

# THREE RIVERS COMMUNITY COLLEGE

## SYLLABUS: FALL 2019

### HLT 155: PERSONAL HEALTH

CRN 30061

Tuesdays and Thursdays 9:30-10:45 AM

Classroom: D 105

#### Professor Ann McNamara

**OFFICE:** C166

**PHONE:** (860) 215-9454

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

#### OFFICE HOURS:

Tuesdays and Thursdays	11:00-12:00 PM
Mondays and Wednesdays	5:00-6:00 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” 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.
- Maintain an online Learning Portfolio in Digication using the college template.

## 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 (except Test 4) 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 (not test 4) will be dropped. A student who misses a test must take Test 4. When a student takes Test 4, it will always count and cannot be dropped. 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 or leave early 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 lose points unless prior approval has been given by me.

### 3. Group Project: 24%

A project and its due date will be assigned. Early papers are accepted.

### 4. Assignments: 16%

The 2 assignments (each is worth 8 points) must be handed-in on the dates they are due. Early papers are always accepted, **but late papers do not receive points.**

### 5. Students are expected to post assignments to the College Digication Portfolio.

## 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, 11th edition. McGraw-Hill, 2013

Students will need a Simple Calculator for tests.

## 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 **November 5**. Students who withdraw will be assigned a grade of "W".

## Disability Statement

If you are a student with a disability (challenge) and believe you will need accommodations for this class, it is your responsibility to contact the Student Development and Counseling Services located in the A Wing, A113. If you have a Learning Disability or Mental Health Issue, please contact Matt Liscum. His phone number is 860-215-9265. If you have a Medical, Mobility, or Sensory Disability, please contact Elizabeth Wilcox at 860-215-9289. Both counselors are located at A113. To avoid any delay in the receipt of accommodations, you should contact them as soon as possible. Please note that I cannot provide accommodations based upon a disability/challenge until I have received an accommodation letter from the Counselor.

## 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.**

## **Class Cancellation Due to Weather or Other Situations**

If possible, students will be notified by email if a class is cancelled. Please make sure that your personal email is connected to the college's website.

## **Classroom Policies**

### **► Please Show respect for all members of the class:**

Do not have side conversations when someone is speaking in class (the professor or a student). Students having side conversations may be asked to leave the classroom.

Raise your hand when you wish to speak.

Communication between students and between students and the professor must be civil, honest, and respectful to each other.

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.

If you need to leave the classroom, go quietly and return quietly, making sure not to cross in front anyone who is speaking.

During tests, students may not leave the classroom.

## **Important Informaton:**

### **Act No. 14-11: An Act Concerning Sexual Assault, Stalking and Intimate Partner Violence on Campus:**

“The Board of Regents for Higher Education (BOR) in conjunction with the Connecticut State Colleges and Universities (CSCU) is committed to insuring that each member of every BOR governed college and university community has the opportunity to participate fully in the process of education free from acts of sexual misconduct, intimate partner violence and stalking. It is the intent of the BOR and each of its colleges or universities to provide safety, privacy and support to victims of sexual misconduct and intimate partner violence.”

### **Title 1X Statement of Policy concerning the U.S. Department of Education and the Office of Civil Rights:**

“Title IX of the Education Amendments of 1972 (Title IX) prohibits discrimination based on sex and gender in education programs and activities in federally funded schools at all levels. If any part of a school district or college receives any Federal funds for any purpose, all of the operations of the district or college are covered by Title IX.

Title IX protects students, employees, applicants for admission and employment, and other persons from all forms of sex discrimination, including discrimination based on gender identity or failure to conform to stereotypical notions of masculinity or femininity. All students (as well as other persons) at recipient institutions are protected by Title IX – regardless of their sex, sexual orientation, gender identity, part-or full-time status, disability, race, or national origin-in all aspects of a recipient’s educational programs and activities.”

