TIME AND PLACE:
TR 10:50-12:05, Room 111, Silcox Physical Education and Health Center
TR 1:40-2:55, Room 116, Silcox Physical Education and Health Center

INSTRUCTOR:
Edith B. Ellis, PhD, CHES

OFFICE HOURS:
MWF 11:00-12:00
TR 9:30-10:30
By appointment

OFFICE LOCATION:
Room 311, Silcox Physical Education and Health Center

CONTACT INFORMATION:
Email: ellise@cofc.edu  Office phone: 843/953-8240 Office FAX: 843/953-6757

COURSE DESCRIPTION:
This course will provide an overview of the health issues confronting individuals today – both on a societal level and as individuals. Emphasis will be on the concepts of health, decision making, and recognition of factors affecting health, personal communication and relationships, and establishing healthy practices that will contribute to a healthier and lengthier life. Opportunities will be provided for self-assessment, recognition of unhealthy practices and models/strategies for effecting change.

COURSE TEXT:

COURSE OUTCOMES:
1. Understand contemporary health issues and provide fundamental knowledge for each.
2. Examine psychosocial factors affecting health.
3. Discuss high risk behaviors, symptoms, and complications of sexually transmitted infections, including HIV/AIDS.
4. Identify health risk behaviors and develop a plan to change those behaviors.
5. Express an appreciation and enthusiasm for health education.

REQUIREMENTS:
Self-assessment packet 153 points
Participation 140 points
Health service activity 60 points
Tests (4 @ 100 points each) 400 points
TOTAL POINTS 753 points
DESCRIPTION OF ASSIGNMENTS:

NOTE: When indicated, all assignments must be typed. All assignments must be paper-clipped or stapled when multiple pages are submitted. This includes attaching the appropriate rubric. Any paper not typed or not stapled will receive a 10% grade reduction for each omission.

All assignments are due at the beginning of class on the day indicated. The grade for each assignment submitted after the designated time will be lowered by 10% for each calendar day (including the due date). All assignments must be stapled or paper-clipped prior to submission. Points will be deducted accordingly.

1. Participation (140 points). This is an interactive, participatory class. Students are expected to be present and actively involved each day. Each student is allowed two absences, without penalty. For each subsequent absence seven (6) points will be deducted from the participation grade.

Students who come to class after roll is taken will be counted as tardy. Three such tardies will count as one absence. Any student who is more than ten (10) minutes late will be counted as absent for that day. There are no exceptions for students who choose to leave early, and that too will count as an absence.

Classes missed because you planned a flight before classes ended, or because you left early or returned late after a holiday are not valid excuses.

Students who miss more than 25% of the class sessions will receive a grade of “F.”

2. Health Service Activity (60 points) Due: November 29, 2011. Each student must complete five (5) hours of volunteer service prior to November 29, 2011. Each hour of service will be awarded ten (10) points for a total of fifty (50) points; plus 10 points for successfully completing the written assignment. The time log and reflection form may be found on OAKS. Remember, you may use this volunteer service in your portfolio or resume. If you are required to perform health service for another health class, you may use the same hours for each class. Be sure to read and attach the rubric on the front of this assignment.

3. Written Tests (100 points each). See schedule for tentative dates.

Four written exams, equally weighted will be given. Tests will be derived from information included in class notes, handouts, web sites, and the class text.


Each assignment is due on the date posted in the schedule. Each assignment has its own rubric for completion and grading. Download the appropriate rubric, read it PRIOR to completing the assignment, and clip it to the front of your assignment. Assignments will not be graded without the appropriate rubric attached.

