



PHED 1304 Personal/Community Health

Course Syllabus: Summer I 2020

"Northeast Texas Community College exists to provide responsible, exemplary learning opportunities."

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	Everyday

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

Catalog Course Description: This Course provides instruction to the fundamental concepts, strategies, applications and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being.

Required Textbook(s): Health, Making Choices for Life, Lynch, Elmore, & Kotecki

Publisher: Pearson

ISBN Number: 978-0-321-51641-1

Recommended Reading(s): None

Student Learning Outcomes:

1. Students will evaluate the dimensions of health and how they relate to personal and/or community wellness.
2. Students will understand the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
3. Students will identify the leading health problems, trends, and needs of diverse populations.
4. Students will identify major agencies, foundations, and associations supporting health at local, state, national, and international levels as well as data tools and resources.
5. Students will evaluate sources of health information, including the internet, to determine reliability.
6. Students will develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Evaluation/Grading Policy:

The final grade will be determined as follows:

For your final grade:

Exams: Four (4) exams will be worth 100 points each. Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & Power Point Presentations.

Course Readings: To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are required to help facilitate class discussion topics. Assignments are due on Sunday's by 11:59pm. See course schedule for due dates.

Presentations: There will be a poster presentation on Drugs, Alcohol, & Tobacco awareness that will account for 100 points of your grade and a Family Tree project that will be 100 points of your grade. The Drug, Alcohol/Tobacco Awareness Poster will be done in a Flyer format, aimed at College Aged persons. The Family tree project will go back to a minimum of the Great Grand Parents and must include Birth year, death year (if deceased), and cause of death (accident, heart attack, cancer, etc.).

Letter grades will be assigned according to the following scale: A = 540-600 points B=480-539

C = 420-479 D = 360-419 F=359 or less

Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester. The average shown in Bb will determine the final course grade, and **no additional work** is possible.

General:

Students should log onto **Blackboard (Bb)** ASAP and **carefully** read **all announcements**. **Bb and student email should be checked DAILY for new announcements or messages.**

Questions are welcomed by appointment, or if more convenient, they can be directed to me either by phone or e-mail. **Please do not hesitate to ask questions! There is no such thing as a stupid question. It is only stupid NOT to ASK them. It is VERY difficult to improve your course average after you fail the first exam, so PLEASE contact the instructor for help or studying tips EARLY in the semester, before it is too late to make a difference.**

Exam/Quiz Make-Up Policy: If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged **ONLY** if the reason is legitimate, and the instructor is notified **IN ADVANCE of the time the exam/quiz is scheduled** (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of "0" for the exam missed.** There will be no exceptions.

Student Responsibilities/Expectations:

1. Log in and complete weekly assignments before due dates.
2. Log in and complete test each week before the due date.
3. Complete assignments before due dates.

NTCC Academic Honesty Statement:

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

Academic Ethics

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

Family Educational Rights And Privacy Act (Ferpa):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

COURSE SCHEDULE

<u>DATE</u>	<u>CHAPTERS</u>
June 8th-June 14th	Chapters 1-5
June 14^h-21st	Chapters 6-13 / Drug/Alcohol/Tobacco Awareness Flyer Due
June 21st-June 28th	Chapter 14-18
June 28th-July 9th	Chapter 19-22 / Family Tree Due

Test 1 Due June 14th at 11:59pm

Test 2 Due June 21st at 11:59pm

Test 3 Due June 28th at 11:59pm

Test 4 Due July 9th at 11:59pm

Drug/Alcohol/Tobacco Awareness Flyer Due June 21st by 11:59pm

Family Tree Project due July 9th by 11:59pm