

SYLLABUS: SPRING 2007

HLT 155: PERSONAL HEALTH

TIME: THURSDAYS 6:30 – 9:15 P.M.

PLACE: MOHEGAN CAMPUS, CLASSROOM 202

**THREE RIVERS COMMUNITY COLLEGE
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ANN McNAMARA

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OFFICE HOURS: MONDAYS 11:00 a.m. – 11:30 a.m.
2:00 p.m. - 2:30 p.m.

TUESDAYS 5:30 p.m. - 6:30 p.m.

WEDNESDAYS 11:00 a.m. – 11:30 a.m.
2:00 p.m. – 2:30 p.m.

THURSDAYS 5:30 p.m. – 6:30 p.m.

APPOINTMENTS ARE AVAILABLE AT OTHER TIMES

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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:

Methods of Evaluation

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

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. **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 have the option of taking Test 4 or not. **No make-up tests will be given.** There will be no final exam.

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 these points

4 times absent = loss of 5 points

5 times absent = loss of 8 points

6 or more times absent = loss of all 10 points

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

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 be accepted only at the next class and will lose 4 out of 8 points.**

Grades and Quality Points

A = 93-100

A- = 90-92

B+ = 87-89

B = 83-86

B- = 80-82

C+ = 77-79

C = 73-76

C- = 70-72

D+ = 67-69

D = 63-66

D- = 60-62

F = Less than 60

Required Text and Materials

Insel, Paul and Roth, Walton. Core Concepts in Health.
Boston: McGraw-Hill,

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 **April 23**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and 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.

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. 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.

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.

Course Outline

#	DATE	DAY	LECTURE/ASSIGNMENTS/TESTS
1	1/25	Th	Introductions / Syllabus Homework #1 assigned C. 1: Taking Charge of Your Health
2	2/1	Th	C. 2: Stress Management C. 3: Psychological Health
3	2/8	Th	Test #1: C. 1, 2, 3 No make-up tests will be given C. 4: Intimate Relationships
4	2/15	Th	Review Test #1 C. 5: Sex and Your Body C. 6: Contraception C. 18: Sexually Transmitted Diseases
5	2/22	Th	Homework #1 due at 6:30. Late papers will only be accepted at the next class and will lose 3 points. Homework #2 assigned C. 17: Immunity and Infection Topic: Addictions
6	3/1	Th	Test #2: C. 5,6,7,8,18 No make-up tests will be given C. 12: Nutrition Basics

Course Outline continued

7	3/8	Th	<p>Homework #2 due at 6:30 p.m. Late papers will only be accepted at the next class and will lose 3 points. Review Test #2 C. 12 continued C. 13: Exercise for Health and Fitness C. 14: Weight Management Group Project Assigned: Group Work 15 min.</p>
8	3/15	Th	<p>Homework #3 assigned C. 15: Cardiovascular Health C. 16: Cancer Group Work: 30 min.</p>
XX	3/22	Th	Spring Break: No Class
9	3/29	Th	<p>C. Aging C. Death and Dying Group Work: 15 min.</p>
10	4/5	Th	<p>Homework #3 due at 6:30. Late papers will only be accepted at the next class and will lose 3 points. C. Conventional and Complimentary Medicine Group Work: 15 min.</p>
11	4/12	Th	<p>Test #3: C. 12,13,14,15,16,17 No make-up tests will be given Group Work: the rest of the class after the test.</p>
12	4/19	Th	<p>Review Test 3 / Grade Sheets (10 min.) Group Work: the rest of the class time</p>
13	4/26	Th	Group Project Presentations
14	5/3	Th	<p>Test #4 All topics covered in the group presentations No make-up tests will be given</p>

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Course Outline: To be completed

#	DATE	DAY	LECTURE/ASSIGNMENTS/TESTS
1	1/26	Th	Introductions / Syllabus Homework #1 assigned C. 1: Taking Charge of Your Health
2	2/2	Th	C. 2: Stress Management C. 3: Psychological Health
3	2/9	Th	Test #1: C. 1, 2, 3 No make-up tests will be given
4	2/16	Th	Homework #1 due at 6:30. Late papers will only be accepted at the next class and will lose 3 points. Review Test #1 Homework #2 Assigned
5	2/23	Th	
6	3/2	Th	Test #2 No make-up tests will be given
7	3/9	Th	Review Test #2
8	3/16	Th	Homework #2 due at 6:30 p.m. Late papers will only be accepted at the next class and will lose 3 points. Homework #3: assigned
XX	3/23	Th	Spring Break: No Class
9	3/30	Th	Group Project Assigned Group Work
10	4/6	Th	Homework #3 Due at 6:30 Late papers will only be accepted at the next class and will lose 3 points. Group Work
11	4/13	Th	Test #3: No make-up tests will be given Group Work
12	4/20	Th	Review Test 3 / Grade Sheets Group Work
13	4/27	Th	Group Project Presentations
14	5/4	Th	Test #4 No make-up tests will be given