

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

## **SYLLABUS: SPRING 2012**

### **HLT 155: PERSONAL HEALTH**

CRN: 10239

Wednesdays: 6:30 – 9:15 PM

Classroom D102

#### **Professor Ann McNamara**

**OFFICE:** C166

**PHONE:** (860) 892-5705

**EMAIL:** amcnamara@trcc.commnet.edu

#### **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.
- Gain an understanding of preventive medicine.
- Understand the importance of risk-reduction in personal 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.
- 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 in the United States.
- 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 some personal health goals according to her/his own deficiencies and risks.

## 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. 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 may lose the following points:

3 times absent = loss of 5 points

4 times absent = loss of 8 points

5 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. **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 assignment 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, Dale 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 Student 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. You will be counted as absent if you fail to sign the sheet. Please remind me if I forget to pass it.
- ▶ 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 (another person or me), do not have side conversations.
- ▶ Raise your hand when you wish to speak.

**Academic Integrity:** from the 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 his/her 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 be assigned a grade of "F" for this course.**

## Course Schedule:

#	DATE	LECTURES/ASSIGNMENTS/TESTS
1.	1/25	Introductions / Syllabus Health Topics Chapter 1: Shaping Your Health Plan of Action for Behavioral Change Homework #1 Assigned: Dietary Intake/Plan of Action ( <b>due 2/15</b> )
2	2/1	Chapter 5: Understanding Nutrition and Your Diet
3	2/8	Chapter 5: continued Chapter 6: Maintaining a Healthy Weight
4	2/15	<b>Homework #1 due at 6:30 PM. Late papers will not be accepted.</b>  <b>Test 1: Chapters 1, 5, 6, the Plan of Action for Behavioral Change, and all Assigned Readings. No make-up tests will be given.</b>
5	2/22	
6	2/29	
7	3/7	
8	3/14	
X	3/21	Spring Break: No Class
9	3/28	
10	4/4	
11	4/11	
12	4/18	
13	4/25	
14	5/2	
15	5/9	

## Course Schedule:

### UNIT 1

#	DATE	LECTURES/ASSIGNMENTS/TESTS
1.	1/25	Introductions / Syllabus Health Topics Chapter 1: Shaping Your Health Plan of Action for Behavioral Change
2	2/1	Chapter 5: Understanding Nutrition and Your Diet Homework #1 Assigned: Dietary Intake/Action ( <b>due 2/22</b> )
3	2/8	Chapter 5: continued
4	2/15	Chapter 6: Maintaining a Healthy Weight
5	2/22	<b>Homework #1 due at 6:30 PM. Late papers will not be accepted.</b> <b>Test 1: Chapters 1, 5, 6, the Plan of Action for Behavioral Change, and all Assigned Readings. No make-up tests will be given.</b> Homework #2 assigned Chapter 4: Becoming Physically Fit

### UNIT 2

6	2/29	Review Test 1 Chapter 4 continued Chapter 2: Psychological Health
7	3/7	Chapter 3: Managing Stress Chapter 9: Enhancing Your Cardiovascular Health
8	3/14	<b>Homework #2 due at 6:30 PM. Late papers will not be accepted.</b> Group Project Assigned (due 5/2) Topic: Spirituality
X	3/21	Spring Break: No Class
9	3/28	<b>Test 2 on C. 2, 3, 4, 9, Topic of Spirituality, and all 2 Assigned Readings</b> Homework #3 assigned (due 4/18) Chapter 10: Living with Cancer and Other Chronic Conditions

**UNIT 3**

#	DATE	LECTURES/ASSIGNMENTS/TESTS
10	4/4	Review Test 2 Grade Sheets Chapter 12: Understanding Sexuality Chapter 13: Managing Your Fertility Chapter 11: Preventing Infectious Diseases Group Work: 20 minutes
11	4/11	Topics: Aging/Alzheimer's Disease Chapter 17: Accepting Dying and Death Group Work: 20 minutes
12	4/18	<b>Test 3 on C. 12, 13, 17, the Topics of Aging and Alzheimer's Disease, and Assigned Readings</b> <b>Homework #3 due at 6:30 PM. Late papers will not be accepted.</b> Group Work after the test
13	4/25	Review Test 3 Grade Sheets Topic: Addictions Group Work: 30 minutes
14	5/2	Group Project Presentations
15	5/9	<b>Test 4 on the Topic of Addictions and the Group Presentations</b>