



focused

# PHED 1304 Health Education

Course Syllabus: Summer 2017

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

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	5pm-6pm	By Appt	5pm-6pm	By Appt	By Appt	Sunday's 6pm-9pm

*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 an introduction to the fundamentals, 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):** Hopson, Get Fit. Stay Well. 4th edition, 2018

**Publisher:** Pearson

**ISBN Number:** 978-0-13458-881-0

**Recommended Reading(s):** None

### Student Learning Outcomes:

- 1.) Evaluate the dimensions of health and how they relate to personal and/or community wellness.
- 2.) Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
- 3.) Describe the leading health problems, trends, and needs of diverse populations.
- 4.) Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.
- 5.) Evaluate sources of health information, including the internet, to determine reliability.
- 6.) 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 **50%** of the total grade. The first three exams will be worth **10%** each and the final exam is a comprehensive exam which will be worth **20%**. **Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & online class exercises.** (The majority of questions will be taken from **online class exercises.**)

**Class Participation:** Students are expected to attend class (login to blackboard and mylab) and participate appropriately in class exercises. In addition to regular attendance (logging in), spirited and appropriate discussion and thoughtful questions will help to raise the student's grade. **These participation and attendance points will make up 30% of your course grade.**

**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, and will be worth **20%** of the total course grade.

**Letter grades** will be assigned according to the following scale:

A = 90-100	C = 70-79	F = below 60
B = 80-89	D = 60-69	

**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.

**Attendance:** At the end of the semester, grades will be calculated according to the percentages in the syllabus, and the only adjustment that will be made is if the final percentage is **WITHIN ONE POINT** of the next letter grade (and **NO** more), and the student has missed **THREE OR LESS LECTURES**. (Mitigating circumstances will be taken into account at the discretion of the instructor.) The grade will then be **rounded up** to the **next letter grade**. *Attendance is tracked in blackboard.*

**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 during office hours (or 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:**

If you attend this class or a portion of this class on-campus then class etiquette dictates that you will:

1. Attend class each time the class meets.
2. Be on time for class and **remain for the entire period**. You may not receive credit if you do not attend all sessions.
3. Refrain from talking while the professor is lecturing. Idle chattering and giggling are disruptive to the class and disrespectful to your professor and your classmates.
4. Be attentive and participate in class.

**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**

<b>DATE</b>	<b>CONTENT</b>	<b>CHAPTERS</b>
<b>Lecture 1-W1</b>	Class Orientation - Syllabus, Blackboard and Textbook Changing Personal Behaviors for Optimal Wellness	CH 1
<b>2-W1</b>	Understanding Fitness Principles	CH 2
<b>3-W1</b>	Conditioning Your Cardiorespiratory System	CH 3
<b>Material</b>		<b>End Exam</b>
<b>4-W2</b>	<b>EXAM 1</b>	<b>CH 1-3</b>
<b>5-W2</b>	Building Muscular Strength and Endurance	CH 4
<b>6-W2</b>	Maintain Flexibility and Back Health	CH 5
<b>7-W2</b>	Understanding Body Composition	CH 6
<b>Material</b>		<b>End Exam 2</b>
<b>8-W3</b>	<b>EXAM 2</b>	<b>CH 4-6</b>

9- W3	Improving Your Nutrition	CH 7
10 –W3	Managing Your Weight	CH 8
11-W3	Managing Stress	CH 9

**Material**

**End Exam 3**

**LAST DAY TO WITHDRAW WITH AN AUTOMATIC "W"**

<b>12-W4</b>	<b>EXAM 3</b>	<b>CH 7-9</b>
13 –W4	Reducing Your Risk of Cardiovascular Disease	CH 10
14-W4	Reducing Your Risk of Chronic Diseases	CH 11
15-W4	Reducing Your Risk of Cancer	CH 12

**Material**

**End Exam 4**

16-W5	Avoiding Substance Abuse and Addiction	CH 13
17-W5	Reducing Your Risk of STI's	CH 14
18-W5	Maintaining Lifelong Wellness	CH 15
<b>19-W5</b>	<b>FINAL EXAM</b>	<b>CH 10-15</b>