HEAL 216 PERSONAL AND COMMUNITY HEALTH

Fall 2014 Semester Hours 3

Time & Place: 10:50 am. – 12:05 Tues. & Thurs.  Education Center Rm 112
Instructor: Mrs. Jody Ruff
Office Located: Silcox Rm. 223  e-mail: ruffj@cofc.edu
Office Phone: 953-5558 (Dept. Secretary)
Office Hours: Tues. & Thurs. 9:30 am -10:30 am
Prerequisites: None

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 Text:

Course Objectives:
Upon the successful completion of this course the student should be able to:

1. Define health and wellness, and explain 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 en
9. Discuss the methods of identifying signs/symptoms of covered health issues and appropriate methods of treatment, interventions and referrals.
10. Be able to educate others with information of covered health issues.

Course Requirements

*Participation:* Highly interactive student participation is needed for optimal learning of issues related to personal health and decision-making skills. Students are expected to be present and fully prepared at every class as well as actively involved in class discussions and activities.

*Logs and Analyses:* 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 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 the 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 will still lose 50%. You may NOT email assignments for any reason. (Students do have the option of turning in a hard copy however, it is due at class time of the due date.)

*Dream Board Project:* A separate instruction sheet and rubric will be distributed and discussed at length in class.

*Examinations:* Four objective exams of equal scoring will be given at regular intervals during the semester. Test questions will be derived from information included in the course textbook, lecture notes and auxiliary material.

- **Exam 1:** Chapters 1, 7, 8 & 9
- **Exam 2:** Chapters 2, 3, 4, & 19
- **Exam 3:** Chapters 5, 6, 14 & STD’s
- **Exam 4:** Chapters 10, 11, 12, & 13
- **Exam 5:** Chapters 15, 16, 17, 18 & 19

*Evaluation Criteria & Scale:*

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
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<tbody>
<tr>
<td>5 Exams @ 100 points</td>
<td>500pts</td>
</tr>
<tr>
<td>Logs = 50pts each</td>
<td></td>
</tr>
<tr>
<td>Analyses= 10pts</td>
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Dream Board Project/Presentation due October 30, 2014 in class.

Grading Scale:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>728-800</td>
<td>A</td>
</tr>
<tr>
<td>704-727</td>
<td>A-</td>
</tr>
<tr>
<td>680-703</td>
<td>B+</td>
</tr>
<tr>
<td>656-679</td>
<td>B</td>
</tr>
<tr>
<td>632-655</td>
<td>B-</td>
</tr>
<tr>
<td>608-631</td>
<td>C+</td>
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<tr>
<td>564-607</td>
<td>C</td>
</tr>
<tr>
<td>560-563</td>
<td>C-</td>
</tr>
<tr>
<td>536-559</td>
<td>D+</td>
</tr>
<tr>
<td>512-535</td>
<td>D</td>
</tr>
<tr>
<td>464-511</td>
<td>D-</td>
</tr>
<tr>
<td>&lt;464</td>
<td>F</td>
</tr>
</tbody>
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Make-up Test:

Make-up tests may be given with an excused absence, however 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 the student, a grade of zero will be automatic.

Attendance: PLEASE READ CAREFULLY!!!!

Attendance is required. You may miss two 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 800 point scale). Excused absences must be pre-approved by Mrs. Ruff 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 point on a 800 point scale) added to their final point total. After 2 or more unexcused 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 and 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.”

Tentative Course Schedule:

**AUGUST**
- 19T: Introduction to Course
- 21Th: Chap. 1 Assessing Your Health
- 26T: Chap. 9 Fitness
- 28 Th: Chap. 9 Fitness

**SEPTEMBER**
- 2T: Chap. 8 Reaching and Maintaining Healthy Weight
- 4 Th: Chap. 7 Eating for a Healthier You
- 9 T: Chap. 7 Eating for a Healthier You
- **11 Th**: Test 1 Chaps. 1, 7, 8, 9 Bring a Pencil to class
- 16T: Chap. 2 Promoting and Preserving Psychological Health
- 18 Th: Chap. 2 Focus on Spiritual Health
- 23 T: Chap. 3 Managing Stress and Coping with Life’s Challenges/ Focus on Sleep
- 25 Th: Chap. 4 Building Healthy Relationships and Communicating Effectively 30 T

Chap. 19 Preventing Violence and Abuse **Dream boards are Due!**

**OCTOBER**
- 2 Th: Chap. 19 Preventing Violence and Abuse/ Focus on Unintentional Injuries
- **7 T**: Test #2 Chaps. 2, 3, 4, 19 Bring a Pencil to Class
- 9 Th: Chap. 5 Understanding Your Sexuality
- 14 T: Chap. 5 and Chap.14 * STD section
- 16 Th: Chap. 6 Considering Your Reproductive Choices
21 T  Test #3  Chaps. 5,6,14 (STD’s)
23 Th  Chap. 10 Recognizing and Avoiding Addiction
28 T  Chap. 11 Drinking Alcohol Responsibly
30 Th  Chap. 12 Ending Tobacco Use

**NOVEMBER**

4 T  **Election Day. No Classes**
6 Th  Chap. 13 Avoiding Drug Misuse and Abuse

**T**  **Test#4 Chaps. 10,11,12,13**

13 Th  Chap.15 Preventing Cardiovascular Disease
18 T  Chap. 16 Reducing Cancer – Chap. 17 Reducing Risks and Coping with Chronic Conditions
20 Th  Chap. 18 Choosing Conventional and Complementary Health Care
       Chap. 19 Preserving and Protecting Your Environment
25 T  Review for Final Exam

**FINAL EXAM – SATURDAY, DECEMBER 6 @ 8 AM. IN RM. 112 EDUCATION CENTER**