



California Indian Nations College

KINE 010 Personal & Community Health Syllabus

Course Title & Course/Section Numbers

KINE 010: Personal & Community Health/ Section 8928

Units

3; 54 hours

Term

Fall 2020

Class Days/Times

Wednesday's 6-7:30pm; September 2- December 16

Class Location

Zoom: Meeting ID to follow. Go to www.zoom.us and hit join meeting or use your Canva Zoom

Instructor

Leslie Trujillo

Contact Information

- Email: letrujillo@collegeofthedesert.edu
- Instagram: @lesliet_coachc

Office Hours and Location

- Wednesday's before class: 5:10-6pm; Zoom Meeting ID

Course Catalog Description

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health with implications for individuals and societies. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.

Student Learning Outcomes:

1. Critically evaluate, research, and analyze sources of health information that promote a healthy lifestyle for individuals and societies.
2. Demonstrate the ability to recognize and practice healthy behaviors, including the six dimensions of wellness.
3. Understand stress and know how to utilize different stress management techniques.

Course Objectives:

- a. Describe the six dimensions of wellness and their relationship.
- b. Distinguish the difference between personal health and public health.
- c. Apply the dietary recommendations to diet planning throughout the lifecycle and in the promotion of fitness/physical activity, weight management, and disease prevention.
- d. Identify fitness principles and exercise program components to improve cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- e. Describe the role of stress and mental health in health promotion and disease prevention.

Course Content:

1. Self, Family, and Community
2. Mental Health and Stress
3. Social Connections
4. Sleep
5. Nutrition
6. Fitness
7. Body Weight and Body Composition
8. Body Image
9. Alcohol and Tobacco
10. Drugs
11. Sexual Health
12. Reproductive Choices
13. Infectious Diseases
14. Cardiovascular Disease, Diabetes, and Chronic Lung Disease
15. Cancer

Required Materials:

- Teague, M., L. Mackenzie, S., L. Rosenthal, D., M (2016). Your health today: Choices in a changing society (7th/e or 6th/e). New York McGraw-Hill.

Supplemental Materials:

- Notebook to take notes
- Access to the internet is required for this course.

Graded Components:

- Participation: Attendance and Discussions, 15 meetings, 450 points
- Pre-class assignments:
 - Growth Mindsets: Videos and Reflections, 15, 150 points
 - Personal Health Portfolios, 150 Points
- In-class assignments: Journal: Writing prompt, 15, 150 points
- Interview Paper and Presentation: 100 points: 60 paper and 40 presentation
- Midterm Exam: Chapters 1-7, 75 points
- Final Exam: Chapters 8-15, 75 points

Participation:

- We will be meeting weekly over Zoom for class discussions.

Pre-class Assignments:

- Complete the Growth Mindsets prior to our class meetings. Growth Mindsets include watching videos and reviewing PowerPoints, then taking notes.
- Complete Personal Health Portfolios prior to our class meetings. The Personal Health Portfolios are in the back of every chapter in our textbook.

In-class Assignments:

- We will have a journal topic that we will reflect and write on for 8 minutes.

Interview Paper and Presentation:

- Interview someone in the health related field (doctor, nurse, counselor, psychologist, dentist, orthodontist, personal trainer, nutritionist, mental health specialist, rehab specialist, or any other health career), type up a one-page paper, and present the information to the class (3 minutes).

Midterm Exam

- Multiple Choice Questions on Chapters 1-7

Final Exam

- Multiple Choice Questions on Chapters 8-15

Grade Weights or Point System

- Points given on each assignment stated above. 1,000 Total Points Possible

Instructor Drop Policy:

Your instructor will not drop any students, even if you stop showing up. If you wish to drop, contact Iselda Salgado (isalgado@cincollege.org).

Academic Integrity:

In accordance with California Indian Nations College and College of the Desert's Student Code of Conduct, cheating and plagiarism will not be tolerated. Incidents of cheating and/or plagiarism will result in a failing grade on the work and a report filed with the Office of Student Life.

Classroom Conduct

Share your video on Zoom so we can see your presence. Minimize distractions and please refrain from texting or game playing since you will be viewable by your classmates and instructor. Respect the views and discussions of your classmates. Honor differences and support one another.

CINC/COD Partnership

While building to accreditation, California Indian Nations College (CINC) offers fully-accredited courses through its partnership with the College of the Desert (COD). Students are dual enrolled at both schools and take courses at CINC. The classes transfer to any California State University and University of California campus as well as many private institutions. Enrolled CINC students receive the benefit of access to services from both colleges as well as receiving culturally-responsive academic curriculum rooted in Native American values. CINC's partnership with COD is a step towards its own accreditation with the Accrediting Commission for Community and Junior Colleges (ACCJC) in the future.

Supplemental Instruction

California Indian Nations College provides personalized support to advance the success of our Native and non-Native students. Supplemental Instruction is available on the UCR Palm Desert Campus. For more information, please contact Supplemental Instruction at si@CINCollege.org or dial (760) 834-0593.

