Instructor: Victor Tringali, MS, CSCS
Phone: 484-320-7137
Email: tringalivm@cofc.edu
Office Hours: By appointment
Prerequisites: None
Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Course Description:
The course provides an overview of the health-related challenges facing our society. The course will focus on the social, psychosocial, environmental and cultural influences on health behaviors. Emphasis will be placed on education and decision-making to improve quality of life and reduce risk of disease.


Numbers for Health Concerns:
College of Charleston Health Center
(843) 953-5520
For counseling you have Two Options on Campus:
1. Licensed Counselors (843-953-5640):
   You are eligible to see an on campus licensed counselor for 8-12 private sessions at no cost
2. Peer Counseling (843-953-7411 or Text “4support” to 839863)
   Counseling is available (by trained peers) Monday – Thursday 4-9PM

CofC students have 24-hour access to a mental health counselor. If a student needs a counselor after the Health Services/Counseling Center operating hours, Campus Security (843-953-5611) will connect the student to our 24 hour on call counselor.

S.C. HIV/STD 1-800-322-AIDS (2437)
HOTLINE

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, emotional, spiritual, and environmental dimensions of health.
2. Define stress and examine how stress and anxiety may have direct and indirect effects on physical health and 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 roles of nutrition and physical activity as they relate to the assessment and the development of weight control and personal health and fitness.
5. Discuss the impact of the use of alcohol, tobacco, and caffeine on health and wellness.
6. Define addictions and describe signs of addiction versus habit. (This objective meets Standard V of the School of Education.)
7. Discuss the risk factors for cardiovascular disease and cancer.
8. Discuss the characteristics and risk factors of the most common sexually transmitted infections including HIV/AIDS.
9. Discuss the methods of identifying signs/symptoms of covered health issues and appropriate methods of treatments and interventions.
10. Describe biological principles needed to understand public health issues across the life span and apply these principles to public health interventions to eliminate, prevent, and control disease and to minimize their impact on health.

Student Learning Outcomes:

1. By the end of the course students will be able to demonstrate their knowledge of the leading causes of death and illness in the United States.
2. By the end of the course students will be able to describe modifiable lifestyle factors responsible for preventable deaths in the United States.
3. By the end of the course students will be able to identify agencies and initiatives associated with management and promotion our nation’s health.
4. By the end of the course students will be able to construct a realistic personal plan for improved individual health and wellness.
5. By the end of the course students will be able to describe the social, psychological and environmental influences on lifestyles and healthy behaviors.
6. By the end of the course students will demonstrate their knowledge of the dangers of tobacco use, alcohol abuse, illegal drug use, and prescription drug abuse.
7. By the end of the course students will demonstrate their knowledge of the health impact of sedentary behavior, obesity, and stress.

Course Requirements:

1. Quizzes/Class Assignments: Quizzes and class assignments will be given at the discretion of the instructor. The point value for quizzes may vary. Should you miss a quiz due to an excused tardiness or absence; students must contact the instructor within 48 hours of the missed quiz for
opportunities to make up the assignment. It is the student’s responsibility to contact the instructor in regards to scheduling a make-up. **Value 100 pts**

2. Exams- Students will have the opportunity to demonstrate their knowledge of covered material with 2-100 point exams. **Value 200 pts**

3. Community Heath Assignments: During the semester, students will be given several community health activities and assignments. A detailed rubric will be provided and time will be taken to describe each assignment in detail. **Value: 100 pts**

4. Personal Health Log: During the semester, students will develop a personal plan for physical fitness and healthy weight. A detailed rubric will be provided and time will be taken in class to describe the assignment in detail. **Value: 100 pts**

**Participation:** Students are expected to attend class having pre-read assigned materials. Students are expected to contribute to class discussions. To be active one must be prepared for class having read assigned material BEFORE class.

**Evaluation Criteria Summary:**

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**Evaluation Scale:**

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

**Attendance:** Each student is required to be in class. Missed in-class assignments may not be made up although, if the absence is pre-approved, an alternative assignment may be awarded. Coming to class on time is important. Each student is allowed one tardy. After that, 10 points will be deducted from the Point Total for each additional tardy.
**Make-ups:** Make-up work is allowed at the discretion of the professor. Only extenuating circumstances warrant a make-up. It is the student's responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely—as soon as the student returns to school after an absence or during an absence, if possible.

Late assignments will be penalized 25% of total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment. Students have 24 hours after the due date to email the instructor or no points will be assigned.

NO ASSIGNMENTS WILL BE ACCEPTED AFTER MAY 5, 2017

All assignments not submitted electronically must be typed. No hand-written assignments will be accepted unless otherwise determined by your professor.

**Extra Credit:** Opportunities for extra credit are at the discretion of the instructor.

**Honor System:** Students must do their own work. Please see the 2016-2017 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 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 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.

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

**Accommodations for Students with Disabilities:**
This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, 843.953.1431 or me so that such accommodation may be arranged.

**Classroom Decorum:**
At all times, students are expected to be courteous and respectful. The nature of the course material lends itself to be introspective. It is important to maintain an environment where students feel safe to share personal information. Please respect the privacy of your classmates and do not share personal classroom discussions.

**Technology Policy**
All cell phones must be silenced for the duration of class. The recording of class dialogue, with any device, is not permitted. If a student fails to comply, they will be asked to leave the classroom and be issued an absence.

**Questions, Concerns, Clarifications:**
Students are encouraged to seek clarification from the instructor on any classroom policy, course requirement or assignment. Please seek instructor help as soon as possible if any question should arise. If a topic of study should cause any concern for you, please discuss the issue with the instructor immediately.