzes and Exams:

A. There will be a 25 point quiz at the end of each chapter. This will be multiple choice/true false and essay. These quizzes are worth 300 total points.

B. There will be a comprehensive final at the end of the semester covering the information in the chapters. This final will be worth 300 points.

2. Personal Assessments:

There will be personal assessments at the end of each chapter. These are worth 10 points and there is a total of 12 assessment and 120 points total.

3. Weekly Post:

There will be a weekly question posted. You are required to make a post and participate in the class weekly class discussions. This is worth 80 points(10 points per week).

4. Personal Health Design:

There will be a personal health project due at the end of the semester and this project is worth 100 points.

5. Assignment Policy:

All assignments, and papers must be submitted in the e-tudes program. I will not accept assignments through email or private messaging in the edutes program. There will be a 10% reduction in points when assignments are turned in late. All assignments stay open throughout the semester.

F. WITHDRAW AND INCOMPLETES:

If a student finds they are unable to complete either course it is the student's responsibility to drop the course at the Admissions and Records Office before the "Last Date To Drop Without Penalty." If a student does not drop the course--a letter grade will be issued which could result in a "F" on the student transcript.

In a case of extreme emergency or family tragedy, a student may request an incomplete contract from the instructor. Course work must be completed according to the timelines established in the incomplete contract. If the timeline is not met the instructor will issue the grade earned at that time.

G. CHEATING POLICY:

Cheating will not be tolerated. A student found cheating will be issued an F grade for the test or the assignment. A second cheating offense will result in an F grade for the course.

IX. STUDENT ASSISTANCE

The instructor of record is available during their regularly scheduled office hours for questions regarding course content. However, if students find they need help on a consistent basis, they need to utilize the Writing Lab, Math Lab, Business Lab, or tutorial services at the Weed campus.