EVALUATION SCALE:

677-753 = A (90-100%)
662-676 = A- (88-89%)
640-661 = B+ (85-87%)
602-639 = B (80-84%)
587-601 = B- (78-79%)
564-586 = C+ (75-77%)
CLASS EXPECTATIONS:
1. No electronic devices are allowed in class. Turn off cell phones, pagers, listening devices, etc. Remove head phones or other audio/video devices. All such items must remain in purses/backpacks or briefcases. If it is necessary to ask you to stop using such devices more than once, you will lose participation points for that day. For subsequent device usage, you will be asked to leave the class, as you are being disrespectful to both me and your classmates. If you are asked to leave, that dismissal will count as an absence.
2. No food or open container drinks are allowed in the classroom. Closed-topped bottles of water, soft drinks or coffee are acceptable.
3. Appropriate behavior is expected, and appropriate attire will be worn at all times. Clothing must cover the private areas of the body, including one’s navel. Any behavior or attire that detracts from the academic learning environment may result in the student being asked to leave class. Students who are asked to leave class will be counted as absent for that day.
4. Students who miss a presentation by a classmate will receive a 50% reduction in their presentation grades.

ATTENDANCE:
Students are expected to be in all class sessions and on time. Class participation and attendance is imperative for students to achieve the basic objectives of the course and program. Any student missing more than 2 classes will receive a 5 point grade reduction for each subsequent class missed. Students who miss a class in which an activity is undertaken, a guest speaker is present, or a video is shown will receive a 10 point grade reduction for each of those days missed, regardless of the number of absences already accrued. These are opportunities and events for which the information and experiences cannot be found in a text. Students who arrive between the start time and the first 10 minutes of class will be counted as tardy. Three tardies will equal 1 absence. Students who arrive after the first 10 minutes of class will be counted absent. There is no exception for leaving class early. All such occurrences will count as an absence. Any extreme circumstances or situations will be handled individually. Classes missed because you planned a flight before classes ended or because you returned late after a holiday are not valid excuses. Students who miss more than 25% of class sessions will receive a grade of "F."

HONOR CODE:
The College of Charleston has an honor code that governs student behavior. Consult the most recent edition of the Student Handbook for pertinent information. Any infraction of the honor code can be referred to the Honor Board. Penalties may range from receiving a zero on an assignment, failing the class with an XF (Honor Code Infraction), to expulsion from the College.

MAKE-UP EXAMS:
Make up exams are given at the discretion of the professor, based upon extenuating circumstances. Each case will be decided upon individually. If there is an emergency or you are ill the day of an exam, it is your responsibility to get in touch with me as soon as possible. According to the Undergraduate Bulletin, it is in your best interest to contact the Undergraduate
Dean’s Office and bring documentation in the case of an emergency or prolonged illness.

**TENTATIVE COURSE OUTLINE**

We will follow this outline in the order presented, although the dates are tentative and subject to change. Note that specific textbook readings and class activities accompany each topic. You are expected to be an active learner. Therefore, read the material prior to coming to class.

