College of Charleston
HEAL 216 PERSONAL AND COMMUNITY HEALTH
Fall 2016 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, 10am - 11:50am, TR 8-9am, 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.

Required Texts:

Course Objectives: As a result of completion of this course students should be able to:
1. discuss health, wellness and explain interconnected roles of physical, social, mental, emotional, spiritual, and environmental areas of health.
2. describe healthy nutrition, weight management, and a physical fitness plan.
3. describe stress, addictions, assertive, passive, and aggressive communication and how these factor in their health and wellness.
4. describe the risk major factors, including, alcohol, tobacco, and marijuana, for cardiovascular disease, cancer, and sexually transmitted infections.
5. discuss and discriminate between chronic and infectious diseases.

Student Learning Outcomes:
1. Students will be able to demonstrate their knowledge of the six different areas of health and interconnected roles to wellness by passing Test 1 with a grade of 80% or more.
2. Students will be able to demonstrate their knowledge of healthy nutrition, weight management, and writing a physical fitness play by passing Test 1 with a grade
of 80% or more and successfully completing their Food Log and Activity Log with a grade of 80% or more.

3. Students will be able to demonstrate their knowledge of stress, addictions, and the three communications styles by successfully passing Tests 2 & 3 with a grade of 80% or more and completing their Stress Log and Communication log with a grade of 80% or more.

4. Students will be able to demonstrate their knowledge of major risk factors, including alcohol, tobacco, and marijuana, for cardiovascular disease, cancer, and sexually transmitted infections by successfully passing Tests 3 & 4 with a grade of 80% or more.

5. Students will be able to demonstrate their knowledge of discriminating between chronic and infectious diseases by successfully passing Test 4 with a grade of 80% or more.

Course Requirements:
5% Special Assignments
10% Family Tree Project
28% Logs and Analyses
57% Examinations

Description of Projects:
1. Special assignments. (30pts. =5%). Students will have 2 special assignments this semester. Fast Food assignment for 5 points and Health Risk Survey for 25 points. Special assignments must be turned in on due date or no credit will be earned.

2. Outside assignments (270pts. =38%).
   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:** Four exams will be given during the semester. Only 4 exam grades will be counted toward the final grade. Students have the option of dropping the lowest grade if they choose to take the 5th exam given during the exam period.
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:**

<table>
<thead>
<tr>
<th>Exam</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exam 1</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 3</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 4</td>
<td>100pts</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>400pts</td>
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<table>
<thead>
<tr>
<th>Logs</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Four Logs</td>
<td>50pts Each, Total 200pts</td>
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<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Tree Project/Presentation</td>
<td>70pts</td>
</tr>
<tr>
<td>Special Assignments</td>
<td>30pts</td>
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</tbody>
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| Total Points Assignments | 700pts |

**Grade Scale:**

<table>
<thead>
<tr>
<th>Grade Range</th>
<th>Grade</th>
</tr>
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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>
</tr>
<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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</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>630-700 points</td>
</tr>
<tr>
<td>A-</td>
<td>616-629 points</td>
</tr>
<tr>
<td>B+</td>
<td>595-615 points</td>
</tr>
<tr>
<td>B</td>
<td>560-594 points</td>
</tr>
<tr>
<td>B-</td>
<td>546-559 points</td>
</tr>
<tr>
<td>C</td>
<td>525-545 points</td>
</tr>
<tr>
<td>C+</td>
<td>490-524 points</td>
</tr>
<tr>
<td>C-</td>
<td>476-489 points</td>
</tr>
<tr>
<td>D+</td>
<td>462-475 points</td>
</tr>
<tr>
<td>D</td>
<td>448-461 points</td>
</tr>
<tr>
<td>D-</td>
<td>438-447 points</td>
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<tr>
<td>F</td>
<td>437 and below</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:**
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 Student Services 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. After 3 or more excused absences students will not be eligible for bonus points for attendance.

**Disability Access Statement:**
Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.

**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.”
SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

August
- 29m  Start activity log
- 31w  Start Fast Food Assignment

September
- 2f   Fast Food Assignment Due
- 5m   Activity log and analysis due
- 5m   Start food log & Calorie Burn
- 12m  Food log & Calorie Burn due
- 19m  Start stress log
- 26m  Stress log and analysis due

October
- 3m   Start communication log
- 7w   Start Health Risks Survey
- 10m  Communication log and analysis due
- 14f  Health Risks Surveys Summary Due
  (Must have hard copy summary at Noon in class and put in dropbox by Noon.)

November
- 28m  Family Tree Project -ALL STUDENTS - Written reports Due
- 28m, 30w, Dec. 2f Oral Report Presentations and Posters due when student presents.
  (Lottery to determine presentation date)

Course schedule:

August
- 24w  Introduction to course, Ipad roll registration
- 26f  Chap. 1, Assessing Your Health and Finances
- 29m  Chap. 9 Fitness, Start Activity Log
- 31w  Chap. 9  Start Fast Food Assignment

September
2f    Chap. 8 Maintaining a Healthy Weight and Focus on Body Image
     Fast Food Assignment Due

5m    Chap. 7 Eating for a Healthier You, Activity Log Due, Start Food Log and Calorie Burn

7w    Chap. 7

9f    Chap. 7

12m   Chap. 10 Drinking Alcohol Responsibly, Food Log & Calorie Burn Due

14w   Chap. 10

16f   Test #1, Chaps. 1, 7, 8, 9, 10 Study Guide on OAKS

19m   Chap. 2, Psychosocial Health, Start Stress Log

21w   Chap. 2 and Focus on Spiritual Health

23f   Chap. 3 Stress Management

26m   Chap. 3, Stress and Focus on Sleep, Stress Log Due

28w   Chap. 19 Violence, Date Rape Video

30f   Chap. 19 Violence, Focus on Reducing Risk of Injury

October

3m    Chap. 4 Healthy Relationships and Communicating Effectively
     Start Communication Log

5w    Chap. 4

7f    Chap. 4 Start Health Risk Survey

10m   Test #2, Chaps. 2, 3, 4, 19 - Communication Logs Due

12w   Guest Speaker on Sexual Health

14f   Health Risk Survey - must have summary in class and put in dropbox by Noon - class time.
17m  Chap. 5 Sexuality Chap. 14 STI's
19w  Chap. 6 Reproductive Choices
21f  Focus pg. 289 Addictions,
24m  Addictions
26w  Chap. 11 Ending Tobacco Use
28f  Marijuana Debate
31m  Chap. 12 Avoiding Drug Misuse and Abuse

November

2w  Test #3, Chaps. 5, 6, 11, 12, 13, 14, Addictions, p.289
4f  Chap. 15 Cardiovascular Disease and Focus on Diabetes

7-8  Fall Break

9w  Chap. 16 Cancer
11f  Chap. 13 Infectious Diseases
14m  Chap. 17 Chronic Conditions & Diabetes p. 444
16w  Chap. 21 Healthy Aging, Death, Dying Lottery Pick for Presentations

18f  Test #4, Chaps. 13, 15, 16, 17, 21, Diabetes
21m  Special Topic TBA

23-25  Thanksgiving Break

28m  Family Project All Papers Due, Report Presentations Begin

30w  Report Presentations

December

2f  Report Presentations

5m  Last Class, Instructor Evaluations, CPR, Grade Status
*Exam Period Wednesday, December 7th, Noon.*

*The final exam is optional. It will replace the lowest of the 4 test grades. It will cover the Course Objectives from the syllabus and be essay question format.*