

THREE RIVERS COMMUNITY COLLEGE

SYLLABUS: FALL 2009

HLT 155: PERSONAL HEALTH

Thursdays: 6:30 – 9:15 PM

Classroom D211

Professor Ann McNamara

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OFFICE HOURS:

MONDAYS	8:15- 9:15 AM
TUESDAYS	9:30-10:00 PM
WEDNESDAYS	10:45-12:00 Noon
THURSDAYS	9:30-10:00 PM

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:

- 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 hygiene 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
- Establish a plan of some personal health goals according to her/his own deficiencies and risks.

Methods of Evaluation

1. Tests: 40%

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.

4 times absent = loss of 5 points

5 times absent = loss of 8 points

6 times or more absent = loss of all 10 points

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

3. Group Project: 14%

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

Late papers will not be accepted.

4. Homework Assignments: 36%

All 3 homework assignments (each is worth 12 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.**

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, 9th edition. McGraw-Hill, 2009 (?)

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.

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.

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.
- ▶ Clean up after yourself by clearing your trash at the end of class.

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.

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Course Outline**Unit 1**

#	DATE	LECTURES/ASSIGNMENTS/TESTS	Assigned Readings and Assessments
1.	8/27	Introductions / Syllabus Health Topics Behavioral Change Action Plan Chapter 1: Shaping Your Health Homework #1 Dietary Intake/Action assigned (due 9/10)	Chapter 1: Determine your total points after taking the “Comprehensive Health Assessment” pp. 20-29
2	9/3	C. 1 continued Chapter 5: Understanding Nutrition and Your Diet	Chapter 5 “Food Safety” pp. 128-132
3	9/10	C. 5 continued Chapter 6: Maintaining a Healthy Weight	Chapter 6 “Personal Assessment “Do You Eat Mindfully?” p. 187
4	9/17	Test 1: Chapters 1, 5, 6, Action Plan, and assigned readings. Homework #1 due at 6:30 PM – late papers not accepted Chapter 4: Becoming Physically Fit Homework #2: Assigned (due 10/1)	

Unit 2

#	DATE	LECTURES/ASSIGNMENTS/TESTS	Assigned Readings and Assessments
5	9/24	Review Test 1 C. 4 continued Chapter 2: Psychological Health	Chapter 4 “Overcoming Barriers to Being Regularly Active” p. 91
6	10/1	Homework #2 due at 6:30 PM – late papers not accepted Chapter 3: Managing Stress Chapter 9: Reducing Your Risk of Cardiovascular Disease	Chapter 3 “Different Cultures, Different Ways of Coping” p. 56 Chapter 9 “Women and Heart Disease” p. 236
7	10/8	Test 2 on C. 2, 3, 4, 9, and assigned readings Homework #3 assigned (due 11/13) Chapter 10: Living with Cancer and Chronic Conditions	Chapter 10 Fruits and Vegetables: Eat More ...” p. 262

Unit 3

#	DATE	LECTURES/ASSIGNMENTS/TESTS	
8	10/15	Chapter 11: Preventing Infections Diseases Chapter 15: Protecting Your Safety	Chapter 11/"How to Wash Your Hands"/p. 299 Chapter 15/"Violence in the Media . . . "/p. 417 Chapter 7/"Club Drugs"/p. 179
9	10/22	Homework #3 due at 6:30 PM – late papers not accepted Group Project Assigned Chapter 12: Understanding Sexuality	Chapter 12 How Real Are the Relationships ..." p. 340
10	10/28	Test 3 on C. 11, 12, 15, and assigned readings Group Work	
11	11/5	Review Test 3 Grade Sheets Chapter 13: Managing Your Fertility Group Work	Chapter 13 "Maximizing the Effectiveness of . . . " p. 357

Unit 4

#	<u>DATE</u>	<u>LECTURES/ASSIGNMENTS/TESTS</u>	<u>Assigned Readings and Assessments</u>
12	11/12	Group Project Presentations	
13	11/19	Topic: Alzheimer's Disease Topic: Addictions	
XX	11/26	Happy Thanksgiving!!!! No Class	
14	12/3	Test 4 on C. 13 and Group Presentations	
15	12/10	Group Presentations Discussion	

Unit 2

5	9/24		
6	10/1		
7	10/8		

Unit 3

#	DATE		
8	10/15		
9	10/22		
10	10/28		
11	11/5		

Unit 4

12	11/12		
XX	11/26	No Class: Happy Thanksgiving	
13	12/3		
14	12/10	Test 4	