



## **El Camino College Distance Education Course Information**

**Course Title:** Contemporary Health 1

**Section:** 4571

### **Orientation Meeting on Campus:**

5–6pm on Monday, February 11, 2008 in PE 26 (By PE Patio)

**INSTRUCTOR:** Tom Hazell

**EMAIL:** [thazell@elcamino.edu](mailto:thazell@elcamino.edu)

**TELEPHONE:** 310-660-3673

**OFFICE HOURS:** 7–7:30am (Online) 7–7:30am (On Campus)

## REQUIRED COURSE INFORMATION

Text: Health the Basics, Rebecca J. Donatelle 7th Edition (With CourseCompass access kit).

You must be sure to get textbook Health the Basics with the CourseCompass access kit or purchase access kit online at [CourseCompass.com](http://CourseCompass.com). Use access code that comes with the book and the course id# number the instructor gives out at the first class meeting to access all course materials. The course code is: hazell08213.

To access the course:

Go to [CourseCompass.com](http://CourseCompass.com) on your browser, click on student registration. Enter the access code that came with the text. Follow the rest of the directions.

Howdy

Welcome to the Class: Contemporary Health – Online Spring 2008

My name is Tom Hazell and I'll be your instructor for the course. Below is some general information regarding the requirements for the course this Spring. You must be sure to get the textbook ***Health the Basics with the CourseCompass access kit***. Follow the directions and log on to the course.

If you have any problems email me and I'll get them solved.

Tom Hazell

## **Course Content:**

### **I. HEALTH RESPONSIBILITIES**

Meaning of Health  
Stress Management  
Understanding Psychological Problems

### **II. WELLNESS**

Nutrition  
Weight Management  
Fitness

### **III. HUMAN SEXUALITY**

Relationships and Roles  
Sexual Health and Behaviors  
Reproductive Choices

### **IV. SUBSTANCE ABUSE**

Drug Use, Misuse and Abuse  
Tobacco  
Alcohol

### **V. PERSONAL HEALTH RISKS**

Sexually Transmitted Diseases  
Heart Disease  
Cancer and Other Illnesses

## **Assessments:**

5 Tests: 50 questions 2 Pts. Each;  
100 points possible for each test, 500 total. Multiple choice/true-false

1 Written Assignment 100 points

Total possible 600 points.

600-540= A 539-480= B 479-420= C 419-360= D