

**Hagerstown Community College**

**MASTER SYLLABUS**

**COURSE:** HEA 203 Personalized Approach to Mental and Physical Health      **3 Credits**

**DATE:** Fall 2016

**INSTRUCTOR:**

**COURSE DESCRIPTION:** The study and practice of principles that affect human health with an emphasis on mental health, physical fitness, stress management, nutrition, and weight control with specific personalized techniques. The roles of lifestyle and behavior are examined as they relate to the prevention of health problems.

**TEXTBOOK:**

**STUDENT LEARNING OUTCOMES:**

1. Students will become aware of the relationship of lifestyle to personal health.
2. Students will become familiar with the major factors that impact negatively on one's health.
3. Students will critically examine current research on various health topics.

**Academic Integrity:** The HCC Student Code of Conduct is published in the College Guide: A Handbook Planner for Students and may be obtained in the Student Activities Office. The Code of Conduct includes principles, rights, and prohibited conduct related to academic integrity and due process.

**Services for Students with Special Needs:** Students who have special needs are encouraged to identify themselves to the Coordinator of Disability Services as early as possible. Reasonable accommodations based on current documentation are provided to qualified students

**Course Workload:**

To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute "academic" hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.

**MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE**

<b>HYBRID</b>	<b>DIRECT Faculty Instruction In-class</b>	<b>Student Work Out of Classroom</b>
Three Physical Evaluations	5 hours	
Moodle Instruction Including: 1. Quizzes 2. Forum Posts 3. Self-Assessments		At least 3 hours per week = 45
Reading chapters		10 h
Physical Activity Assignments		At least 3 hours per week = 45
2 Unit Exams		10 hours prep
Cumulative final Assessment	Included in meeting times	5 hours
<b>Total Hours</b>	<b>5 hours</b>	<b>115 hours</b>