College of Charleston
HEAL 216 PERSONAL AND COMMUNITY HEALTH
Fall 2011 Semester Hours 3

Time & Place: Noon, Silcox Physical Education and Health Center, Room 206

Instructor: Mrs. Barnette

Office Located: Silcox Center, Room 212

Office Phone: 953-6747   Email: barnettes@cofc.edu

Office Hours: MWF 10:00am - Noon, TR 8:30-9:00 and by appointment.

Prerequisites: None

Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Course Description:
An overview of the factors that affect one's ability to achieve and obtain optimal health. Emphasis will be on decision-making and personal responsibility. (3 credit hours)

Required Texts:

Course Objectives:
Upon the successful completion of this course the student should be able to:

• 1. Define health and wellness, and explain the interconnected roles of the physical, social, mental, emotional, spiritual, and environmental dimensions of health.
• 2. Define stress and examine how stress and anxiety may have direct and indirect effects on physical performance and personal wellness. (This objective meets Standard II of the School of Education.)
• 3. Discuss positive communication skills as they relate to social/ psychological dynamics as well as the impact these skills have on your health and interpersonal relationships.
• 4. Discuss the factors of nutrition and exercise as they relate to the assessment and the development of weight control and personal fitness.
• 5. Define addictions and describe signs of addiction versus habit. (This objective meets Standard V of the School of Education.)
• 6. Discuss the negative impact from the use of alcohol, tobacco, and caffeine on health and wellness.
• 7. Discuss the risk factors for cardiovascular disease and cancer.
• 8. Discuss the characteristics and risk factors of the most common sexually transmitted diseases including HIV/AIDS.

Course Requirements:

5% Practice and Pop Tests

10% Family Tree Project

28% Logs and Analyses

57% Examinations

Description of Projects:

• 1. Daily assignments. (30pts. =5%). Students are responsible for all reading assignments are expected to be prepared for each class to participate on the readings for that day. Some class participation may require overnight assignments.

• 2. Outside assignments (250pts. =36%).

a. Logs and analyses. (200pts.) Students will compile logs for stress, food consumption, and physical activity. Each log is designed to provide the students with their own personal information in each of these three areas. Students will then analyze the information in regard to healthy guidelines provided by the text and set a goal to improve their health in each of these three areas. Logs must be deposited in OAKS dropbox for course by Midnight of due date or 50% loss of points. (Students do have option of turning in hard copy.)

b. Family Tree project and oral presentation (70pts.). Students will complete a family tree documenting family member health problems. The project is three parts including a tree poster, written report and oral presentation to class. Additional report information is located in the Sassy Ink packet. Poster 40 points, written report 20 points, oral presentation 10 points. All written reports must be in OAKS dropbox by midnight on due date or 50% loss of points. (Students do have option of turning in hard copy on assignments.)

Examinations: Students will have the opportunity to drop the lowest grade of these five tests.
Exam #1 (100pts. = 12.5%) chapters 1,8-10,12.

Exam #2 (100pts. = 12.5%) chapters 2-5.

Exam #3 (100pts. = 12.5%) chapters 6,7,11,13, 14,17*

Exam #4 (100pts. = 12.5%) chapters 15-20.

Exam #5 (100pts. = 12.5%) Course objectives, taken during exam period.

**Evaluation Criteria & Scale:**

Exam 1 100pts
Exam 2 100pts
Exam 3 100pts
Exam 4 100pts

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400pts

Logs 40 pts each
Analysis 10 pts each
Total for logs/analyses

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200pts

Family Tree Project/Presentation

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70pts

Daily assignments/quizzes 30 pts

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Total Points Assignments 700pts

**Grade Scale: (Implemented 2006-07)**

<table>
<thead>
<tr>
<th>Points</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>88-89%</td>
<td>A-</td>
</tr>
<tr>
<td>85-87%</td>
<td>B+</td>
</tr>
<tr>
<td>80-84%</td>
<td>B</td>
</tr>
<tr>
<td>78-79%</td>
<td>B-</td>
</tr>
<tr>
<td>70-74%</td>
<td>C</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Points</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>630-700</td>
<td>A</td>
</tr>
<tr>
<td>490-525</td>
<td>C</td>
</tr>
</tbody>
</table>
616-629 points    A-    476-490 points    C-
595-616 points    B+    462-476 points    D+
560-595 points    B    448-462 points    D
546-560 points    B-    438-448 points    D-
525-546 points    C+    437 and below    F

**Bonus Points:**

Bonus point opportunities will be announced during the semester. There is a **50 points cap** on total accrued bonus points. (Also see attendance.)