Disabled Students Programs and Services

California Indian Nations College and College of the Desert views disability as an important aspect of diversity, and is committed to providing equitable access to learning opportunities for all students. Disabled Students Programs and Services (DSPS) is the office that collaborates with students with disabilities to provide reasonable accommodations.

Individuals who request accommodations should contact Iselda Salgado at California Indian Nations College at isalgado@cincollege.org to help facilitate. Or, contact the DSPS office at COD at (760) 773-2534, dpsinfo@collegeofthedesert.edu, or visit CSSC Room 101 for more information.

Veteran Students:

Welcome Veterans! If you have any special circumstances (e.g., VA appointment, upcoming deployments, drill requirements, or disabilities), you are welcome and encouraged to communicate these, in advance if possible, to the instructor.

International Students:

Studying Health in a foreign language is challenging. Therefore, all international students may use official translators during exams. Cell phones cannot be used as translators. Also, if you have any questions about definitions or content please see me after class, come to my office hours, or make an appointment to talk to me.

Additional Student Resources

- CINC student services and resources can be accessed here: <https://cincollege.org/students/services/>
- COD Library Services, Tutoring and Counseling can all be accessed through your student Canvas website at: [MyCOD \(http://collegeofthedesert.edu/pages/mycod.aspx\)](http://collegeofthedesert.edu/pages/mycod.aspx)
- [optional] Internet Links and Resources

Important Dates

- September 8: Last day to Add
- September 8: Last day to Drop and qualify for a refund
- September 13: Last day to Drop without a “W”
- November 20: Last day to Drop with a “W”
- December 16: Final Exam

Tentative Lecture and Assignment Schedule:

All lectures and assignments may be modified at the instructor's discretion.

Week 1: Wed, September 2

Lecture Topics

- Introduction and Syllabus Review

Assignments/Due Dates

- Journal 1, Growth Mindset 1, & Personal Health Portfolio 1/ September 6

Week 2: Wed, September 9

Lecture Topics

- Ch. 1: Self, Family, and Community

Assignments/Due Dates

- Journal 2, Growth Mindset 2, & Personal Health Portfolio 1/ September 13

Week 3: Wed, September 16

Lecture Topics

- Ch. 2: Mental Health and Stress

Assignments/Due Dates

- Journal 3, Growth Mindset 3, & Personal Health Portfolio 2/ September 20

Week 4: Wed, September 23

Lecture Topics

- Ch. 3: Social Connections

Assignments/Due Dates

- Journal 4, Growth Mindset 4, & Personal Health Portfolio 3/ September 27

Week 5: Wed, September 30

Lecture Topics

- Ch. 4: Sleep

Assignments/Due Dates

- Journal 5, Growth Mindset 5, & Personal Health Portfolio 4/ October 4

Week 6: Wed, October 7

Lecture Topics

- Ch. 5: Nutrition

Assignments/Due Dates

- Journal 6, Growth Mindset 6, & Personal Health Portfolio 5/ October 11

Week 7: Wed, October 14

Lecture Topics

- Ch. 6: Fitness

Assignments/Due Dates

- Journal 7, Growth Mindset 7, & Personal Health Portfolio 6/ October 18

Week 8: Wed, October 21

Lecture Topics

- Ch. 7: Body Weight and Body Composition

Assignments/Due Dates

- Journal 8, Growth Mindset 8, & Personal Health Portfolio 7/ October 25
- **Midterm Exam-** Chapters 1-7/ October 25

Week 9: Wed, October 28

Lecture Topics

- Ch. 8: Body Image

Assignments/Due Dates

- Journal 9, Growth Mindset 9, & Personal Health Portfolio 8/ November 1

Week 10: Wed, November 4

Lecture Topics

- Ch. 9: Alcohol and Tobacco

Assignments/Due Dates

- Journal 10, Growth Mindset 10, & Personal Health Portfolio 9/ November 8

Week 11: Wed, November 11: NO CLASS- VETERANS DAY

Week 12: Wed, November 18

Lecture Topics

- Ch. 10: Drugs

Assignments/Due Dates

- Journal 11, Growth Mindset 11, & Personal Health Portfolio 10/ November 22

Week 13: Wed, November 25

Lecture Topics

- Ch. 11: Sexual Health and Ch. 12 Reproductive Choices

Assignments/Due Dates

- Journal 12, Growth Mindset 12, & Personal Health Portfolio 11 and 12/ November 29

Week 14: Wed, December 2

Lecture Topics

- Ch. 13 Infectious Diseases and Ch. 14 Cardiovascular Disease, Diabetes, and Chronic Lung Diseases

Assignments/Due Dates

- Journal 13, Growth Mindset 13, & Personal Health Portfolio 13 and 14/ December 6

Week 15: Wed, December 9

Lecture Topics

- Ch. 15 Cancer

Assignments/Due Dates

- Journal 14, Growth Mindset 14, & Personal Health Portfolio 15/ December 13

Week 16: Wed, December 16

- Interview Presentation

Assignments/Due Dates

- Journal 15 and Growth Mindset 15/ December 17
- **Final Exam-** Chapters 8-15/ December 18