<table>
<thead>
<tr>
<th>AUG.</th>
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<tbody>
<tr>
<td>23 - T</td>
<td>Introduction and Overview&lt;br&gt;<strong>Twinkies, Tylenol and Beer</strong>&lt;br&gt;Promoting Healthy Behavior Change&lt;br&gt;<strong>Begin: Martin’s Index of Health Behavior</strong></td>
<td>Ch.1</td>
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<tr>
<td>25- R</td>
<td>Promoting Healthy Behavior Change&lt;br&gt;<strong>One Against the Mob</strong>&lt;br&gt;<strong>Due: Martin’s Index of Health Behavior</strong>&lt;br&gt;<strong>Begin: Family Tree of Health</strong></td>
<td>Ch. 1</td>
</tr>
<tr>
<td>30 - T</td>
<td><strong>One Against the Mob</strong>&lt;br&gt;Stress&lt;br&gt;<strong>Due: Family Tree of Health</strong></td>
<td>Ch. 3</td>
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<tr>
<th>SEPT.</th>
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<tbody>
<tr>
<td>1 - R</td>
<td>Dealing with Stress&lt;br&gt;<strong>Balloon Balance</strong>&lt;br&gt;Violence and Abuse&lt;br&gt;<strong>Jigsaw</strong></td>
<td>Ch. 3 &amp; 4</td>
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<tr>
<td>6- T</td>
<td>Violence and Abuse&lt;br&gt;<strong>Jigsaw</strong></td>
<td>Ch. 4</td>
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<td>8 - R</td>
<td><strong>Guest Speaker - CARE</strong></td>
<td>Ch. 4</td>
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<tr>
<td>13- T</td>
<td>Violence and Abuse&lt;br&gt;Sexual Harassment</td>
<td>Ch. 1, 3 &amp; 4</td>
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<tr>
<td>15 - R</td>
<td><strong>TEST #1</strong></td>
<td>Ch.1, 3 &amp; 4</td>
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<tr>
<td>20 - T</td>
<td>Sexuality</td>
<td>Ch. 6</td>
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<tr>
<td>22 - R</td>
<td>Sexuality</td>
<td>Ch. 6</td>
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<tr>
<td>27 - T</td>
<td>Sexuality&lt;br&gt;Reproductive Choices, Pt. I</td>
<td>Ch. 6 &amp; 7</td>
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<td>29 - R</td>
<td>Reproductive Choices, Pt. II&lt;br&gt;<strong>Due: Choosing a Contraceptive</strong></td>
<td>Ch. 7</td>
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<tr>
<td>4 – T</td>
<td>Reproductive Choices, Pt II&lt;br&gt;<strong>Due: Risks for Unintended Pregnancy</strong></td>
<td>Ch. 7</td>
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<tr>
<td>6 – R</td>
<td>Reproductive Choices, Pt. III</td>
<td>Ch. 7</td>
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<tr>
<td>11 – T</td>
<td><strong>TEST #2</strong></td>
<td>Ch. 6 &amp; 7</td>
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<td>Date</td>
<td>Date</td>
<td>Activity</td>
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| 13 – R | Drinking Responsibly  
 *Sobriety Test*  
 *Due: A Dozen Drinking Dilemmas*  | Ch. 12 & 13 |
| 18 – T | FALL BREAK! – ENJOY!!!! |  |
| 20 – R | Drinking Responsibly  
 *Tobacco and Caffeine*  
 *To Breathe or not to Breathe*  
 *Due: Caffeine Countdown*  
 *Begin: Food Log*  
 *Bring texts to next class!*  | Ch. 12 & 13 |
| 25 – T | Nutrition  
 *Jeopardy*  | Ch. 8 |
| 27 – R | Nutrition  
 *Double Jeopardy*  
 *Core Information*  
 *Due: Food Log*  | Ch. 8 |

**NOV.**

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<tr>
<th>Date</th>
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<th>Activity</th>
<th>Chapter(s)</th>
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<tbody>
<tr>
<td>1 – T</td>
<td>TEST #3</td>
<td>Ch. 8, 12, &amp; 13</td>
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</tbody>
</table>
| 3 – R | Infectious Diseases  
 *The Sleuth*  | Ch. 17 |
| 8 – T | Infectious Diseases  
 *The Sleuth*  | Ch. 17 |
| 10 – R | Infectious Diseases  | Ch. 17 |
| 15 – T | Red Dot  
 *STIs*  | Ch. 17 |
| 17 – R | STIs  
 *OOPS!*  | Ch. 17 |
| 22 – T | Infectious Diseases  
 *And the Hits just keep on Coming!*  
 *Due: Should I have the HIV test?*  | Ch. 17 |
| 24 – R | THANKSGIVING! |  |
| 29 – T | Body Art  
 *Due: Health Service Hours and Reflection Questions*  |  |

**DEC.**

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<th>Chapter(s)</th>
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<tr>
<td>1 – R</td>
<td>Aging</td>
<td>Ch.</td>
<td></td>
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</table>
| 13 – T | Test #4, 8:00-11:00  
 For 10:50 section  | Ch. 17, Body Art, Aging |
| 8 – R | Test #4, Noon – 3:00  
 For 1:40 section  | Ch. 17, Body Art, Aging |