

**THREE RIVERS COMMUNITY COLLEGE
MOHEGAN CAMPUS, 7 MAHAN DRIVE
NORWICH, CT 06360
PHONE: (860) 383-5260**

SYLLABUS: FALL 2009

HLT 155: PERSONAL HEALTH

Mondays and Wednesdays: 9:30 – 10:45 a.m.

Classroom B125

Professor Ann McNamara

OFFICE: C Wing, #166

PHONE: (860) 892-5705

EMAIL: amcnamara@trcc.commnet.edu

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

SYLLABUS/HLT 155/FALL 2009

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.

6 times absent = loss of 5 points

7 times absent = loss of 8 points

8 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.

Unit 1

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS	Other Assigned Reading
1	8/26	W	Introduction Syllabus Health Topics Chapter 1: Shaping Your Health	
2	8/31	M	C.1: continued Homework #1 Dietary Intake/Action Plan assigned (due 9/16)	Chapter 1: Determine your total points after taking the "Comprehensive Health Assessment" pp. 20-29
3	9/2	W	C. 5 Understanding Nutrition and Your Diet	Chapter 5 "Food Safety" pp. 128-132
X	9/7	M	No Class: Labor Day	
4	9/9	W	C. 5 continued	
5	9/14	M	C. 6 Maintaining a Healthy Weight	Chapter 6 "Personal Assessment "Do You Eat Mindfully?" p. 187
6	9/16	W	Homework #1 due at 9:30 AM – late papers not accepted Homework #2 assigned (due 10/7 Chapter 6: continued	
7	9/21	M	Test 1: Chapters 1, 5, 6, Behavioral Action Plan and other assigned readings. No make-up tests will be given.	

Unit 2

8	9/23	W	Review Test 1 Chapter 4: Becoming Physically Fit	Chapter 4 “Overcoming Barriers to Being Regularly Active” p. 91
9	9/28	M	C. 4 continued Chapter 2: Psychological Health	Chapter 2
10	9/30	W	C. 2 continued Chapter 3: Managing Stress	Chapter 3 “Different Cultures, Different Ways of Coping” p. 56
11	10/5	M	C. 3 continued	
12	10/7	W	Homework #2 due at 9:30 PM – late papers not accepted Homework #3 Assigned (due 11/4)	
13	10/12	M	Test 2 on C. 2, 3, 4 , and assigned readings No make-up tests will be given.	

Unit 3

14	10/14	W	Review Test 2 Grade Sheets C. 11 Chapter 11: Preventing Infections Diseases	Chapter 11 “How to Wash Your Hands” p. 299
15	10/19	M	C. 15 Protect Your Safety	Chapter 7/“Club Drugs”/p. 179 Chapter 15/“Violence in the Media . . . ”/p. 417
16	10/21	W	Topics: Addictions; Aging; Alzheimer’s Disease Group Project Assigned Group Work	Chapter 2 A New Problem . . . Internet Addiction p. 44
17	10/26	M	Chapter 12: Understanding Sexuality Group Work	Chapter 12 How Real Are the Relationships . . .” p. 340
18	10/28	W	C. 12 continued Group Work	
19	11/2	M	Chapter 13: Managing Your Fertility	Chapter 13 “Maximizing the Effectiveness of . . . “ p. 357
20	11/4	W	Homework #3 due at 9:30 AM – late papers not accepted C. 13 continued Group Work	
21	11/9	M	Test 3 on C. 11, 12, 13, 15, Topics: Addictions, Aging Alzheimer’s Disease, and assigned readings. No make-up tests will be given.	
X	11/11	W	No Class: Veterans Day	

Unit 4

22	11/16	M	C. 14 Becoming and Informed Health Care Consumer Group Work	Chapter 14 Table 14.2-Patients Institutional Rights Pp. 392
23	11/18	W	C. 9 Reducing Your Risk for Cardiovascular Disease	Chapter 9 "Women and Heart Disease" p. 236
24	11/23	M	C. 10 Living With Cancer and Chronic Conditions Group Work	Chapter 10 Fruits and Vegetables: Eat More ..." p. 262
X	11/25	W	No Class: Happy Thanksgiving	
25	11/30	M	Group Project Presentations	
26	12/2	W	Group Project Presentations	
27	12/7	M	Group Project Presentations	
28	12/9	W	Test 4 on C. 9, 10, 14 assigned Readings and Group Presentations. No make-up tests will be given.	
29	12/14	M	Group Presentation Discussions	