



Syllabus

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Course Learning Outcomes

- Comprehend concepts related to health promotion and disease prevention.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Access valid health information, products, and services.
- Use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce health risks.
- Advocate for personal, family, and community health.

Course Materials

The text for this course is included completely within the Web course

Assignments

There are 7 unit quizzes, one at the end of each unit. Some units also include a unit essay.

Self-Checks

Although ungraded, each lesson has an accompanying Self-Check assignment that may contain new material, but is intended primarily for reviewing lesson content to help you prepare for the unit quizzes and final exam.

Unit Essays

The unit essays invite students to apply what they are learning in the course to their lives, and to share their experiences and insights. Specific instructions can be found in the assignment pages found at the end of each unit within the course.

Unit Quizzes

The unit quizzes assess students' understanding of course concepts through multiple-choice, multiple-answer, matching, and true/false type questions.

Exams

The final exam is comprehensive and consists of about 70 multiple choice questions.

Grading

Your grade in this course will be based on these assignments and exams.

ASSIGNMENT	PERCENT
4 Unit Essays	about 23% combined
7 Unit Quizzes	about 56% combined
Final Exam	about 20%

Grade Scale

Your letter grade is calculated according to these percentages.

GRADING SCALE	
A	100% - 93%

A-	92% - 90%
B+	89% - 87%
B	86% - 83%
B-	82% - 80%
C+	79% - 77%
C	76% - 73%
C-	72% - 70%
D+	69% - 67%
D	66% - 63%
D-	62% - 60%
E (fail)	59% - 0%