**Make-up Test:**

Make-up tests may be given with an excused absence, but it is the responsibility of the student to inform the instructor immediately upon missing a test to arrange for make-up tests. If there is no communication from student, at zero will be automatic.

**Attendance: PLEASE READ CAREFULLY!!!!**

Attendance is required. You may miss three classes without being penalized. For each additional unexcused absence, your final grade will be reduced by two points (which translates to **14 points** on your 700 point scale). Excused absences must be pre-approved by Mrs. Barnette or approved by the Undergraduate Dean's Office. No other excuses will be accepted. Those students not using the acceptable amount of cuts will have 2 bonus points per absence (14 pts. on 700 pt. scale) added to their final point total. Entering class after roll call is considered tardy. Three tardies will equal one absence on point deductions. Over 10 minutes late equals two tardies. After 3 or more excused absences students will not be eligible for bonus points for attendance.

**Honor System:**

The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook. Take special note of the following NEW policy concerning grades and cheating. **“Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.”**

Numbers for Health Concerns:
SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

August 30 Fast Food Assignment due
30 Start activity log

September 6 Activity log and analysis due
6 Start food log
13 Food log and analysis due
20 Start stress log
27 Stress log and analysis due

October 6 Start communication log
13 Communication log and analysis due
24 Start Health Risks Survey Due

November 12 Class Release for Health Risks Survey
15 Health Risks Survey Due

November 29 Family Tree Project due (Written report)

Nov/Dec. 29, 1, 3, 5 Oral Report Presentations and Posters Due
(Students draw for date)

Course schedule:

August
24w Introduction to course,

28f Chap. 1, Promoting Health Behavior, LD,

29m Chap. 10 Fitness, Fast Food, Assignment due, Start Activity Log
31w Chap. 10

September

2f Chap. 9 Weight Management

5m Chap. 8 Nutrition, Activity Log Due, Start Food Log

7w Chap. 8

9f Chap. 8

12m Chap. 12 Drinking Responsively, Food Log Due

14w Chap. 12

16f Test #1, Chaps. 1, 8, 9, 10, 12 Bring Pencil to class

19m Chap. 2, Psychosocial Health, Start Stress Log

21w Chap. 2

23f Chap. 3 Stress Management,

26m Chap. 3, Stress Log Due

28w Chap. 4 Violence, Date Rape Video

30f Chap. 4 Violence, Jump Rope for Heart - Bonus Pts.

October

3m Chap. 5 Healthy Relationships and Communicating Effectively

65w Chap. 5, Start Communication Log

6f Chap. 5

10-11mt Fall Break

12w Chap. 5, Communication Logs Due

14f Test #2, Chaps. 2, 3, 4, 5,
17m Chap. 6 Sexuality
19w Chap. 6 &17* (*STD section)
21f Chap. 7 Reproductive Choices
24m Chap. 11 Addictions,
26w Chap. 11 Addictions
28f Chap. 13 Smoking
31m Chap. 14 Marijuana Debate

**November**

2w Chap. 14 Illicit Drugs
4f Test #3, Chaps. 6, 7, 11, 12, 14, 17*
7m Chap. 15 Cardiovascular Disease
9w Chap. 16 Cancer
11f Class Release for Surveys -SCAPHERD Convention
14m Surveys Due – Class Discussion
16w Chap. 17 Infectious Diseases /Chap. 18 Non-infectious Diseases
18f Chap. 19 Healthy Aging & Chap. 20 Death and Dying,
21m Test #4, Chaps. 15-20, Lottery Pick for Presentations
23-25 Thanksgiving Break

28m Family Project All Papers Due, Report Presentations Begin
30w Report Presentations

**December**

2f Report Presentations
5m Report Presentations, Last Day of Class
Exam Period* Friday, December 7th, Noon.

*The final exam period will be the fifth test for those who don't exempt. It will cover the Eight Course Objectives from the syllabus.