College of Charleston
Department of Health and Human Performance
“Personal and Community Health” HEAL 216-03
Fall 2017 3 Semester Hours

Time & Place: 12-15 pm-1:30 pm. Physical Education Center Rm. 116
Instructor: Mrs. Jody Ruff
Office Located: Physical Education Center Rm. 223
e-mail: ruffj@cofc.edu
Office Phone: 953-3397 (Ms. Nancy Phelps- Admin. Assistant)
Office Hours: Tuesday and Thursday 11:00am- 12:00 pm.
Please schedule an appointment as I share an office with several Professors.
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 diseases.
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.

**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%.
2. Students will be able to demonstrate their knowledge of healthy nutrition, weight management and writing a personal fitness plan by passing Test 1 with a grade of 80% or more and completing a Food and Activity Log.
3. Students will be able to demonstrate their knowledge of psychological health, stress, healthy and abusive relationships and how to communicate effectively by successfully passing Test 2 with a passing grade of 80% or more.
4. Students will be able to demonstrate their knowledge of sexuality, female and male anatomy, birth control methods and the stages of pregnancy and childbirth by passing Test 3 with a score of 80% or more.
5. Students will be able to demonstrate their knowledge of Addiction, Alcohol and Drug Abuse, chronic and infectious diseases, health risks of cardiovascular disease and cancer by passing Test 4 with a passing grade of 80% or more.

**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.

*Analyses:* Students will complete analyses for overall health, psychological health, for stress, food consumption, and physical activity. Each analysis is designed to provide the students with their own personal information in each of these 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.

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

Five 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.

| Test 1- | Chapters 1, 5, 6 & 7 |
| Test 2- | Chapters 2, 3, 4, 8 & 20 |
| Test 3- | Chapters 9 & 10 |
| Test 4- | Chapters 11, 12 & 13 |
| Test 5- | Chapters 14, 15, 16, 17, 18 & 19 |

Evaluation Criteria & Scale:

5 Tests @ 100 points

<table>
<thead>
<tr>
<th>Analyses</th>
<th>100pts.</th>
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Final Project/Dream Board Presentation due Nov.17, 2016 in class. 100pts

Total Points 700pts

Grading Scale:

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>630-700</td>
<td>A</td>
<td>(90-100%)</td>
</tr>
<tr>
<td>616-629</td>
<td>A-</td>
<td>(88-89%)</td>
</tr>
<tr>
<td>595-615</td>
<td>B+</td>
<td>(85-87%)</td>
</tr>
<tr>
<td>560-594</td>
<td>B</td>
<td>(80-84%)</td>
</tr>
<tr>
<td>546-559</td>
<td>B-</td>
<td>(78-79%)</td>
</tr>
<tr>
<td>525-545</td>
<td>C+</td>
<td>(75-77%)</td>
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<tr>
<td>&lt;434</td>
<td>F</td>
<td>(0-61%)</td>
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</table>
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 with be reduced by two point (which translates to 14 points on your 700 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 700 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: Students must do their own work. Please visit the 2015-2016 Student Handbook (Academic Honor System) for a description of the College’s Honor System which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board 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.

Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work
together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using and unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Student can find the complete Honor Code and all processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

**Center for Student Learning:** I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services, please visit the CSL website at http://csl.cofc.edu or call (843) 953-5635.

**Center for Disability Services:** The College will make reasonable accommodations for persons with documented disabilities. Students should apply at the Center for Disability Services/SNAP, located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

**Electronic Devices:** Electronic devices will be used ONLY when specified by me. During class, all laptops, cell phones, iPads must be put away unless specified by me. Inappropriate use of technology (e.g. texting in class, checking Facebook, Twitter, Snapchat, Instagram, etc.) will result in one absence per occurrence.

**Tentative Course Schedule:**

**AUGUST**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
</tr>
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<tbody>
<tr>
<td>22 T</td>
<td></td>
<td>Introduction to Course</td>
</tr>
<tr>
<td>24 TH</td>
<td></td>
<td>Chap. 1 Assessing your Health</td>
</tr>
<tr>
<td>29 T</td>
<td></td>
<td>Chap 7 Improving Your Personal Fitness</td>
</tr>
<tr>
<td>31 TH</td>
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<td>Chap. 6 Reaching and Maintaining Healthy Weight</td>
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**SEPTEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>5T</td>
<td></td>
<td>Chap. 5 Eating for a Healthier You</td>
</tr>
<tr>
<td>7 TH</td>
<td></td>
<td>Chap. 5 Eating for a Healthier You</td>
</tr>
</tbody>
</table>
12 T  Test 1 Chapters 1, 5, 6, & 7 Bring a #2 Pencil to class!

14 TH  Chap. 2 Promoting and Preserving Psychological Health

19 T  Chap. 2 Promoting and Preserving Psychological Health (Discuss Dream board)

21 TH  Chap. 3 Managing Stress and Coping with Life’s Challenges

26 T  Chap. 4 Improving Your Sleep

28 TH  Chap. 8 Connecting and Communicating in the Modern World

**OCTOBER**

3 T  Chap. 20 Preventing Violence and Abuse

5 TH  Chap. 20 Preventing Violence and Abuse

**10 T  Test #2  Chaps. 2, 3, 4, 8, & 20 Bring a Pencil to Class**

12 TH  Chap. 9 Understanding Your Sexuality

**17 T  FALL BREAK – NO CLASS**

19 TH  Chap. 10 Considering Your Reproductive Choices

24 T  Chap. 10 Considering Your Reproductive Choices

26 TH  **Test #3  Chapters 9&10 Bring a Pencil to Class**

31 T  Chap. 11 Drinking Alcohol Responsibly

**NOVEMBER**

2 TH  Chap. 12 Ending Tobacco Use

7 T  Chap. 13 Avoiding Drug Misuse and Abuse

9 TH  **Test #4 Chapters 11, 12 & 13 Bring a pencil to class**

14 T  Chapters 16 & 17- Preventing Cardiovascular Disease and Cancer

16 TH  **DREAM BOARDS DUE- Present in class!**

21 T  Chapters 14 & 15- Protecting Against Infectious Diseases and STI’s

23 TH  **THANKSGIVING - NO CLASS**

28 T  Chapters 18 & 19 Reducing Risks of Chronic Diseases & Making Smart Health Care Choices

30 TH  **Test #5 Chapters 14 through 19- Last Day of Class!!**