

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

SYLLABUS: SPRING 2010

HLT 155: PERSONAL HEALTH

Thursdays: 6:30 – 9:30 PM

Classroom B125

CRN: 10239

Professor Ann McNamara

OFFICE: C166

PHONE: (860) 892-5705

EMAIL: amcnamara@trcc.commnet.edu

OFFICE HOURS:

| | |
|------------|-----------------|
| MONDAYS | 11:00 – 1:00 PM |
| WEDNESDAYS | 2:30 - 3:30 PM |

APPOINTMENTS ARE AVAILABLE AT OTHER TIMES

SYLLABUS/HLT 155/SPRING 2010

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 hher/his own deficiencies and risks.

Methods of Evaluation

1. Tests: 50%

There are 4 tests during the semester. There are **no make-up tests.** 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.

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 **late for class or leave early** frequently 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 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, 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 **May 10**. 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.
- ▶ Clean up after yourself by clearing your trash at the end of class.

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: Revised 2/11/10

UNIT 1

| # | DATE | LECTURES/ASSIGNMENTS/TESTS |
|----------|-------------|---|
| 1. | 1/21 | Introductions / Syllabus Health Topics Chapter 1: Shaping Your Health |
| X | 1/28 | Snow Day: No Class Homework #1 Dietary Intake/Action assigned (due 2/25) |
| X | 2/4 | No Class: Professional Day |
| 2 | 2/11 | C. 1 continued Action Plan Chapter 5: Understanding Nutrition and Your Diet Chapter 6: Maintaining a Healthy Weight |
| 3 | 2/18 | C. 6 continued C. 4 Becoming Physically Fit |
| 4 | 2/25 | Test 1: Chapters 1, 4, 5, 6, the Behavior Change Action Plan, and Unit 1 Assigned Readings. No make-up tests will be given. Homework #1 due at 6:30 PM. Late papers will not be accepted. Homework #2: Time Management Assigned (due 3/25) Chapter 9: Reducing Your Risk of Cardiovascular Disease |

Unit 1 Assigned Readings

Chapter 1: "Today's College Student" and "Learning from our Diversity", pp. 6-7

Chapter 1: Determine your total points after taking the "Comprehensive Health Assessment" pp. 20-29

Chapter 5: "Food Safety", pp. 128-132

Chapter 6: "Personal Assessment "Do You Eat Mindfully?", p. 187

Chapter 4: "Overcoming Barriers to Being Regularly Active", p. 91

UNIT 2

| | | |
|----------|-------------|---|
| 5 | 3/4 | Review Test 1 Chapter 2: Psychological Health Chapter 3: Managing Stress |
| X | 3/11 | No Class: Semester Break |
| 7 | 3/18 | C. 3 continued Chapter 10: Living with Cancer and Chronic Conditions |
| 8 | 3/25 | Homework #2 due at 6:30 PM. Late papers will not be accepted. C. 10: continued Chapter 11: Preventing Infections and Diseases |
| 9 | 4/1 | Test 2 on C. 2, 3, 9, 10, 11 and Unit 2 Assigned Readings Homework #3 assigned (due 4/22) Chapter 7: Making Decisions about Drug and Alcohol Use |

Unit 2 Assigned Readings

Chapter 9: "Women and Heart Disease", p. 236

Chapter 2: "Mindfulness: Time to Pay Attention", p. 35

Chapter 3: "Different Cultures, Different Ways of Coping", p. 56

Chapter 10: Fruits and Vegetables: Eat More ...", p. 262

Chapter 11: "How to Wash Your Hands", p. 299

UNIT 3

| # | DATE | LECTURES/ASSIGNMENTS/TESTS |
|----|------|---|
| 10 | 4/8 | Group Project Assigned C. 14: Becoming an Informed Health Care Consumer Topics: Aging and Alzheimer's Disease Group Work 20 minutes |
| 11 | 4/15 | Chapter 12: Understanding Sexuality Chapter 13: Managing Your Fertility Group Work: 20 minutes |
| 12 | 4/22 | Test 3 on C. 7, 9, 10, 11, 12, 13, 14, the Topics of Aging and Alzheimer's Disease, and Assigned Readings Homework #3 due at 6:30 PM. Late papers will not be accepted. Group Work after the test |
| 13 | 4/29 | Review Test 3 Grade Sheets Topic: Addictions Group Work: 1 ½ hours |
| 14 | 5/6 | Group Project Presentations |
| 15 | 5/13 | Test 4 on the Topic of Addictions and the Group Presentations |

Unit 3 Assigned Readings

Chapter 15: "Violence in the Media . . .", p. 417

Chapter 7: "Club Drugs", p. 179

Chapter 12
How Real Are the Relationships . . .", p. 340

Chapter 13
"Maximizing the Effectiveness of . . .", p. 357