College of Charleston
HEAL 216 PERSONAL AND COMMUNITY HEALTH
Fall 2013 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 8:30-9:15am 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.
* 9. Discuss the methods of identifying signs/symptoms of covered health issues and appropriate methods of treatments, interventions, and referrals.
* 10. Be able to educated others with information of covered health issues.

Course Requirements:

5%  Announced Assignments (In Class)
10% Family Tree Project
28% Logs and Analyses
57% Examinations

Description of Projects:

• 1. Announced 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. Announced assignment must be turned in on due date or no credit given at all.

• 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 AND if you wait until the last minute and can't submit because of internet problems you'll will still lose 50%. Also you may NOT email assignments for any reason. (Students do have option of turning in hard copy, but it's is due at class time on due date.)

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. The written report is submitted in the dropbox. Additional report information is located on OAKS.
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 50pts Each
Four logs Total

------------------------------------------------------
200pts

Family Tree Project/Presentation

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70pts

Announced assignments 30 pts

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Total Points Assignments 700pts

Grade Scale: (Implemented 2006-07)

90-100% A C+ 75-77%
88-89% A- C- 68-69%
<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
<th>Points Range</th>
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<tbody>
<tr>
<td>85-87%</td>
<td>B+</td>
<td>66-67%</td>
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<tr>
<td>80-84%</td>
<td>B</td>
<td>64-65%</td>
</tr>
<tr>
<td>78-79%</td>
<td>D-</td>
<td>62-63%</td>
</tr>
<tr>
<td>70-74%</td>
<td>C</td>
<td>0-61%</td>
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<table>
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<th>Grade</th>
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<tbody>
<tr>
<td>630-700 points</td>
<td>A</td>
<td>490-525 points</td>
<td>C</td>
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<tr>
<td>616-629 points</td>
<td>A-</td>
<td>476-490 points</td>
<td>C-</td>
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<tr>
<td>595-616 points</td>
<td>B+</td>
<td>462-476 points</td>
<td>D+</td>
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<td>560-595 points</td>
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<td>D</td>
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<tr>
<td>546-560 points</td>
<td>B-</td>
<td>438-448 points</td>
<td>D-</td>
</tr>
<tr>
<td>525-546 points</td>
<td>C+</td>
<td>437 and below</td>
<td>F</td>
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**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:

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

SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

August 23 Fast Food Assignment Begin
26 Fast Food Assignment Due
26 Start activity log

September 2 Activity log and analysis due
2 Start food log & Calorie Burn
9 Food log & Calorie Burn due
16 Start stress log
23 Stress log and analysis due
30 Start communication log

October 7 Communication log and analysis due
7 Start Health Risks Survey Due
16 Health Risks Surveys Summary Due
Bring Hard Copy Only (Not OAKS) to class

November 18 Family Tree Project - ALL STUDENTS - Written reports Due
20, 22, 25, &
December 2 Oral Report Presentations and Posters Due
(Students draw in lottery for due date)
Course schedule:

**August**

21w  Introduction to course,

23f  Chap. 1, Assessing Your Health, LD

26m  Chap. 9 Fitness, **Fast Food, Assignment due, Start Activity Log**

28w  Chap. 9

30f  Chap. 8 Maintaining a Healthy Weight and Focus on Body Image

**September**

2m   Chap. 7 Eating for a Healthier You, **Activity Log Due, Start Food Log and Calorie Burn**

4w   Chap. 7

6f   Chap. 7

9m   Chap. 11 Drinking Responsively, **Food Log & Calorie Burn Due**

11w  Chap. 11

13f  **Test #1**, Chaps. 1,7,8,9,11  Bring Pencil to class

16m  Chap. 2, Psychosocial Health, **Start Stress Log**

18w  Chap. 2 and Focus on Spiritual Health

20f  Chap. 3 Stress Management

23m  Chap. 3, and Focus on Sleep, **Stress Log Due**

25w  Chap. 19 Violence, Date Rape Video

27f  Chap. 19 Violence, Focus on Reducing Risk of Injury

30m  Chap. 4 Healthy Relationships and Communicating Effectively **Start Communication Log**
October
2w Chap. 4
4f Chap. 4
7m Test #2, Chaps. 2, 3, 4, 19 - Communication Logs Due
Start Health Risk Survey
9w Chap. 5 Sexuality
11f Chap. 5 & 14* (*STD section)
14-15 Fall Break
16w Health Risk Survey - Hard Copy Only Due in Class
18f Chap. 6 Reproductive Choices
21m Chap. 10 Addictions,
23w Chap. 10 Addictions
25f Chap. 13 Marijuana Debate
28m Chap. 12 Tobacco Use
30w Chap. 13 Drug Misuse and Abuse

November
1f Test #3, Chaps. 5, 6, 10, 12, 13, 14*
4m Chap. 15 Cardiovascular Disease and Focus on Diabetes
6w Chap. 16 Cancer
8f Chap. 14 Infectious Diseases
11m Chap. 17 Chronic Conditions
13w Chap. 21 Healthy Aging, Death, Dying Lottery Pick for Presentations
15f Test #4, Chaps. 14, 15, 16, 17, 21
18m Family Project All Papers Due, Report Presentations Begin
20w  Report Presentations

22f  Report Presentations

25m  Monday before Thanksgiving Break (Special Topic Discussion)

27,28,29  Thanksgiving Break

December

2m  Report Presentations Last Day of Class

Exam Period* Wednesday, December 11, 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.