

Hagerstown Community College

Master Syllabus

COURSE: HEA-103-01, Personal Health 3 credits

SEMESTER/YEAR: Spring 2018

INSTRUCTOR:

EMAIL:

PHONE:

*If you have questions I'm available by email or phone and before or after class.

COURSE DESCRIPTION: This overview course offers an opportunity to explore the biological, behavioral, and sociological aspects of health and wellness. The roles of lifestyle and behavior are examined as they relate to the preventions of health problems. Topic areas include: mental and emotional health, stress management, disease prevention, fitness, nutrition, sexuality, aging, the environment, and other timely issues related to personal health.

TEXTBOOK: Donatelle, Rebecca J. *Health: the basics*. 12th ed. Boston: Pearson, 2017.
ISBN: 978-0-13-418326-8

STUDENT LEARNING OUTCOMES:

- Identify and understand behavior patterns within the six dimensions of personal health.
- Determine how lifestyle and behavior in the maintenance of health and prevention of disease.
- Research and reflect on current, media driven topics related to public health concerns.
- Describe different high-risk factors that impact negatively on one's health.
- Describe different pathways of achieving a healthier lifestyle through exercise, education, and nutrition.

COURSE CONTENT OBJECTIVES:

- Explore the biological, psychological, and sociological aspects of health and wellness.
- Become aware of the major health problems prevalent in American society.

MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE

	DIRECT Faculty Instruction In-class 37.5 h required	Student Work Out of Classroom 75 h required
In-Class "lecture", Including: 1) Unit Exams 2) Project Presentations	37.5 h	
Assigned Reading Chapters		2 h per chapter = 32 h
Research/Response Papers		30 h
Behavior Change Project		15 h
Total Hours	37.5 h	77 h

Total Hours of Coursework: 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.

For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

Services for Students with Disabilities: Students may receive reasonable accommodations if they have a diagnosed disability and present appropriate documentation. Students seeking accommodations are required to contact the Disability Support Services (DSS) office as early as possible. Students may contact a DSS staff member for an appointment at dss@hagerstowncc.edu or at 240-500-2530.

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.

ASSESSMENT PROCEDURES:

• Syllabus Quiz	20 pts
• Pre-Test	30 pts
• Unit I Exam- Chapters 1-4, including FOCUS ON Sections	100 pts
• Unit II Exam- Chapters 5-8, including FOCUS ON Sections	100 pts
• Unit III Exam- Chapter 9-12, including FOCUS ON Sections	100 pts
• Unit IV/FINAL Exam- Chapter 13-16, including FOCUS ON Sections	100 pts
• Health Assessment and Observation Paper	75 pts
• Behavior Change Contract	25 pts
• Behavior Change Reflection Paper	75 pts
• Current Event Presentation	50 pts
• Family Tree Chart	25 pts
• Family Tree Paper	75 pts
• Food Tracking Project	75 pts
• Participation (10 pts/week)	150 pts

Total Points = 1000

A = 1000-900 pts, B = 899-800 pts, C = 799-700 pts, D = 699-600 pts, F = 599-0 pts

ASSIGNMENT DESCRIPTIONS:

Assigned Readings-It is recommended you read the assigned chapter in your textbook prior to the corresponding lecture, in this syllabus you will find weekly topics and their related chapter.

Behavior Change Contract and Reflection Paper-Based on your Health Assessment choose a

health behavior that you would like to change and complete the Behavior Change Contract from the textbook. Towards the end of the semester you will write a reflection paper analyzing your behavior change from the start of the semester.

Current Event Presentation-Find a current health article, present the topic and facilitate class discussion questions or an activity. Presentation should last 5 minutes

Exams-Each exam will contain a combination of multiple choice, true/false and essay questions. The tests will contain no more than 50 questions. Late exams will not be accepted.

Family Tree Charting and Paper-This will be a two-part project. Complete a family medical chart and write a paper about a medical condition in your family tree.

Food Tracking Project – You will complete the Assess Yourself in Chapter 9 titled, How Healthy Are Your Eating Habits? You will track your food and analyze your intake and make recommendations and observation on your eating trends.

Health Assessment and Observation Paper- You will take the textbook's Chapter 1 assessment and write a paper making observations of your results.

Pre-Test-Evaluation of your prior knowledge of mental and emotional health, stress management, disease prevention, fitness, nutrition, sexuality, aging, and environmental health.

Syllabus Quiz-You will have a quiz in Moodle based on the information from the syllabus.

COURSE POLICIES:

- A. Professional behavior is expected always. Please respect yourself, classmates and instructor.
- B. Assignments/Papers/Projects are due Wednesday's at 11:55pm. Assignments can be typed and submitted to me in class or via Moodle.
 - a. Late assignments can be submitted no more than one week after the due date for partial credit.
 - b. Grading will be completed within two classes.
 - c. Papers should be written in APA format unless otherwise stated.
- C. Quizzes and Exams, completed in Moodle are due Sundays at 11:55pm. Late quizzes and exams will not be accepted.
- D. Students are expected to attend all classes. In the case of absence because of emergency or participation in official college function, it is the student's responsibility to communicate with the instructor about the absence and missed coursework.
- E. It is the student's responsibility to withdraw officially from any class that s/he ceases to attend. Failure to do so will result in the recording of an "F" Grade.
- F. HCC is a tobacco free campus; this includes smokeless tobacco.
- G. The Chicago Cubs won the World Series in the 2016.
- H. Cell phones are to be turned to silent during class and only to be used if it pertains to the class discussion, when appropriate. Please step outside the classroom should it be necessary to use your phone during class time.
- I. Upon admission to HCC you signed a pledge to uphold an Honor Code which holds the qualities of honesty and integrity in the highest regard for the duration of your education experience. Since the principle behind an honor system is honesty, an effective system can exist only when each student has a sense of community responsibility and personal integrity.
- J. The instructor reserves the right to modify the course content as deemed necessary.