

SYLLABUS

HLT 155: PERSONAL HEALTH

Online Course CRN : 31669

Fall 2013

Instructor: Ann Branchini

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Office hours: Tues/Thurs 10-12 noon or by appointment

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.

Course Objectives:

Upon completion of the course, the learner will:

- Understand "health" and its various meanings to different people.
- Understand the "wellness" approach to health.
- Explain the relationship between personal hygiene and health.
- Describe the connection of lifestyle and health in all its domains.
- Explain the relationship between emotions and physical health states.
- Define stress and list sources of stress.
- Design a plan for managing stress.
- Understand the importance of diet and nutrition in personal health.
- Understand the holistic approach to fitness.
- Explain the relationship between exercise and health.
- Design a plan of exercise based on personal health.
- State common types of communicable diseases: names, symptoms, transmission and prevention.
- Understand human reproductive health.
- State common forms of sexually transmitted diseases: symptoms, transmission and prevention.
- Understand health effects of substance abuse: drugs, alcohol, smoking, environmental pollutants.
- Explain the relationship between birth defects, chronic degenerative disease and health.

- Describe a risk-analysis approach to personal health appraisal.
- Design a personal plan of health goals based on analysis of health risk.

Required Text

Hahn, D., Payne, W. and Lucas, E. *Focus on Health* (11th Ed). McGraw-Hill: New York, NY. 2013.

Methods of Evaluation and Grading

There are three parts to your grade: discussion board activities, tests and A.P.A. formatted paper. Each assignment will receive points, and the course grade will be based on the following point system:

- 30 points Discussion Board participation
- 10 points Assignment #1
- 10 points Assignment #2
- 10 points Assignment #3
- 14 points Exam #1
- 14 points Exam #2
- 14 points Exam #3

102 points total, breakdown of letter grade as follows:

Letter Grade	Point Ranges
A	93-102
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	59 or below

Exams

The three on-line examinations are scheduled in advance and must be completed on *specific dates*. Customarily, a 36-hour window is given for tests. Due dates for all assignments will be on Monday night at 11p.m., before the start of each new course week. Exams will be based on material from assigned readings (whether discussed or not), class assignments and discussion

boards. **There will be no extra-credit assignments or makeup exams, and late assignments will not be accepted.**

Discussion Boards

There will be a total of 11 possible opportunities to participate in Discussion Boards and you will be graded on the highest of 10 postings. You MUST participate in Week 1 Discussion Board posting, but you may “Opt-Out” of one Discussion Board assignment of your choice between Discussion 2 - 11. Discussion board assignments will be graded, each posting will be worth a maximum of 3 points, using the following rubric. Course discussions are based on the Chapter Review Questions for each Chapter covered. You may invoke one “Opt-Out”, or a free pass for one of the 11 weeks that Discussion postings are due. If you wish to “Opt-Out” please note that on the subject line of the discussion thread for that week.

DISCUSSION BOARD GRADING RUBRIC			
Exceeds Expectations 3 points	Meets Expectations 2 points	Does Not Meet Requirements 1 point	No posting 0 points
Student followed the directions for the discussion board post. All posts were made on time. The word minimum is met or exceeded concisely. The required reply to classmates’ posts is met. Effort is made to follow through conversations or questions. Credible outside sources or scientific research evidence is used to support points and cited properly.	All required posts are made. Some may not meet word minimum. Discussions with other students are limited or sometimes missing when required. Points are unsupported by facts or evidence. Proper citation is lacking.	Student did not follow directions for discussion board post. Required posts are not made or posts are off-topic. Reply posts are missing or too brief to create opportunity for meaningful exchange of ideas.	Late or otherwise no attempt.

Project Assignments:

Assignment #1: Dietary Analysis and Plan. Due: Sept. 30, 11pm

Assignment #2: Time Management and Plan. Due Nov. 7, 11pm

Assignment #3: Assigned Paper. Due Dec. 9, 11pm

Course Conduct

HLT 155 is a fully online course, with a 'virtual' classroom. Standards of conduct are the same for virtual classrooms as they are for on-ground classrooms, and as such, require behavior that demonstrates respect for others' opinions and individuality. Students in HLT 155 Online are reminded to use principles of "netiquette", or acceptable online behavior. For a list of netiquette rules, please visit the following website:

<http://edtech2.boisestate.edu/frankm/573/netiquette.html>

Disrespectful comments or classroom behavior (e.g. flaming, shouting, profanity or demeaning comments) will not be tolerated and will be deleted by the instructor and are grounds for removal from the course or student discipline.

Course Withdrawal

You may withdraw from the course at any time up until Dec. 10. To do so, you must contact the Registrar's office and officially complete the withdrawal procedure. As a matter of courtesy, if you decide to withdraw, please notify the instructor via telephone or message.

Disability Statement

If you are a student with physical or learning challenges, and believe you will need accommodations of any sort, it is your responsibility to contact the Counseling and Advising Services at (860) 383-5217 and notify your instructor within the *first week of class*. Please note that reasonable accommodations *may* be arranged, but will not be provided until documentation from a Counselor has been received by the instructor *within the first week of classes*. The official policy on disabilities can be found at:

http://www.trcc.commnet.edu/President/Policies/college_policies.shtml#People.

Academic Integrity

A student in HLT 155 who has violated the Academic Integrity Policy may receive a zero on the specific assignment or receive an "F" in the course, or both.

