

# THREE RIVERS COMMUNITY COLLEGE

## SYLLABUS: FALL 2019

### HLT 155: PERSONAL HEALTH

CRN 31669

Wednesdays: 6:00 – 8:45 PM

Classroom D102

#### Professor Ann McNamara

**OFFICE:** C Wing, #166

**PHONE:** (860) 215-9464

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

**OFFICE HOURS:**

TUESDAYS AND THURSDAYS	11:30 – 12:30 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’ and preventive approach to health.
- Learn the relationship between personal choices 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

## Required Text and Materials

- Hahn, Date et al. Focus On Health, 11th edition. McGraw-Hill, 2013
- 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 **November 5**. Students who do not withdraw, but stop attending will be assigned an "F" grade, adversely affecting the transcript and cumulative average.

## 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. 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.

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.

### 3. Group Project: 24%

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

**Late papers will not be accepted.**

### 4. Homework Assignments: 16%

The 2 homework assignments (each is worth 8 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.**

**Digital Portfolio:** All students are required to maintain an online learning portfolio in Digication that uses the college template.

## 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

## Disability/Challenge Statement

Students with physical or learning disabilities are encouraged to contact Student Services' Counseling and Advising Center in the A Wing (A113). If you have a Learning Disability or Mental Health Issue, please contact Matt Liscum at 860-215-9265. If you have a Medical, Mobility, or Sensory Disability, please contact Elizabeth Wilcox at 860-215-9289. Please note that I cannot provide accommodations based upon a disability until I have received an accommodation letter from the Disabilities 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.
- ▶ 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.
- ▶ Raise your hand when you wish to speak.
- ▶ Clean up after yourself by clearing your trash at the end of class.
- ▶ When someone is speaking in class (me or another person), do not have side conversations

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

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

**A student who has not demonstrated academic integrity may receive a grade of "F" for the course grade.**

Examples:

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. Knowingly assisting another student in any of the above

## **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 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 at:**

Admissions Welcome Center \* Office A116  
574 New London Turnpike, Norwich CT 06360  
860.215.9255 \*  
MKrug@trcc.commnet.edu

SYLLABUS/HLT 155/FALL 2019

**Course Outline:****UNIT 1**

<b>WEEK</b>	<b>DATE</b>	<b>LECTURES/ASSIGNMENTS/TESTS</b>
1.	8//28	<p>Introductions</p> <p>Syllabus Review</p> <p>Health Topics Vote</p> <p>Plan of Action to Change Behaviors</p> <p>Chapter 1: Shaping Your Health</p> <p>Assignment #1: (due 9/19)</p>
2	9/4	<p>C. 1 continued</p> <p>Chapter 5: Understanding Nutrition and Your Diet</p>
3	9/11	C. 5 continued
4	9/18	<p>Chapter 6: Maintaining a Healthy Weight</p> <p><b>Assignment #1 due at 6:00 PM – late papers not accepted</b></p>
5	9/25	<p><b>6:00-7:30 PM</b></p> <p><b>Test 1: Chapters 1, 5, 6, Plan of Action to Change Behaviors, and Assigned Readings</b></p> <p><b>7:30- 8:45 PM</b></p> <p>Chapter 4: Becoming Physically Fit</p> <p>Assignment #2: Assigned (due 10/16)</p>

6	10/2	Review Test 1  C. 4 continued  Chapter 2: Achieving Psychological Health	<b>UNIT 2</b>
7	10/9	Chapter 3: Managing Stress	
8	10/16	Chapter 9: Enhancing Your Cardiovascular Health  Chapter 10: Living with Cancer and Diabetes  <b>Assignment #2 due at 6:00 PM – late papers not accepted</b>	
9	10/23	<b>6:00-7:30 PM</b>  <b>Test 2: Chapters 2, 3, 4, 9, 10, and Assigned Readings</b>  <b>7:30- 8:45 PM</b>  Chapter 4: Becoming Physically Fit	

**Unit 3**

<b>WEEK</b>	<b>DATE</b>	<b>LECTURES/ASSIGNMENTS/TESTS</b>
10	10/30	Chapter 12: Understanding Sexuality  Chapter 13: Managing Your Fertility  Group Project Assigned:
11	11/6	Chapter 11: Preventing Infectious Diseases  Topic:  Group Work

12	11/13	<b>Assignment #3 due at 6:00 PM – late papers are not accepted</b>  <b>6:00-7:30 PM</b> <b>Test 3 on C. 11, 12, 13, Topic, and Assigned Readings</b>  7:30-8:45 PM  Group Work
13	11/20	Review Test 3  Grade Sheets  Topic:  Topic:  Group Work



**UNIT 4**

<b><u>WEEK</u></b>	<b><u>DATE</u></b>	<b><u>LECTURES/ASSIGNMENTS/TESTS</u></b>
<b>XX</b>	<b>11/27</b>	<b>Happy Thanksgiving!! No Class</b>
<b>14</b>	<b>12/4</b>	<b>Group Presentations</b>
<b>15</b>	<b>12/11</b>	<b>6:00 -7:30 PM</b> <b>Test 4 on the Group Presentations, the Topics, and the Assigned Readings</b>