Instructor: Susan M. Flynn  
Office: Wentworth Room 229  
Phone: (843) 953-0815  
Email: flynns@cofc.edu  
Office Hours: T 9:30-10:30 (Tentative) or by appointment

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. (3 credit hours)

Course Objectives  
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.
4. Identify health risk behaviors and develop a plan to change those behaviors.
5. Discuss the factors of nutrition and exercise as they relate to the assessment and the development of weight control and personal fitness.
6. Express an appreciation and enthusiasm for health education.

Course Text  
Required Materials
Packet from Sassy Ink for class assignments.

Requirements
Class assignments/logs 240 points
Family Tree Project 70 points
Professional Development 50 points
(5 hours/10 pts each must be at least two different events)
Exams (3 @ 100 points each plus final) 300 points

TOTAL POINTS 660 points

Evaluation Scale
A  94-100 (4.0)   A-  90-93.99 (3.7)
B+  86-89.99 (3.3)  B  83-85.99 (3.0)  B-  80-82.99 (2.7)
C+  76-79.99 (2.3)  C  73-75.99 (2.0)  C-  70-72.99 (1.7)
D+  66-69.99 (1.3)  D  63-65.99 (1.0)  D-  60-62.99 (0.7)
F  59.99 or Less(0.0)

Description of Assignments
Class Participation: Contribution to class discussions are expected and each candidate will be held responsible for all class lectures and assignments. Be prepared for each class to participate on the readings for each day.

Class Assignments: 240 pts
Students will compile logs for stress, food consumption, and physical activity. Each log is designed to provide the students will their own personal information in each area. Students will then analyze the information in regard to healthy guidelines provided by the text and set a goal to improve their health Logs must be staples with students name of each page or will not be accepted. No email assignments will be accepted, Hard copy only. All late assignments will be valued at 50%
- Fast Food Assignment
- Activity Log
- Nutrition Log
- Stress Log
- Communication Log
- Health Risk Survey

Family Tree Project: 70 pts
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 the class. Additional report information is located in the Sassy Ink packet.
Poster 40 points, written report 10 points, oral presentation 20 points.
Professional Development:  50 pts
Each student will have the opportunity to gain community experience throughout the semester by participating in activities that allow the students to grow professionally. These points can be tailored to the individual interests and professional aspirations of each student. (Participate in five community hours at least two different events or organizations) A typed description of what you did at the event with the date, times and supervisor’s signature and email required to receive points.

Some possible opportunities:
- Jump Rope for Heart in Silcox date TBA
- Family Fitness Night at local schools dates TBA
- Local Health Fair in Silcox date TBA
- College of Charleston Dance Marathon

Other activities that assist with professional development are available. Before completing volunteer activities verify with the professor that the activity is acceptable for professional development points.

Exams (3 @ 100 points each):  300 pts
Exams must be taken on the day assigned unless arrangements are made prior to the test date. If a student is absent on the day of the exam, he/she will receive a zero if the professor is not notified before class time. Final exam will be comprehensive and conducted during finals week. Students will be allowed to drop the lowest test grade.

Brain Booster & Quote: (Bonus only=10) must sign up before exam one. (Space will be limited on a first come, first serve basis)
Each student will start class with a favorite quote and then engage the class in a brain booster. (Ideas of Brain boosters will be provided)

Course Policies
Attendance Policy
According to The College of Charleston policy: All students are expected to be present for every meeting of the classes in which they are enrolled. ... Only the instructor can excuse a student from classes or course responsibilities. In the event of an illness, accident, or emergency, when circumstances permit, the student should make direct contact with his/her instructor(s), preferably before a class or exam takes place. Email and/or call the instructor if there is an emergency.

Students are expected to be in all class sessions and on time. Only two (2) unexcused absence will be permitted without affecting the student's
grade. Every unexcused absence thereafter will result in a 5-percentage point reduction of the student’s final grade. Whether excused or unexcused, all materials distributed, information discussed, and assignments due on the missed day are the responsibility of the absent student.

Tardiness hinders your learning ability and the teacher’s ability to effectively teach. Student presence is essential – tardiness not only affects individual learning, it also hinders the ability of the entire class to progress. A student is considered tardy if he/she is more than ten minutes late for any given class. **Tardiness cannot be excused with a note and for every three (3) times a student is tardy to class an additional absence will be recorded.**

**Academic Honesty Policy**
Refer to the College of Charleston Student Handbook (Academic Honor Code). Students are expected at all times to be in compliance with the Honor Code. Students who engage in academic dishonesty will be referred to the Dean of Students immediately for appropriate disciplinary action, and will receive at minimum no credit for the academic work related to the incident of scholastic dishonesty.

