

SYLLABUS: FALL 2006

HLT 111: PERSONAL HEALTH

TIME: THURSDAYS 6:30 – 9:15 P.M.

PLACE: MOHEGAN CAMPUS, CLASSROOM 109

**THREE RIVERS COMMUNITY COLLEGE
MOHEGAN CAMPUS, MAHAN DRIVE
NORWICH, CT 06360
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ANN McNAMARA

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OFFICE HOURS: MONDAYS: 11:00 a.m. – 11:30 a.m.
WEDNESDAYS 11:00 a.m. – 11:30 a.m.
WEDNESDAYS 2:00 p.m. – 3:00 p.m.
TUESDAYS 5:30 p.m. - 6:30 p.m.
THURSDAYS 5:30 p.m. – 6:30 p.m.

APPOINTMENTS CAN BE SCHEDULED AT
OTHER TIMES

Course Description

This is a course in the physiological principles involved in the maintenance of individual health. The student will learn principles of nutrition, communicable disease prevention, stress management, exercise and other elements of personal life style that affect health.

Course Objectives

The successful student will:

- Gain an understanding of the term “health” and the various meanings to different people.
- Gain an understanding of the ‘wellness” approach to health.
- Gain an understanding of preventive medicine.
- Understand the importance of risk-reduction in personal health.
- Learn the relationship between personal hygiene and health.
- Gain an understanding of lifestyle and mental health.
- Learn the relationship between emotions and physical illness.
- Define stress and list the sources of stress.
- Gain an understanding of suggestions for managing stress.
- Learn the importance of diet and nutrition.
- Develop an understanding of the holistic approach to fitness.
- Learn the relationship between exercise and health.
- Develop a plan of exercise based on his/her personal lifestyle.
- Understand reproduction and family health.
- Gain knowledge of the human reproductive system.
- Learn about the various methods of contraception in the United States.
- List the various forms of S.T.D’s, their symptoms, and explain how they’re transmitted as well as how they can be prevented.
- Learn the health effects of drug abuse, alcoholism, smoking and environmental pollutants.
- Develop an understanding of the relationship between birth defects, chronic and degenerative diseases and health.
- Develop a risks-analysis approach to personal health appraisal
- Establish a plan of some personal health goals according to their own deficiencies and risks.

Methods of Evaluation

1. Tests: 50% There will be no make-up tests

There are 4 tests during the semester and only 3 tests will be counted toward the grade. A student who takes all 4 tests may drop the lowest test grade since only 3 tests will be counted. **A student who misses a test will not be able to drop the lowest grade.** Students with an average of at least an 83 on the first 3 tests may elect to not take Test 4. **No make-up tests will be given.**

2. Attendance/Class Participation: 10%

Students are expected to attend and to be on time for all classes.

Students who are **Absent** more than 2 times will lose points:

| | |
|----------------|---------------|
| 3 times absent | 4 point loss |
| 4 times absent | 6 point loss |
| More than 4 | 10 point loss |

Students who are late or leave early often may lose points.

Students who must be late or leave early from class on a regular basis for scheduling reasons must get approval from me. All late students or students who leave class early must sit near the door and leave or come-in quietly.

3. Group Project: 16%

A project and its due date will be assigned. Early papers are accepted. **Late papers will lose points.**

4. Homework Assignments: 24%

All 3 homework assignments (each is worth 8 points) must be handed-in at the beginning of the class on the date the report is due. **Early papers are accepted. Late papers will lose 4 points for each class late. (no exceptions).**

Classroom Etiquette

Please:

Turn off your cell phones. I will not have mine on either.

Come to class on time and do not leave early. I will start class on time and will finish on time.

Sign the Attendance Sheet at every class. Remind me if I forget to pass it.

If you need to leave the classroom, go quietly and return quietly, making sure not to cross in front me or another person if we are speaking.

Clean up after yourself by clearing your trash after class, not during. Clean-up spills.

Raise your hand when you wish to speak.

When someone is speaking in class (me or another person), do not have side conversations or interrupt.

I will have tissues available to all who need them.

Grades and Quality Points

| | |
|------------|------------------|
| A = 93-100 | D+ = 67-69 |
| A- = 90-92 | D = 63-66- |
| B+ = 87-89 | D- = 60-62 |
| B = 83-86 | F = Less than 60 |
| B- = 80-82 | |
| C+ = 77-79 | |
| C = 73-76 | |
| C- = 70-72 | |

Required Text and Materials

Insel, Paul and Roth, Walton. Core Concepts in Health, Ninth or Tenth Edition.
Boston: McGrawHill,

Students do **not** need the student handbook.

College Withdrawal Policy

A student who finds it necessary to discontinue this course must notify the Registrar's Office. The withdrawal deadline for this semester is **November 28**. Students who do not withdraw, but stop attending will be assigned an "F" grade, lowering the student's cumulative average.

Disability Statement

If you are a student with a disability (challenge) and believe you will need accommodations for this class, it is your responsibility to contact the Disabilities Counseling Services at 383-5240. To avoid any delay in the receipt of accommodations, you should contact the counselor as soon as possible. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor. Your cooperation is appreciated.

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Course Outline

| # | DATE | DAY | LECTURE/ASSIGNMENTS/TESTS |
|----------|-------------|------------|---|
| 1 | 8/31 | Th. | Introductions / Syllabus Homework #1: <u>Time Analysis</u> assigned C. 1: Taking Charge of Your Health |
| 2 | 9/7 | Th. | Action Planning C. 2: Stress Management C. 3: Psychological Health |
| 3 | 9/14 | Th. | Test #1: C. 1, 2, 3, and Action Planning No make-up tests will be given C. 4 Intimate Relationships |
| 4 | 9/21 | Th. | Homework #1: <u>Time Analysis</u> due at 6:30 Late papers will lose 3 points for each class late Homework #2 assigned Review Test 1 C. 5: Sex and Your Body C.8: Pregnancy and Childbirth C. 6: Contraception |
| 5 | 9/28 | Th. | C 18: Sexually Transmitted Diseases. 17: Immunity and Infection C. 7: Abortion |
| 6 | 10/5 | Th. | Test #2 C. 4,5,6,7,8,17,18 C. 12 Nutrition Basics |

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| # | DATE | DAY | LECTURE/ASSIGNMENTS/TESTS |
|----------|-------------|------------|--|
| 7 | 10/12 | Th. | Homework #2 due at 6:30 Late Papers will lose 3 points for each class late Homework #3 assigned Review Test #2 C. 12 Continued C. 13: Exercise for Health and Fitness |
| 8 | 10/19 | Th. | C. 13 Continued C. 14: Weight Management Group Project Assigned |
| 9 | 10/26 | Th. | C. 15: Cardiovascular Health C. 16: Cancer |
| 10 | 11/2 | Th. | Test #3: C. 12,13,14,15,16 C. 21: Conventional and Complementary Medicine |
| 11 | 11/9 | Th. | Review Test 3 Homework #3 due at 6:30 Late Papers will lose 3 points for each class late C. 9: The Use and Abuse of Psychoactive Drugs C. 10: The Responsible Use of Alcohol Group Work |
| 12 | 11/16 | Th. | Group Work |
| XX | 11/23 | Th. | Thanksgiving: No Class |
| 13 | 12/1 | Th. | Group Project Presentations |
| 14 | 12/8 | Th. | Test #4: C. 9,10,21 and Group Project Presentations Last Class of the Semester |