

MARTIN COMMUNITY COLLEGE

COURSE SYLLABUS

Semester/Year: Spring 2011

COURSE NUMBER: HEA 110 (50)

INSTRUCTOR: Danny Perry

COURSE TITLE: Personal Health/Wellness

OFFICE NO: NA

CREDIT HOURS: 3

OFFICE/VIRTUAL HOURS:

CONTACT HRS/WK: 3 (3 Class, 0 Lab)

E-Mail Instructor

PREREQUISITES: None

PHONE NO: Dr. Broughton (252)789-0246

COREQUISITES: None

FAX: (252) 792-0826

E-MAIL: dperry@mcc.martincc.edu

COURSE DESCRIPTION: This course provides an introduction to basic personal health and wellness. Emphasis is placed on current health issues such as nutrition, mental health, and fitness. Upon completion, students should be able to demonstrate an understanding of the factors necessary to the maintenance of health and wellness. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.*

PROGRAM LEARNING OUTCOMES:

1. Apply critical thinking skills to problem solving
2. Demonstrate the use of appropriate discipline related technology
3. Exhibit effective oral and written communication skills

COURSE LEARNING OUTCOMES:

1. Recognize and apply the basic concepts and principles of lifelong personal health and wellness.
2. Demonstrate a high level of understanding of the skills needed to plan and achieve lifelong health and wellness.
3. Apply skills learned to plan a personal, lifelong health and wellness program based on individual needs, abilities, and interests.

REQUIRED TEXTBOOKS: Hales, D. (2009). *An invitation to health: Choosing to Change (14th Edition)*. Belmont, CA: Wadsworth Cengage Learning. ISBN13: 9780538736558

SUPPLEMENTAL RESOURCES: None

LEARNING/TEACHING METHODS: Outside Reading Assignments, Class Discussion via Blackboard Discussion Board, Position Paper, Self Surveys, Writing Assignments and Internet Activities.

ASSESSMENTS/METHODS OF EVALUATION:

1. Tests- 200 Points
2. Outside Reading Assignments-100 Points
3. Discussion Board- 80 Points
4. Position Paper-100 Points
5. Self Surveys-100
6. Final Exam-100 Points

Total Possible Points-680

Grading Scale based on total points accumulated:

612-680-A

544-611-B

476-543-C

408-475-D

407 and below-F

GRADING POLICY: 10 point grading scale

A= 90-100 (612-680 points)

B= 80-89 (544-611 points)

C= 70-79 (476-543 points)

D= 60-69 (408-475 points)

F= Below 60 (407 and below)

COURSE OUTLINE:

(January 5-9)

Chapter 1: Your Invitation to Healthy Change

(January 10-16)

Chapter 2: Psychological and Spiritual Well-Being

(January 17-23)

Chapter 3: Personal Stress Management

(January 24-30)

Chapter 4: Taking Care of Your Mind

(January 31- February 6)

Chapter 5: The Joy of Fitness

(February 7-13)

Chapter 6: Personal Nutrition

(February 14-20)

Chapter 7: Managing Your Weight

(February 21-27)

Chapter 8: Communicating and Relating

(February 28 - March 6)

Chapter 9: Personal Sexuality

Chapter 10: Reproductive Choices

(March 7-13)

Chapter 11: Avoiding Addictions

(March 14-20)

Chapter 12: Alcohol Use, Misuse, and Abuse

Chapter 13: Tobacco Use, Misuse, and Abuse

(March 21-27)

Chapter 14: Preventing Major Disease

(March 28-April 3)

Chapter 15: Avoiding Infectious Diseases

Chapter 16: Lowering Your Risk of Sexually Transmitted Infections

(April 4-17)

Chapter 17: Getting Quality Traditional and Nontraditional Health Care

Chapter 18: Protecting Yourself from Injury, Violence, and Victimization

(April 18-24)

Chapter 19: Creating a Healthier Environment

(April 26-May 3)

Chapter 20: A Lifetime of Health

STUDENT ATTENDANCE POLICY:

Martin Community College recognizes that academic success is tied to regular attendance and completion of assigned work and tasks in a timely manner. Students are expected to attend a minimum of 80 percent of the total hours for a course, which includes classes, labs, and shops. A student will be counted present for the week by submitting a completed assignment during the week.

To enter section 50 (Internet) courses, students must do two things:

- (1) First, students must complete a technology assessment located on the Blackboard login page.
- (2) Second, students must login into Blackboard and complete the first assignment within seven (7) days.

Both the technology assessment and the first assignment must be completed for students to remain in the course. If students are taking more than one online course, the student ONLY takes the technology assessment ONE time.

Students must be present in at least one class during the first ten percent (10%) of a course in order to be considered enrolled in the class. If a student has not logged in Blackboard by the ten percent census date, the instructor will administratively withdraw the student.

Students who miss more than six contiguous contact hours or fail to attend the required percentage of total hours without a justifiable absence and verifiable contact with the instructor may be administratively withdrawn from the class by the instructor and given a grade of “WF.” The “WF” will be equivalent to an “F” when calculated into the student’s GPA. The course syllabus will indicate what the instructor considers a justifiable absence and will define “verifiable contact.” Students may remove a “WF” by submitting appropriate paperwork for an official withdrawal by the last day to officially withdraw without receiving an “F.” The last day to officially withdraw without receiving an “F” is published in the academic calendar for each academic year. The official withdrawal date for mini sessions, block courses, or other non-traditional schedules are available from the registrar and will be included on the course syllabus

Request for Excused Absences for Religious Observances*

***In compliance with G.S. 115D-5, MCC policy permits a student to be excused, with the opportunity to make-up any test or other missed work, a maximum of two excused absences per academic year for religious observances required by the student’s faith. The policy limits the excused absences to a maximum of two days per academic year.**

Students who wish to be excused for a Religious Observance required by their faith must complete and submit a request form to the instructor(s) prior to the census date of each class. The ***Request for Excused Absences for Religious Observances*** form can be picked up from Student Services. This does not supersede the college-wide attendance policy as outlined in the college catalog or syllabus, with the exception of a reasonable accommodation for the make-up of missed course work.

COURSE POLICIES: Please remember that spelling and punctuation are important when turning in work. Make use of the spell check feature before turning in assignments or posting on the discussion board. All assignments are due no later than the Sunday at 11:55 pm of the week they are due. Late assignments will not be accepted.

Each test or quiz has a time limit for completion. If you take more than the allotted time for the test or quiz, you will see a ! instead of your grade in the grade book. If you take more then the allotted time for a test or quiz, two (2) points will be deducted from a ten (10) point test or quiz and twenty (20) points will be deducted from a 100 point test or quiz. All tests and quizzes have a ten (10) minute time limit for completion. The final exam has a three (3) hour time limit for completion.

If you cannot reach your instructor, you may contact Dr. Phyllis Broughton, Dean of Academic Affairs and Student Services at (252) 789-0246 or (252)789-0247 by phone, pbroughton@martincc.edu by e-mail, or in person at her office in Building 2, Room 33.

To access the Martin Community College Career Catalog for policies and curriculum requirements, please go online to www.martincc.edu

If you have a need for a disability-related accommodation, please notify the Student Services counselor at (252) 789-0 293.