Students are expected to adhere by college policy with regard to Academic Integrity. This policy can be found in the Student Discipline Policy, Sec. 3 Expectations for Student Conduct:

Demonstrate academic integrity by not engaging in conduct that has as its intent or effect the false representation of a student's academic performance, including but not limited to: cheating on an examination, collaborating with others in work to be presented, contrary to the stated rules of the course, plagiarizing, including the submission of others' ideas or papers (whether purchased, borrowed or otherwise obtained) as one's own, stealing or having unauthorized access to examination or course materials, falsifying records or laboratory or other data, submitting, if contrary to the rules of a course, work previously presented in

another course, and knowingly assisting another student in any of the above, including an arrangement whereby any work, classroom performance, examination, or other activity is submitted or performed by a person other than the student under whose name the work is submitted or performed.

Course Schedule:

The following course schedule may be changed with 2 weeks' notice:

Wk #	Dates	Topic/Assignments/Tests	Readings	Discussions
Unit 1: Human Health and Wellness: Physical Domain				
1	8/26 – Mon. 9/2	<ol style="list-style-type: none"> 1. Read Ch.1 Shaping Your Health 2. Complete Objectives Ch. 1 to prepare for Exam 1 3. Read the information on the Plan of Action to change Behaviors found in the Chapter 1 Objectives 4. Assignment #1 Your Diet Analysis and Plan of Action will be due 9/30 by 11 p.m. 	Chapt. 1 pgs: 1-28 Shaping Your Health	Discussion 1: Class Introductions Due Date: 9/3 by 11pm
2	9/3 – 9/9	<ol style="list-style-type: none"> 1. Read Ch.5: Understanding Nutrition and Your Diet 2. Complete Objectives for Ch 5 to prepare for Exam 1 	Ch.5 pgs: 94-124	Discussion 2: Nutrition Due: 9/9 by 11pm
3	9/10 – 9/16	<ol style="list-style-type: none"> 1. Continue working on Ch 5 and Assignment #1 		Discussion 3: Nutrition Due: 9/16 by 11pm
4	9/17 – 9/23	<ol style="list-style-type: none"> 1. Maintaining a Healthy Weight 2. Complete Objectives for Ch 6 to prepare for Exam 1 	Chapt. 6 pgs. 125-153	Discussion 4: Weight Management Due: 9/23 by 11pm
5	9/24 – 9/30	<ol style="list-style-type: none"> 1. Becoming Physical Fit 2. Complete Objectives for Ch.4 to prepare for Exam 1 	Chapt. 4 pgs. 73-92	Discussion 5: Fitness Due: 9/30 by 11pm
6	10/1 – 10/7	Exam #1 Chap. 1, 4, 5 and 6. Exam will be posted from 7am Thursday 10/3 through Saturday 10/5 at 11pm.		No discussion due
Unit 2 Health and Wellness: Psychological Domain and Health States				

7	10/8 – 10/14	<ol style="list-style-type: none"> 1. Achieving Psychological Health 2. Complete Objectives for Ch.2 to prepare for Exam 2 3. Assignment #2 Time Management and Plan of Action due date is: 11/4 by 11p.m. 	Chapt. 2 pgs. 29-49	<p>Discussion #6 General Well-being</p> <p>Due: 10/14 by 11pm</p>
8	10/15 – 10/21	<ol style="list-style-type: none"> 1. Managing Stress 2. Complete Objectives for Ch.3 to prepare for Exam 2 	Chapt. 3 pgs. 50-72	<p>Discussion #7 Stress</p> <p>Due: 10/21 by 11pm</p>
9	10/22 – 10/28	<ol style="list-style-type: none"> 1. Enhancing Your Cardiovascular Health 2. Complete Objectives for Ch.9 to prepare for Exam 2 	Chapt. 9 pgs. 216-236	<p>Discussion #8 Heart Disease</p> <p>Due: 10/28 by 11pm</p>
10	10/29 – 11/4	<ol style="list-style-type: none"> 1. Living with Cancer and Chronic Conditions 2. Complete Objectives for Ch.10 to prepare for Exam 2 3. Assignment #2 Due 11/4 by 11pm 	Chapt. 10 pgs. 238-270	<p>Discussion #9 Cancer</p> <p>Due: 11/4 by 11pm</p>
11	11/5 – 11/11	Exam #2 Chapters 2,3 9 and 10 Exam will be posted from 7am Thursday 11/7 through Saturday 11/9 at 11pm.		No discussion due
Unit 3 Health and Wellness: Human Sexuality, Infectious Disease States, End of Life				
12	11/12 – 11/20	<ol style="list-style-type: none"> 1. Understanding Sexuality 2. Complete Objectives for Ch.12 to prepare for Exam 3 3. Read Ch.13 Managing Your Fertility 4. Complete Objectives for Ch.13 to prepare for Exam 3 5. Assignment #3: Assigned paper Due date 12/9 by 11pm 	<p>Chapt. 12. Pgs 302-327</p> <p>Chapt. 13 Pgs 328-356</p>	<p>Discussion #10 Relationships and Intimacy</p> <p>Due: 11/20 by 11pm</p>
X	11/21 – 11/25	Happy Thanksgiving!		No discussion due
13	11/26 – 12/2	<ol style="list-style-type: none"> 1. Preventing Infectious Disease 2. Complete Objectives for Ch.11 to prepare for Exam 3 	Chapt. 11 pgs. 271-301	<p>Discussion #11</p> <p>Due: 12/2 by 11pm</p>
14	12/3 – 12/9	<ol style="list-style-type: none"> 1. Accepting Death and Dying 2. Complete Objectives for Ch.11 to prepare for Exam 3. 	Chapt. 17 pgs. 434-451	No discussion due

		3. Assignment 3 due 12/9 by 11pm	
15	12/10 – 12/16	Exam #3 Chapters 11, 12, 13 and 17 Exam will be posted from 7am Thursday 12/12 through Saturday 12/14 at 11pm.	No discussion due Please complete online <u>Course Evaluation</u>