**Provisions for students with special needs**
Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that his/her needs can be addressed.

The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center of Disabilities Services located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations should notify their professors as quickly as possible.

The College abides by section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act that stipulates no student shall be denied access to an education "solely by reason of a 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 Disabilities Services, (843) 953.1431 or the instructor so that such accommodations may be arranged.
**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.

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<thead>
<tr>
<th>January</th>
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<tbody>
<tr>
<td>Week One</td>
<td>Introduction and Overview</td>
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<tr>
<td>12 - T</td>
<td>Promoting Healthy Behavior Change</td>
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<td>14 - R</td>
<td>Promoting Healthy Behavior Change</td>
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<td>Week Two</td>
<td>Promoting Healthy Behavior Change /Fitness</td>
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<tr>
<td>19 - T</td>
<td><em>Dressed for Physical Activity must have sneakers</em></td>
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<td>21 - R</td>
<td>Fitness Testing</td>
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<td>Fast Food Assignment Due/start activity log</td>
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<td><em>Dressed for Physical Activity must have sneakers</em></td>
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<td>Week Three</td>
<td>Personal Fitness: Improving Health through Exercise</td>
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<td>26 - T</td>
<td><em>Dressed for Physical Activity must have sneakers</em></td>
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<td>28 - R</td>
<td>Nutrition: Eating for Optimum Health *</td>
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<td>Ch. 8</td>
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<td><strong>February</strong></td>
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<td>Week Four</td>
<td>Wt Management</td>
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<td>2-T</td>
<td>Nutrition: Eating for Optimum Health</td>
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<td>Activity Log Due, start Food Log</td>
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<td>4- R</td>
<td>Obesity and Cardiovascular Disease</td>
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<td>Ch. 15</td>
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<td>Week Five</td>
<td>TEST #1</td>
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<td>9 - T</td>
<td>Ch. 1, 8, 9,10 &amp; 15</td>
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<td>11 – R</td>
<td>Professional Development /family tree project</td>
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<tr>
<td>Week Six</td>
<td>Psychosocial Health (Live, Laugh, Love)*</td>
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<td>16 - T</td>
<td>Food Log Due/start stress log</td>
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<td>18- R</td>
<td>Psychosocial Health and Healthy Relationships and Communicating Effectively*</td>
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<td>Week Seven</td>
<td>Stress Management/Stress Log Due/begin communication log</td>
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<td>23 – T</td>
<td>Ch. 3</td>
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<td>25-R</td>
<td>Stress Management/Violence/Date Rape *</td>
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<td><strong>March</strong></td>
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<td>Week Eight</td>
<td>Drinking Responsibly* Communication log due</td>
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<td>2 – T</td>
<td>Ch. 12</td>
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<td>4 – R</td>
<td>TEST #2</td>
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<td>Ch. 2, 3, 4, 5, 12</td>
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<td>Week Nine</td>
<td>Spring Break</td>
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<td>9-11 - R</td>
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<td>Week Ten 16-18</td>
<td>Professional Development/ family tree project</td>
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<td><strong>Start Health Risk Survey</strong></td>
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<td>Wk Eleven 23 - T</td>
<td>Sexual Disorders, Contributory Factors and Modern Sex Therapy*</td>
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<td>25 - R</td>
<td>Sexually Transmitted Infections*</td>
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<td>Wk Twelve 30 - T</td>
<td>Cancer Risks</td>
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<td><strong>Health Risk Survey Due</strong></td>
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<tr>
<td>1 – R</td>
<td>Tobacco*</td>
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<td>Thirteen 6- T</td>
<td>Illicit Drugs*</td>
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<td>8 - R</td>
<td>Death and Dying*</td>
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<td><strong>Family Tree Written Reports Due</strong></td>
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<tr>
<td>15 - R</td>
<td>Family Tree Presentations</td>
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<td>Wk Sixteen 20 - T</td>
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<td>22 - R</td>
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<td>27 - T</td>
<td>Reading Day</td>
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<td><strong>Finals Week</strong></td>
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