

SYLLABUS: FALL 2010

HLT 155: PERSONAL HEALTH

Online Course: 31669

Professor Ann McNamara

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On-Line Office Hours: Mondays 11:00 AM – 12:00 PM
Thursdays 6:00 PM - 6:30 PM

Course Description

This is a course on 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.

Overall Course Objectives

The successful student will:

- Gain an understanding of the term “health” and the various meanings to different people.
- Learn the ‘wellness’ approach to health.
- Understand the importance of disease risk-reduction and prevention.
- 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.
- 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 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 personal plan of health goals according to her/his own risks.

Methods of Evaluation/Assessment

1. Tests: Worth 30% of the grade

A total of 3 tests will be given during the semester and are worth 10 points each. The tests will be made up of short answer questions based on the objectives for each chapter. A student missing a test will need to take a make-up test in the last week of the semester. All make-up tests will be essay tests. A student may only take 1 make-up test.

All tests will be based on the Chapter Objectives that have been posted for each chapter. Other topics you have been assigned may also be on the tests. Each test will be posted and available to you at 7:00 AM on the Thursday of the test week through that Saturday until 11:00 PM.

2. Assignments: Worth 30% of the grade

There will be a total of 3 assignments. Each is worth 10 points and will have a due date. **Late assignments will not be accepted and will receive no points.**

3. Discussions: Worth 40% of the grade

There will be a total of 10 times when you will be assigned to email other members of the class about a health-related topic. Each is worth 4 points Discussions must be completed by their due dates. **Late discussions will not be accepted and will receive no points.**

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

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.

Academic Integrity (from College Policies: Expectations for Student Conduct)

A student must demonstrate academic integrity by not engaging in false representation of his/her 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.

COURSE SCHEDULE: (may be changed with 2 weeks notice to students)

UNIT 1

Wk #	DATE	READINGS/ASSIGNMENTS/TESTS	DISCUSSIONS
1	8/31– 9/6	1. Read Chapter 1: Shaping Your Health 2. Complete Objectives for C 1 to prepare for Unit Test 1 3. Read the information on the Plan of Action to Change Behaviors found in the Chapter 1 Objectives. 4. Assignment #1: Your Diet Analysis and Plan of Action. Go to your Home Page for more information. Due date 10/4 by 11:00 PM. Late assignments will not be accepted.	Discussion #1: Your Introduction. Go to Week 1 on your Home Page for more information. Due Date 9/6 by 11:00 PM Late discussions will not receive points.
2	9/7- 9/13	1. Read Chapter 5: Understanding Nutrition and Your Diet 2. Complete Objectives for Chapter 5 to prepare for Unit Test 1	No discussion due
3	9/14- 9/20	Continue working on Chapter 5 and Assignment #1	Discussion #2: Go to Week 3 on your Home Page for more information. Due date 9/20 by 11:00 PM
4	9/21- 9/27	1. Read Chapter 6: Maintaining a Healthy Weight 2. Complete Objectives for C 6 to prepare for Unit Test 1	Discussion #3: Go to Week 4 on your Home Page for more information. Due Date 9/27 by 11:00 PM
5	9/28- 10/4	1. Read Chapter 4: Becoming Physically Fit 2. Complete Objectives for C 4 to prepare for Unit Test 1	Discussion #4: Go to Week 5 on your Home Page for more information Due date 10/4 by 11:00 PM
6	10/5- 10/9	Test 1 covers Chapters 1,4,5,6 and the Plan of Action to Change Behaviors. The test will be posted from 7:00 AM, Thursday, through Saturday, Oct. 9. The test must be completed by 11:00 PM on Saturday	No discussion due

UNIT 2

WK #	DATE S	READINGS/ASSIGNMENTS/TESTS	DISCUSSIONS
7	10/12-10/18	1. Read Chapter 2: Achieving Psychological Health 2. Complete Objectives for C 2 to prepare for Unit Test 2 3. Assignment #2. Time Management and Plan of Action. Go to your Home Page for more information. Due date 11/8 by 11:00 PM Late Assignments are not accepted	Discussion #5: Go to Week 7 on your Home Page for more information. Due date 10/18 by 11:00 PM Late discussions will not receive points.
8	10/19-10/25	1. Read Chapter 3: Managing Stress 2. Complete Objectives for C 3 to prepare for Unit Test 2	Discussion #6: Go to Week 8 on your Home Page for more information. Due date 10/25 by 11:00 PM
9	10/26-11/1	1. Read Chapters 9: Enhancing Your Cardiovascular Health 2. Complete Objectives for C 9 to prepare for Unit Test 2	Discussion #7: Go to Week 9 on your Home Page for more information. Due date 11/1 by 11:00 PM
10	11/2-11/8	1. Read Chapter 10: Living with Cancer and Other Chronic Conditions 2. Complete Objectives for C 10 to prepare for Unit Test 2	Discussion #8: Go to Week 10 on your Home Page for more information. Due date 11/8 by 11:00 PM
11	11/9-11/13	Test 2 covers Chapters 2, 3, 9, 10. The test will be posted from 7:00 AM, Thursday, through Saturday, Nov. 13. The test must be completed by 11:00 PM on Saturday	No discussion due

UNIT 3

WK #	DATE S	READINGS/ASSIGNMENTS/TESTS	DISCUSSIONS
12	11/16-11/22	1. Read Chapter 12: Understanding Sexuality 2. Complete Objectives for C 12 to prepare for Unit Test 3 3. Read Chapter 13: Managing Your Fertility 4. Complete Objectives for C 13 to prepare for Unit Test 3 5. Assignment #3: Assigned Paper. Go to your Home Page for more information. Due date 12/6 by 11:00 PM Late assignments will not be accepted.	Discussion #9: Go to Week 12 on your Home Page for more information. Due date 11/22 by 11:00 PM Late discussions will not receive points.
13	11/23-11/29	1. Read Chapter 11: Preventing Infections Diseases 2. Complete Objectives for C 11 to prepare for Unit Test 3	No discussion due
14	11/30-12/6	1. Read Chapter 17: Accepting Dying and Death 2. Complete Objectives for C 17 to prepare for Unit Test 3	Discussion #10: Go to Week 14 on your Home Page for more information. Due date 12/6 by 11:00 PM
15	12/7-12/11	Test 3 covers Chapters 11,12,13,17 and Addictions The test will be posted from 7:00 AM, Thursday through 11:00 PM on Saturday, Dec. 11. <u>All make-up tests will be given on these days.</u>	No discussion due Please complete the Course Evaluation which is on your Home Page