COLLEGE OF CHARLESTON
HEAL 216
PERSONAL & COMMUNITY HEALTH
Spring 2011

Time: T-R 1:40-2:55 pm

Place: Johnson Center-Room 207

Instructor: William R. Barfield, Ph.D., FACSM
Professor

Office Located: Silcox Physical Education & Health Center # 213

Office Hours: M-W-F 9:00-11:00 am
T-R 10:00-10:45 am

Office Phone/Fax: (803) 953-6746 / (803) 953-6757

Prerequisites: None


Course Description: A study of principles and problems of personal, group, and
community health as applied to everyday living. (3 credit hours)

Benjamin Cummings.

Student Learning Outcomes: Upon 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, and spiritual
dimensions of health.
(2) Define stress and examine how stress and anxiety may have
direct and indirect effects on your immune system and on
overall health.
(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.
(6) Discuss the negative impact the use of alcohol, tobacco, and caffeine have on health/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.

Course Requirements:
Log and Journal Assignments 15%
Inclass Presentation 5%
PopQuizes 20%
Examinations- 60%

Description of Projects:

(1) Class Participation: All students will be expected to contribute to class discussions and will be held responsible for ALL lectures and assignments.

(2) Logs and Journal Assignments (15%): All students will compile logs and/or journals of stress, food consumption, and physical activity. These logs/journals are designed to provide the student with personal information related to lifestyle choices. Following information gathering students will set a goal in one area (stress, food, or activity) and work to accomplish the goal they have set for themselves. At the end of each log students will provide a typewritten summary of their results. The summary will include: clear statement of the goal, whether the goal was met, self assessment, personal satisfaction with progress, health/wellness goals for the future.

(3) Each student will make an in class presentation on a topic of choice approved by Dr. Barfield (5%). Each student project must be accompanied by an outline for each student in class and Dr. Barfield.

Exams:
Exam #1 (20%) will cover Chapters 1-7 and information provided in lectures which may not be found in the textbook.

Exam #2 (20%) will cover Chapters 8-14 and information provided in lectures which may not be found in the textbook.

Exam #3 (20%) will be comprehensive and will include information covered in the textbook through Chapter 21 as well as discussed in class.

Pop-Quizes (20%) periodic 20 point pop quizzes will be administered in class. The quiz material will be taken from information discussed in class and from information I have had
you read. **If you miss these quizzes you cannot, under any circumstances make up the quiz.** Your score will be zero for that quiz.

Evaluation Scale:

- 90-100% A
- 88-89% A-
- 85-87% B+
- 80-84% B
- 78-79% B-
- 75-77% C+
- 70-74% C
- 68-69% C-
- 66-67% D+
- 64-65% D
- 62-63% D-
- 62% and < F

Attendance Policy:

1. Students are expected to attend class, however all students will be allowed one (1) unexcused absence without penalty, except during tests. Each unexcused absence in excess of one will result in 2% points being deducted from your final average.
2. Class will begin and end in a timely manner. You are expected to be prepared when class begins. Persistent tardiness will not be tolerated and will result in loss of points.
3. You are responsible for any work missed when you fail to attend class.

Make-Up Policy:

1. Make-up exams will be given at the discretion of the professor when extenuating circumstances exist. It is the student’s responsibility to see Dr. Barfield within three class days to request a make-up date and time. If a student is absent on the day of an exam without prior arrangements that student will receive a zero.
2. Assignments not turned in at the designated time will be accepted at the discretion of Dr. Barfield. Be aware that unusual circumstances must exist for acceptance of late assignments, and if accepted, points will be deducted based on tardiness of the assignment.

Academic Honor Code: Students will be expected to abide by the academic honor code found in the most current edition of the Student Handbook.

Cell Phone/PDA/Laptop Computer Policy: The use of all PDA devices, including cell phones and laptop computers are expressly forbidden in the classroom. Texting,
receiving or sending messages, cell phone use, or the use of laptop computers will result in immediate loss of points from your final class average and an absence will be recorded. If there is a 2\textsuperscript{nd} violation of the class policy you will be awarded an F. The first violation will result in a 20 point deduction from your final class average. The 2\textsuperscript{nd} violation is another 20 points, therefore making it impossible to successfully complete the class with a passing grade. Students must keep these devices turned off and out of sight during class. It is a violation of this policy to keep such devices on your lap.

**Tentative Course Outline:**

- **January 11:** Introduction, Brief Course Outline  
  Chapter 1-Promoting Healthy Behavior, Journal/Log  
  In-Class Presentation Explanation.
- **January 13:** Chapter 2-Psychosocial Health
- **January 18:** Chapter 3-Managing Stress
- **January 20:** Chapter 4-Violence and Abuse
- **January 25:** Chapter 5-Healthy Relationships
- **January 27:** Chapter 6-Sexuality
- **February 1:** Chapter 6-Sexuality  
  Journal #1 due
- **February 3:** Southeast ACSM-No Class
- **February 8:** Chapter 7-Reproductive Choices  
  Review for Test #1
- **February 10:** Review for Test #1
- **February 15:** Exam #1-Chapter 1-7 plus lecture material
- **February 17:** Chapter 8-Nutrition
- **February 22:** Chapter 9-Managing Your Weight  
  Journal #2
- **February 24:** Chapter 10-Personal Fitness
- **March 1:** Chapter 11-Addictions and Addictive Behavior
- **March 3:** Chapter 12-Drinking Responsibly
Journal #3 due

March 7-13  Spring Break
March 15    Chapter 13-Tobacco and Caffeine
March 17    Chapter 14-Illlicit Drugs and Review for Test #2
March 22    Test #2-Chapters 8-14 plus lecture material
March 24    Chapter 15-Cardiovascular Disease
March 29    Chapter 16-Cancer-Reducing Your Risks
March 31    Chapter 17-Infectious Disease
April 5     Chapter 18-Noninfectious Diseases
April 7     Chapter 19-Healthy Aging
April 12    In-Class Presentations
April 14    In-Class Presentations
April 19    In-Class Presentations
April 21    Last Class Day
May 3      Final Exam 12:00-3:00 pm