



Syllabus

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What You Should Already Know

There are no prerequisites for this course. It is an introductory course on health topics and behaviors.

Learning Outcomes

My goal is to help you become well-educated about health topics. As you finish this course, you will be able to do the following:

1. Explain concepts related to health promotion and disease prevention and practice both health-enhancing and risk-reducing behaviors.
2. Analyze the influences of society, culture, media, technology, and physical environment on health and access valid health information and health-promoting products and services.
3. Utilize interpersonal communication skills to improve health and relationships.
4. Practice and apply goal-setting, decision-making, problem-solving, and stress-management skills to promote healthy behaviors.
5. Develop understanding and respect for yourself and others and advocate for personal, family, and community health.

Course Materials

No additional materials are required for this course.

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Assignments

There are seven units in this course. When you finish each section, you will do the Self Check questions. These questions are not graded, but they will help you to be ready for the unit quizzes.

Unit Quizzes

The unit quiz is the equivalent of a chapter test in a textbook. Additionally, after every 3-4 units, you will have a cumulative review (two cumulative reviews total) to help you prepare for the final exam. Unit quizzes and reviews are graded.

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Exams

Final Exam

The final exam is worth 30 percent of your grade for this course. The final exam has a total of sixty-three questions. There are multiple choice and true/false questions on your exam. You have as long as you need to take the final exam since it is not timed. The best way to study for the final is to review the Self Check questions and the unit quiz questions from each unit, as well as the review assignments. The final is closed book. You may bring a simple non-programmable calculator with you to the exam.

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Grading

Each of the unit quiz assignments in this course has a specific number of questions. These unit quizzes will equal 70 percent of your grade for this course.

The following is the percentage breakdown per assignment and exam:

Unit	%
Unit 1 Quiz	8%
Unit 2 Quiz	8%
Unit 3 Quiz	8%
Review Quiz 1	7%
Unit 4 Quiz	8%
Unit 5 Quiz	8%
Unit 6 Quiz	8%

Unit	%
Unit 7 Quiz	8%
Review Quiz 2	7%
Final Exam	30%

Grade Scale

Your grade in this course will be determined according to the following table:

Grade	%
A	100-94%
A-	93-90%
B+	89-87%
B	86-84%
B-	83-80%
C+	79-77%
C	76-74%
C-	73-70%
D+	69-67%
D	66-64%
D-	63-60%
E (fail)	59% or below

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Brigham Young University

120 MORC

Provo, Utah 84602-1514

USA