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Syllabus

• What is Health Sciences?

• What is the schedule?

• How will you be graded?

• What are our responsibilities?
Expectations

You can expect me to:

• Be interested and enthusiastic about this course and the material
• Use visual aids and activities to assist in learning
• Help you to develop real-world “portable” skills
• Include some questions on the exam that require you to think about the material
• Make the class applicable to everyday life
• Respond promptly to e-mail messages
• Start and end class on time
• I will expect you to:
  • Attend class regularly & BE ON TIME
  • Get notes and assignments from any missed classes from another student
  • Ask / answer questions, participate in class activities
  • Dedicate time outside of class to studying
  • Come to class prepared
  • Have access to your RCC e-mail address
  • Be courteous to me and your classmates
  • Have fun!
How to Succeed in this Class

• Come to class
• Be prepared
• Read the book BEFORE you come to lecture
• Take detailed notes (I’ll write very few notes on slides – so you’ll have to learn to listen and paraphrase!)
• Re-copy your notes – it helps, I swear!
How to Succeed Continued…

• Use flashcards to study for the exams
• Don’t leave studying to the last minute – there is too much information
• Make an appointment with me for extra help – come with specific questions
• Study in groups – quiz each other
• Use the study guides and / or practice questions that I hand out
Introductions (You)
Chapter 1: Healthy Change

- Health – being sound in mind, body, and spirit

- Wellness – deliberate lifestyle choice to move toward optimal health
Personalizing Your Health Care

• Know your family health history
  - Create a medical family tree
    (www.mayoclinic.com and search “medical family tree”)
• Personal DNA Testing Services
  - Purchase kit
  - Send in saliva sample and $250 - $1000
  - Receive risk report for approx. 100 diseases and traits
Gender Matters!

He:
- averages 12 breaths a minute
- has lower core body temperature
- has a slower heart rate
- has more oxygen-rich hemoglobin in his blood
- is more sensitive to sound
- produces twice as much saliva
- has a 10 percent larger brain
- is 10 times more likely to have attention deficit disorder
- as a teen, has an attention span of 5 minutes
- is more likely to be physically active
- is more prone to lethal diseases, including heart attacks, cancer, and liver failure
- is five times more likely to become an alcoholic
- has a life expectancy of 75.2 years

She:
- averages 9 breaths a minute
- has higher core body temperature
- has a faster heart rate
- has higher levels of protective immunoglobulin in her blood
- is more sensitive to light
- takes twice as long to process food
- has more neurons in certain brain regions
- is twice as likely to have an eating disorder
- as a teen, has an attention span of 20 minutes
- is more likely to be overweight
- is more vulnerable to chronic diseases, like arthritis and autoimmune disorders, and age-related conditions like osteoporosis
- is twice as likely to develop depression
- has a life expectancy of 80.4 years

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• Race Matters!
(Office of Minority Health: www.cdc.gov/omh)
Making Healthy Changes

- Factors that shape positive behavior

![Diagram showing factors for positive change in health behavior.](Image)
• “Decisional Balance” (weigh the pros and cons)

• Identify cues and avoid them

• Make a commitment

• Use reinforcements (especially small, regular rewards)