

SYLLABUS: FALL 2015

HLT 155: PERSONAL HEALTH

Online Course: 31669

Professor Ann McNamara

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On-Line Office Hours:

Tuesdays and Thursdays: 11:00 - 1:00 PM

Emails are read and responded to frequently during the week

Course Description

This is a course on 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.

Overall Course Objectives

The successful student will:

- Gain an understanding of the term “health” and the various meanings to different people.
- Learn the ‘wellness” approach to health.
- Understand the importance of disease risk-reduction and prevention.
- 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.
- 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 prevented.
- Learn the health effects of various addictions..
- Develop a risks-analysis approach to personal health appraisal
- Establish a personal plan of health goals according to her/his own risks.

Methods of Evaluation/Assessment

1. Tests: Worth 40% of the grade

A total of 3 tests will be given during the semester and are worth 14 points each. The tests will be made up of short answer questions. All tests will be based on the Chapter Objectives that have been posted for each chapter. Other topics you have been assigned may also be on the tests. Each test will be posted and available for you to take at 7:00 AM on the Thursday of the test week through that Sunday until 11:00 PM. **There will be no make-up tests.**

2. Assignments: Worth 30% of the grade.

There will be a total of 3 assignments. Each is worth 10 points and will have a due date. **Late assignments will not be accepted and will not receive points.** One assignment must be posted to the College Digication Folder.

3. Discussions: Worth 30% of the grade

There will be a total of 10 times when you will be assigned to email other members of the class about a health-related topic. Each is worth 3 points Discussions must be completed by their due dates. **Late discussions will not be accepted and will not receive points.**

4. Extra Credit Work: No extra-credit work will be assigned

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, 11th edition. McGraw-Hill, 2012

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

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 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.

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

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

A student must demonstrate academic integrity by not engaging in false representation of his/her 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

COURSE SCHEDULE: (may be changed with 2 weeks notice to students)

UNIT 1

W k #	DATES	READINGS/ASSIGNMENTS/TESTS Late assignments will not be accepted.	DISCUSSIONS Late discussions will not receive points
1	Aug. 31- Sept. 6	1. Read Chapter 1: Shaping Your Health 2. Complete Objectives for C 1 to prepare for Unit Test 1 3. Read the information on the Plan of Action to Change Behaviors found in the Chapter 1 Objectives. 4. Assignment #1: Due date Oct.4 by 11:00 PM.	Discussion #1: Introduction. Due Date Sept. 6 by 11:00 PM
2	Sept. 7-13	1. Read Chapter 5: Understanding Nutrition and Your Diet 2. Complete Objectives for Chapter 5 to prepare for Test 1 3. Continue to work on Assign. #1	No discussion due
3	Sept. 14-20	1. Continue working on Chapter 5 2. Continue to work on Assign. #1	Discussion #2: Nutrition. Due date Sept. 20 by 11:00 PM
4	Sept. 21-27	1. Read Chapter 6: Maintaining a Healthy Weight 2. Complete Objectives for C 6 to prepare for Unit Test 1 3. Continue to work on Assign. #1	Discussion #3: Weight Management. Due Date Sept. 27 by 11:00 PM
5	Sept. 28- Oct. 4	1. Read Chapter 4: Becoming Physically Fit 2. Complete Objectives for C 4 to prepare for Unit Test 1 3. Assignment #1 due 10/4 by 11:00 PM. Late work is not accepted.	Discussion #4: Fitness. Due date Oct. 4 by 11:00 PM
6	Oct. 5-11	Oct. 5-6 Study for Test 1 Oct. 7-11: Test 1 is posted. It will be on Chapters 1,4,5,6 and the Plan of Action to Change Behaviors. The test will be posted from 7:00 AM on Wednesday, Oct. 7 through Sunday, Oct. 11. The test must be completed by 11:00 PM on Sunday.	No discussion due

UNIT 2

W K #	DATES	READINGS/ASSIGNMENTS/TESTS Late Assignments are not accepted	DISCUSSIONS Late discussions will not receive points.
7	Oct. 12-18	1. Read Chapter 2: Achieving Psychological Health 2. Complete Objectives for C 2 to prepare for Unit Test 2 3. Assignment #2. Due date Nov. 8 by 11:00 PM	Discussion #5 Due date Oct.18 by 11:00 PM
8	Oct. 19-25	1. Read Chapter 3: Managing Stress 2. Complete Objectives for C 3 to prepare for Unit Test 2 3. Continue to work on Assign. #2	Discussion #6: Stress. Due date Oct. 25 by 11:00 PM
9	Oct. 26- Nov. 1	1. Read Chapters 9: Enhancing Your Cardiovascular Health 2. Complete Objectives for C 9 to prepare for Unit Test 2 3. Continue to work on Assign.# 2	Discussion #7: Heart Disease Due date Nov. 1 by 11:00 PM
10	Nov. 2-8	1. Read Chapter 10: Living with Cancer and Other Chronic Conditions 2. Complete Objectives for C 10 to prepare for Unit Test 2 3. Assignment #2 due by 11:00 PM on 11/8	Discussion #8: Cancer Due date 11/8 by 11:00 PM
11	Nov. 9-15	Nov. 9-10: Study for Test 2 Nov. 11-15: Take test 2 which covers Chapters 2, 3, 9, 10. The test will be posted from 7:00 AM, Wednesday, Nov. 11, through Sunday Nov. 15. The test must be completed by 11:00 PM on Sunday.	No discussion due

UNIT 3

W K #	DATES	READINGS/ASSIGNMENTS/TESTS Late assignments will not be accepted.	DISCUSSIONS Late discussions will not receive points.
12	Nov. 16-22	1. Read Chapter 12: Understanding Sexuality 2. Complete Objectives for C 12 to prepare for Unit Test 3 3. Read Chapter 13: Managing Your Fertility 4. Complete Objectives for C 13 to prepare for Unit Test 3 5. Assignment #3. Due date Dec. 6 by 11:00 PM	Discussion #9: Relationships and Intimacy. Due date Nov. 22 by 11:00 PM
13	Nov. 23-29	1. Read Chapter 11: Preventing Infectious Diseases 2. Complete Objectives for C 11 to prepare for Unit Test 3 3. Continue to work on Assign. 3 Happy Thanksgiving!!!!!!	No discussion due
14	Nov. 30- Dec. 6	1. Read Chapter 17: Accepting Dying and Death 2. Complete Objectives for C 17 to prepare for Unit Test 3 3. Assignment #3 due Dec. 6 by 11:00 PM.	Discussion #10: Course Evaluation Due date Dec.6 by 11:00 PM
15	Dec. 7-13	Dec. 7-8: Study for Test 3 which covers Chapters 11,12,13,17 and Addictions. Dec. 9-13: Take Test 3 The test will be posted on Wednesday, Dec. 9 from 7:00 AM, through 11:00 PM on Sunday, Dec. 13. The test must be completed by 11:00 PM on Sunday.	No discussion due