

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: FALL 2016

HLT 155: PERSONAL HEALTH

CRN 31669

Wednesdays: 6:00 – 8:45 PM

Classroom A216

Professor Ann McNamara

OFFICE: C Wing, #166

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OFFICE HOURS:

TUESDAYS AND THURSDAYS	11:30 – 12:30 PM
MONDAYS AND WEDNESDAYS	5:30 - 6:30 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’ and preventive approach to health.
- Learn the relationship between personal choices 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 in personal health.
- Learn the relationship between exercise and health and the holistic approach to fitness.
- Develop a plan of exercise based on his/her personal lifestyle.
- List the most common types of communicable diseases, their symptoms, methods of transmission, and treatments.
- Understand reproduction and family health and the methods of contraception.
- List the various forms of S.T.D’s, their symptoms, and explain how they are transmitted as well as how they can be prevented.
- Learn the health effects of addictions including drug abuse, alcoholism, smoking and gambling among others.
- Develop an understanding of the relationship between birth defects, chronic and degenerative diseases and health.
- Develop a risks-analysis approach to personal health appraisal

Required Text and Materials

- Hahn, Date et al. Focus On Health, 11th edition. McGraw-Hill, 2012
- Simple Calculator
- Students do **not** need to purchase any other texts or student handbooks.

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 **December 9**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

Methods of Evaluation

1. Tests: 50%

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. There are **no make-up tests**. A student who does not take a test will have that test dropped and not have the option of dropping the lowest grade.

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.

3 times absent = loss of 5 points

4 times absent = loss of 8 points

5 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.

3. Group Project: 16%

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

Late papers will not be accepted.

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 not be accepted.**

Digital Portfolio: All students are required to maintain an online learning portfolio in Digication that uses the college template.

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

Disability Statement

Students with physical or learning disabilities are encouraged to contact Student Services' Counseling and Advising Center in the A Wing (A113). If you have a Learning Disability or Mental Health Issue, please contact Matt Liscum at 860-215-9265. If you have a Medical, Mobility, or Sensory Disability, please contact Elizabeth Wilcox at 860-215-9289. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities Counselor.

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.
- ▶ 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.
- ▶ Raise your hand when you wish to speak.
- ▶ Clean up after yourself by clearing your trash at the end of class.
- ▶ When someone is speaking in class (me or another person), do not have side conversations

Academic Integrity (from College Policies: "Expectations for Student Conduct")

A student must demonstrate academic Integrity by not engaging in false representation of his/her their academic performance.

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

Examples:

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. Knowingly assisting another student in any of the above

SYLLABUS/HLT 155/FALL 2016

Course Outline:**UNIT 1**

WEEK	DATE	LECTURES/ASSIGNMENTS/TESTS
1.	8//31	<p>Introductions</p> <p>Syllabus Review</p> <p>Health Topics Vote</p> <p>Plan of Action to Change Behaviors</p> <p>Chapter 1: Shaping Your Health</p> <p>Homework #1 Dietary Intake/Action Assigned (due 9/21)</p>
2	9/7	<p>C. 1 continued</p> <p>Chapter 5: Understanding Nutrition and Your Diet</p>
3	9/14	C. 5 continued
4	9/21	<p>Chapter 6: Maintaining a Healthy Weight</p> <p>Homework #1 due at 6:00 PM – late papers not accepted</p>
5	9/28	<p>6:00-7:30 PM</p> <p>Test 1: Chapters 1, 5, 6, Plan of Action to Change Behaviors, and Assigned Readings</p> <p>7:30- 8:45 PM</p> <p>Chapter 4: Becoming Physically Fit</p> <p>Homework #2: Assigned (due 10/19)</p>

UNIT 2

6	10/5	Review Test 1 C. 4 continued Chapter 2: Achieving Psychological Health
7	10/12	Chapter 3: Managing Stress
8	10/19	Chapter 9: Enhancing Your Cardiovascular Health Chapter 10: Living with Cancer and Diabetes Homework #2 due at 6:00 PM – late papers not accepted
9	10/26	6:00-7:30 PM Test 2: Chapters 2, 3, 4, 9, 10, and Assigned Readings 7:30- 8:45 PM Chapter 4: Becoming Physically Fit Homework #3: Assigned (due 11/16)

Unit 3 Unit 3

WEEK	DATE	LECTURES/ASSIGNMENTS/TESTS
10	11/2	Chapter 12: Understanding Sexuality Chapter 13: Managing Your Fertility Group Project Assigned: Paper and Presentations due on 12/3. Late work does not receive points.
11	11/9	Chapter 11: Preventing Infectious Diseases Topic: Addictions Topic: Alternative Medicine Group Work: 20 minutes
12	11/16	Homework #3 due at 6:30 PM – late papers not accepted 6:00-7:30 PM Test 3 on C. 11, 12, 13, Topics of Addictions, the Topic of Alternative Medicine, and Assigned Readings 7:30-8:45 PM Group Work
XX	11/23	Happy Thanksgiving!! No Class

UNIT 4

<u>WEEK</u>	<u>DATE</u>	<u>LECTURES/ASSIGNMENTS/TESTS</u>
13	11/30	Review Test 3 Grade Sheets Topic: Alzheimer's Disease Topic: Spirituality Group Work
14	12/7	Group Presentations
15	12/14	6:00 -7:30 PM Test 4 on the Group Presentations, Topic of Alzheimer's Disease, Topic of Spirituality, and Assigned Readings