

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: SPRING 2016

HLT 155: PERSONAL HEALTH

CRN 10238

Tuesdays and Thursdays 9:30-10:50 AM

Classroom: B125

Professor Ann McNamara

OFFICE: C166

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OFFICE HOURS:

Tuesdays/Thursdays	12:00 – 12:45 PM
Mondays	5:30 – 6:15 PM

APPOINTMENTS ARE AVAILABLE 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 lifestyle 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.
- Understand the importance of risk-reduction in personal 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 in personal health.
- 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.
- List the most common types of communicable diseases, their symptoms, method of transmission, and treatments.
- Understand reproduction and family health.
- Gain knowledge of the human reproductive system.
- Learn about the various methods of contraception.
- 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 action on specific personal health goals.
- Maintain an online Learning Portfolio in Digication using the college template.

Methods of Evaluation

1. Tests: 46%

There are 4 tests during the semester. A student who takes all 4 tests may drop the lowest test grade since only 3 tests will be counted toward the final grade. A student with an average of at least an 83 on the first 3 tests has the option of taking or not taking Test 4. A student with less than an 83 average on the first 3 tests must take Test 4 and the lowest test grade (not test 4) will be dropped. A student who misses a test must take Test 4. There are **no make-up tests.**

2. Attendance: 10%

Students are expected to attend and to be on time for all classes. Students who are absent or late several times will lose points.

6 times absent = loss of 5 points

7 times absent = loss of 8 points

8 times or more absent = loss of all 10 points

Students who are frequently **late for class or leave early** may also lose points unless prior approval has been given by me.

3. Group Project: 20%

A project and its due date will be assigned. Early papers are accepted.

Lack of participation in the Group Project does not earn points.

4. Homework Assignments: 24%

All 3 homework assignments (each is worth 8 points) must be typed and posted in the Learning Portfolio on the day the assignment is due.

Early papers are accepted. **Late papers do not receive points.**

5. Students are expected to post assignments to the College Digication Portfolio.

Grades and Quality Points

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

Required Text and Materials

Hahn, Date et al. Focus On Health, 10th edition. McGraw-Hill, 2011

Simple Calculator

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 **May 9**. Students who withdraw will be assigned a grade of "W".

Disability Statement

If you are a student with a physical or learning disability (challenge) and believe you will need accommodations for this class, it is your responsibility to contact the Student Counseling and Advising Services at 383-5217. To avoid any delay in receiving 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 a letter from the Counselor.

Class Cancellation Due to Weather or Other Situations

If possible, students will be notified by email if a class is cancelled. Please make sure that your personal email is connected to the college's website.

Classroom Policies

Please:

- ▶ Show respect for all members of the class
- ▶ 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. Please remind me if I forget to pass it. You will be counted as absent if you fail to sign the sheet.
- ▶ 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.
- ▶ **When someone is speaking in class (me or another person), do not have side conversations.**
- ▶ Raise your hand when you wish to speak.

Academic Integrity (College Policies: Expectations for Student Conduct)

A student must demonstrate academic Integrity by not engaging in false representation of his/her their academic performance, including but not limited to:

1. Cheating on an examination
2. Collaborating with others on work that is to be done independently
3. Plagiarizing, including the submission of others' ideas or papers as her/his own
4. Stealing or having unauthorized access to examination or course materials
5. Submitting work previously presented in another course
6. Knowingly assisting another student in any of the above

A student who has not demonstrated academic integrity may receive a grade of "F" for this course.

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
1	1/21	TH	Introduction Syllabus Health Topics Vote Chapter 1: Shaping Your Health Plan of Action for Behavioral Change
2	1/26	T	Assign. #1: <u>My Plate</u> /Action Plan (due Feb. 11) C.1: continued
3	1/28	TH	C. 5 Understanding Nutrition and Your Diet
4	2/2	T	C. 5 continued
5	2/4	TH	C. 5 continued
6	2/9	T	Chapter 6: Maintaining a Healthy Weight
7	2/11	TH	Assign. #1 is due today. Late papers do not receive points. C. 6 continued
8	2/16	T	Test 1: Chapters 1, 5, 6, the Plan of Action for Behavioral Change, and Assigned Readings. No make-up tests are given.

Unit 2

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
9	2/18	TH	Review Test 1 Grade Sheets C. 4: Becoming Physically Fit Assign. #2 handed-out (due 3/10)
10	2/23	T	C. 4 continued
11	2/25	TH	C. 2: Psychological Health
12	3/1	T	C. 2 continued
13	3/3	TH	C. 3: Managing Stress
14	3/8	T	C. 3 continued
15	3/10	TH	Topic: Spirituality Assignment #2 due at 9:30 AM. Late papers do not receive points.
16	3/15	T	Test 2 on Chapters 2, 3, 4, the Topic of Spirituality, and Assigned Readings No make-up tests are given.

Unit 3

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
17	3/17	TH	Review Test 2 Grade Sheets Assign 3# Handed-out (due Apr. 14) Group Project Assigned: Paper Due May 3/ Presentations due on May 5
X X	3/22 & 3/24	T & TH	Spring Break: No Classes
18	3/29	T	C. 9: Reducing Your Risk of Cardiovascular Disease Group Work: 20 minutes
19	3/31	TH	C. 10: Cancer and other Diseases Group Work: 15 minutes
20	4/5	T	Chapter 12: Understanding Sexuality Group Work 15 minutes Group Controversy Topic Due
21	4/7	TH	Chapter 13: Managing Your Fertility Group Work 15 minutes
22	4/12	T	Chapter 11: Sexually Transmitted Infections and Diseases Group Work: 15 minutes
23	4/14	TH	Assign. #3 due at 9:30. Late work does not receive points. Topic: Addictions Topic: Alzheimer's Disease
24	4/19	T	Test 3 on C. 9, 10, 11, 12, 13, the Topics of Addictions and Alzheimer's Disease, and Assigned Readings. No make-up tests are given.

Unit 4

25	4/21	TH	Review Test 3 Grade Sheets Topic: Dying and Death Group Work: 15 minutes
26	4/26	T	Topic: Alternative Medicine Group work: 15 minutes
27	4/28	TH	Class discussion and Course Evaluation Group Work: 15 minutes
28	5/3	TH	Group Project Papers Due. Late papers not accepted. Group Work 1 hour
29	5/5	T	Group Project Presentations
30	5/10	TH	Test 4 on the Topics of Dying and Death and Alternative Medicine, and on the Group Presentations. No make-up tests are given.