

# THREE RIVERS COMMUNITY COLLEGE

## SYLLABUS: SPRING 2012

### HLT 155: PERSONAL HEALTH

CRN 10238

Tuesdays and Thursdays 9:30-10:50 AM

Classroom: B125

#### Professor Ann McNamara

**OFFICE:** C166

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#### OFFICE HOURS:

|                    |                 |
|--------------------|-----------------|
| Tuesdays/Thursdays | 12:00 – 1:00 PM |
| Mondays/Wednesdays | 5:30 – 6:15 PM  |

APPOINTMENTS ARE AVAILABLE AT OTHER TIMES

## 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” approach to health.
- Understand the importance of risk-reduction in personal 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.
- 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.
- Understand reproduction and family health.
- Gain knowledge of the human reproductive system.
- Learn about the various methods of contraception.
- List the various forms of S.T.D’s, their symptoms, and explain how they’re transmitted as well as how they can be prevented.
- Learn the health effects of drug abuse, alcoholism, smoking and environmental pollutants.
- 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 action on specific personal health goals.

## Methods of Evaluation

### 1. Tests: 50%

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. A student with less than an 83 average on the first 3 tests must take Test 4 and the lowest test grade will be dropped. A student who misses a test must take Test 4. There are **no make-up tests.**

### 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 frequently **late for class or leave early** 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 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, 10th edition. McGraw-Hill, 2011

Simple Calculator

## 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 **May 7**. 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.

## Class Cancellation Due to Weather or Other Situations

If possible, students will be notified by email if a class is cancelled. Please make sure the College has your correct email address.

## 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.

**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**

| <b>CLASS</b> | <b>DATE</b> | <b>DAY</b> | <b>LECTURES/ASSIGNMENTS/TESTS</b>                                                                                               |
|--------------|-------------|------------|---------------------------------------------------------------------------------------------------------------------------------|
| 1            | 1/19        | TH         | Introduction<br>Syllabus<br>Health Topics<br>Chapter 1: Shaping Your Health<br>Plan of Action for Behavioral Change             |
| 2            | 1/24        | T          | Homework #1 Assigned: Dietary Intake/Action Plan (due 2/14)<br>C.1: continued                                                   |
| 3            | 1/26        | TH         | C. 5 Understanding Nutrition and Your Diet                                                                                      |
| 4            | 1/31        | T          | C. 5 continued                                                                                                                  |
| <b>X</b>     | <b>2/2</b>  | <b>TH</b>  | <b>Professional Day: No Class</b>                                                                                               |
| 5            | 2/7         | T          | C. 5 continued                                                                                                                  |
| 6            | 2/9         | TH         | Chapter 6: Maintaining a Healthy Weight                                                                                         |
| 7            | 2/14        | T          | <b>Homework #1 due at 9:30. Late papers will not be accepted.</b><br>C. 6 continued                                             |
| 8            | 2/16        | TH         | <b>Test 1: Chapters 1, 5, 6, the Plan of Action for Behavior Change, and Assigned Readings. No make-up tests will be given.</b> |

## Unit 2

|        |                   |              |                                                                                                                          |
|--------|-------------------|--------------|--------------------------------------------------------------------------------------------------------------------------|
| 9      | 2/21              | T            | Chapter 4: Becoming Physically Fit<br>Homework #2 (due 3/13)                                                             |
| 10     | 2/23              | TH           | C. 4 continued                                                                                                           |
| 11     | 2/28              | T            | Chapter 2: Psychological Health                                                                                          |
| 12     | 3/1               | TH           | C. 2 continued                                                                                                           |
| 13     | 3/6               | T            | Chapter 3: Managing Stress                                                                                               |
| 14     | 3/8               | TH           | C. 3 continued<br>Topic: Spirituality                                                                                    |
| 15     | 3/13              | T            | <b>Homework #2 due at 9:30 AM. Late papers will not be accepted</b><br>C. 9 Reducing Your Risk of Cardiovascular Disease |
| 16     | 3/15              | TH           | <b>Test 2 on C. 2, 3, 4, 9, the Topic of Spirituality, and Assigned Readings. No make-up tests will be given.</b>        |
| X<br>X | 3/20<br>&<br>3/22 | T<br>&<br>TH | <b>Spring Break: No Classes</b>                                                                                          |

**UNIT 3**

|    |      |    |                                                                                                                                                                          |
|----|------|----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 17 | 3/27 | T  | Review Test 2/Grade Sheets<br>Homework #3 Assigned (due 4/24)<br>Chapter 10: Living with Cancer and Other Chronic Conditions                                             |
| 18 | 3/29 | TH | Topic: Alternative Medicine<br>Topic: Aging and Alzheimer's Disease                                                                                                      |
| 19 | 4/3  | T  | Group Project Assigned<br>C. 17: Dying and Death                                                                                                                         |
| 20 | 4/5  | TH | Chapter 12: Understanding Sexuality<br>Group Work 15 minutes                                                                                                             |
| 21 | 4/10 | T  | C. 12 continued<br>Group Work: 15 minutes                                                                                                                                |
| 22 | 4/12 | TH | Chapter 13: Managing Your Fertility                                                                                                                                      |
| 23 | 4/17 | T  | Chapter 11: Preventing Infections and Diseases                                                                                                                           |
| 24 | 4/19 | TH | Chapter 11 continued                                                                                                                                                     |
| 25 | 4/24 | T  | <b>Homework #3 due at 9:30 AM. . Late papers will not be accepted.</b><br>Topic: Addictions<br>Group Work: 15 minutes                                                    |
| 26 | 4/26 | TH | <b>Test 3 on C. 10, 11, 12, 13, 17, the Topic of Addictions, Alternative Medicine, Aging, Alzheimer's Disease and Assigned Readings. No make-up tests will be given.</b> |
| 27 | 5/1  | T  | Review Test 3<br>Grade Sheets<br>Group Work 1 hour                                                                                                                       |
| 28 | 5/3  | TH | Group Project Presentations                                                                                                                                              |
| 29 | 5/8  | T  | Group Project Presentations                                                                                                                                              |
| 30 | 5/10 | TH | <b>Test 4 on the Group Presentations. No make-up tests will be given</b>                                                                                                 |