

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

SYLLABUS: FALL 2010

HLT 155: PERSONAL HEALTH

Tuesdays and Thursdays: 9:30 – 10:50 AM

Classroom B125

Professor Ann McNamara

OFFICE: C Wing, #166
PHONE: (860) 892-5705
EMAIL: amcnamara@trcc.commnet.edu
OFFICE HOURS:

MONDAYS	6:00- 6:30 PM
TUESDAYS	11:00 -12:00 PM
WEDNESDAYS	6:00- 6:30 PM
THURSDAYS	12:00 - 1:00 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’ 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, 10th edition. McGraw-Hill, 2011

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.

Course Schedule (may be changed with a 2 week notice)

Unit 1

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
1	8/26	TH	Introductions Syllabus Health Topics Chapter 1: Shaping Your Health Homework #1 Dietary Intake/Action Plan assigned (due 9/16)
2	8/31	T	C.1: continued
3	9/2	TH	C. 5 Understanding Nutrition and Your Diet
4	9/7	T	C. 5 continued
5	9/9	TH	C. 5 continued
6	9/14	T	C. 6 Maintaining a Healthy Weight continued
7	9/16	TH	Homework #1 due at 9:30 AM – late papers not accepted Chapter 6: continued
8	9/21	T	Test 1: Chapters 1, 5, 6, The Plan of Action to Change Behaviors and the Assigned Readings. No make-up tests will be given.

Unit 2

9	9/23	TH	Review Test 1 Chapter 4: Becoming Physically Fit Homework #2 assigned (due 10/7)
10	9/28	T	C. 4 continued
11	9/30	TH	Chapter 2: Psychological Health
12	10/5	T	Chapter 3: Managing Stress
13	10/7	TH	Homework #2 due at 9:30 PM – late papers not accepted Homework #3 Assigned (due 11/4) C. 3 continued
14	10/12	T	Test 2 on C. 2, 3, 4, and Assigned Readings No make-up tests will be given.

Unit 3

15	10/14	TH	Review Test 2 Grade Sheets C. 9 Reducing Your Risk for Cardiovascular Disease
16	10/19	T	C. 10 Living With Cancer and Other Chronic Conditions
17	10/21	TH	Chapter 11: Preventing Infections Diseases Group Project Assigned
18	10/26	T	Chapter 12: Understanding Sexuality Group Work: 15 min.
19	10/28	TH	C. 12 continued Group Work: 15 min.
20	11/2	T	Chapter 13: Managing Your Fertility
21	11/4	TH	Homework #3 due at 9:30 AM – late papers not accepted C. 13 continued Group Work: 15 min.
22	11/9	T	Topic: Addictions Group Work: 30 min.
X	11/11	TH	No Class: Veterans Day
23	11/16	T	C. 14 Becoming an Informed Health Care Consumer Group Work: 15 min.
24	11/18	TH	Test 3 on C. 9, 10, 11, 12, 13, 14, 15, the Topic of Addictions, and Assigned Readings. No make-up tests will be given.

Unit 4

X	11/23 and 11/25	T TH	No Class: Happy Thanksgiving
25	11/30	T	Topics: Aging; Alzheimer's Disease Group Work: 15 min.
26	12/2	TH	Group Work
27	12/7	T	Group Project Presentations
28	12/9	TH	Group Project Presentations
28	12/14	TH	Group Project Presentations
30	12/16	T	Test 4 on Topics of Aging and Alzheimer's Disease and Group Presentations. No make-up tests will be given.