College of Charleston
HEAL 216 PERSONAL AND COMMUNITY HEALTH
Spring 2013 Semester Hours 3

Time & Place: Monday, Wednesday, and Friday 10:00-10:50 AM, Physical Education Center 116

Instructor: Larry “Bucky” Buchanan

Office Located: Physical Education Center 208

Office Phone: N/A (Call my cell 843-860-0364) Email: lbuchana@cofc.edu

Office Hours: Monday and Wednesday 11:00 AM- 12:30 PM, Tuesday 3:00 PM-5:00 PM, Thursday 12:00 – 1:00 PM, or by appointment.

Prerequisites: None

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

Grade Scale: (Implemented 2006-07)

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<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>
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<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>
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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.
* 9. Discuss the methods of identifying signs/symptoms of covered health issues and appropriate methods of treatments, interventions, and referrals.
* 10. Be able to educate others with information of covered health issues.

Course Requirements:

15.38% Quizzes
23.08% Logs and Analyses
61.54% Examinations

Quizzes: Students will take a total of ten 10-point quizzes throughout the semester. The quizzes are designed to help identify important concepts from the assigned reading assignments. Quizzes will be given at the discretion of the instructor at the beginning of the class periods. Should you miss a quiz due to an excused tardiness or absence, students will have the opportunity to make-up the quiz within a reasonable amount of time at the convenience of the instructor and student. It is the student’s responsibility to contact the instructor in regards to scheduling a make-up.

Logs and analyses: Students will compile logs for stress, communication, 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.)**

**Examinations:** Students will have the opportunity to demonstrate their knowledge of covered material with 4 exams. Below is their breakdown:

Exam #1 (100pts. = %) chapters 1, 7, 8, 9, 11

Exam #2 (100pts. = %) chapters 2-4, 19.

Exam #3 (100pts. = %) chapters 5, 6, 10, 12, 13, 14*

Exam #4 (100pts. = %) chapters 15, 16, 17, 18, 20, 21.

**Evaluation Criteria & Scale:**

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

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400 pts

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

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150 pts

Quizzes 100 pts

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**Total Points Assignments** 650 pts

**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, a 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 the instructor 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.

Provisions for Students with Special Needs:

The College of Charleston abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of handicap.” Disabilities covered by law include, but are not limited to: learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Service or me so that such accommodation may be arranged.

Make-Up Policy:

Make-up exams are given at the discretion of the professor and are only considered for documented and approved absences. It is the student’s responsibility to contact the instructor if a make-up is necessary. Late assignments, if accepted, will be penalized 25% per day.

Honor System:

Students must do their own work. Please see the 2012-2013 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

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.”

Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf
Numbers for Health Concerns:

S.C. HIV/STD HOTLINE          College of Charleston Health Center
1-800-322-AIDS (2437)               953-5520

**Tentative Course schedule:**

**January**
9w     Introduction to course,

11f   Chap. 1, Assessing Your Health

14m   Chap. 9 Improving your Physical Fitness

16w   Chap. 9 Cont.

18f   Chap. 8 Reaching and Maintaining a Healthy Weight *Start Activity Log

21m   **NO CLASS**- MLK Day

23w   Chap. 7 Eating for a Healthier You

25f   Chap. 7 Cont.

28m   Chap. 11 Drinking Responsively *Activity Log Due

30w   Chap. 11 Cont.

**February**
1f    ***Test #1, Chaps. 1,7,8,9,11***

4m    Chap. 2 Promoting and Preserving Your Psychological Health *Start Stress Log

6w    Chap. 2 Cont.

8f    Chap. 3 Managing Stress and Coping with Life’s Challenges

11m   Chap. 3 Cont. *Stress Log Due

13w   Chap. 19 Preventing Violence and Abuse

15f   Chap. 19 Cont.

18m   Chap. 4 Building Healthy Relationships and Communicating Effectively *Start Communication Log
20w  Chap. 4 Cont.  **(MID TERM GRADES)**

22f  Chap. 4 Cont.

25m  ***Test #2, Chap. 2-4, 19***

27w  Chap. 5 Understanding Your Sexuality*Communication Logs Due

March
1f  Chap. 6 Considering Your Reproductive Choices.

4m  SPRING BREAK

6w  SPRING BREAK

8f  SPRING BREAK

11m  Chap. 14 Protecting against Infectious Diseases and Sexually Transmitted Infections.

13w  Chap. 14 Cont.

15f  Chap. 10 Recognizing and Avoiding Addiction

18m  Chap. 10 Cont.

20w  Chap. 12 Tobacco Use

22f  Chap. 13 Avoiding Drug Misuse and Abuse

25m  Chap. 13 Marijuana Debate

27w  ***Test #3, Chaps. 5, 6, 10, 12, 13, 14***

29f  Chap. 15 Preventing Cardiovascular Disease

April
1m  Chap. 15 Cont.

3w  Chap. 16 Reducing Your Cancer Risk

5f  Chap. 17 Reducing Risks and Coping with Chronic Conditions

8m  Chap. 17 Cont.

10w  Chap. 18 Choosing Conventional and Complementary Health Care
12f  Chap. 18 Cont.
15m  Chap. 20 Preserving and Protecting your Environment
17w  Chap. 21 Preparing for Aging, Death, and Dying
19f  Chap. 21 Cont.
22m  Test Review
24w  ***Test #4, Chaps. 15, 16, 17, 18, 20, 21***  Last Day of Class