**If any student experiences sexual misconduct or harassment, and/or racial or ethnic discrimination on Three Rivers Community College Campus, or fears for their safety from a threat while on campus, please contact Maria Krug, the Diversity Officer and Title IX Coordinator:**

Maria Krug, Title IX Coordinator and Diversity Officer  
Admissions: Welcome Center \* Office A116  
574 New London Turnpike, Norwich CT 06360  
860.215.9255 \*

## Course Schedule:

Schedule may be changed with a 2 week notice to students.

### UNIT 1

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
1	8/27	T	Introduction, Syllabus, Health Topics Vote  Chapter 1: Shaping Your Health
2	8/29	TH	Assign. #1 handed-out: due September 17  C.1: continued  Plan of Action for Behavioral Change
3	9/3	T	C. 5 Understanding Nutrition and Your Diet:
4	9/5	TH	C. 5 continued
5	9/10	T	C. 5 continued
6	9/12	TH	Chapter 6: Maintaining a Healthy Weight
7	9/17	Tt	<b>Assign. #1 is due today. Late papers do not receive points.</b>  C. 6 continued
8	9/19	TH	<b>Test 1: Chapters 1, 5, 6, the Plan of Action for Behavioral Change, and Assigned Readings. No make-up tests are given.</b>

## Unit 2

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
9	9/24	T	Review Test 1  Grade Sheets  C. 4: Becoming Physically Fit  Assign. #2 handed-out: due October 10
10	9/26	TH	C. 4 continued
11	10/1	T	C. 2: Psychological Health
12	10/3	TH	C. 2 continued
13	10/8	T	C. 3: Managing Stress
14	10/10	TH	<b>Assign. #2: due at 9:30 AM. Late work is not accepted.</b>  C. 3 continued
15	10/15	T	<b>Test 2 on Chapters 2, 3, 4 and Assigned Readings</b> <b>No make-up tests are given.</b>

## Unit 3

CLASS	DATE	DAY	LECTURES/ASSIGNMENTS/TESTS
16	10/17	TH	Review Test 2  Grade Sheets  Group Project Assigned: Controversy Topic Due April 9 Paper Due April 23 Presentations due on April 30 and May 2.
<b>XX</b>	<b>10/22</b>	<b>T</b>	<b>Reading Day: No Class</b>
17	10/24	TH	C. 9: Reducing Your Risk of Cardiovascular Disease  Group Work
18	10/29	T	C. 10: Cancer
19	10/31	TH	Chapter 12: Understanding Sexuality  Group Work
20	11/5	T	<b>Group Controversy Topic Due</b>  Chapter 13: Managing Your Fertility  Group Work 15 minutes
21	11/7	TH	Chapter 11: Sexually Transmitted Infections and Diseases
22	11/12	T	<b>Test 3 on C. 9, 10, 11, 12, 13, and Assigned Readings. No make-up tests are given.</b>

## Unit 4

23	11/14	TH	<b>Review Test 3</b> <b>Grade Sheets</b> Topics Group Work
24	11/19	T	Topics Group Work
25	11/21	TH	Topics Group Work
26	11/26	T	<b>Group Project Papers Due. Late papers not accepted</b> <b>Topics</b>
<b>XX</b>	<b>11/28</b>	<b>TH</b>	<b>Happy Thanksgiving!!!! No Class.</b>
27	12/3	T	Group Work Only
<b>28</b>	<b>12/5</b>	<b>TH</b>	<b>Group Project Presentations</b>
<b>29</b>	<b>12/10</b>	<b>T</b>	<b>Group Project Presentations</b>
<b>30</b>	<b>12/12</b>	<b>TH</b>	<b>Test 4 on the Topics covered and on the Group Presentations.</b> . <b>No make-up tests are given.</b>  <b><u>All students taking Test 4:</u> the grade for Test 4 will not be dropped as your lowest grade. Only the lowest grade for Test 1, 2, or 3 will be dropped when you take Test 4.</b>