COURSE DESCRIPTION

PHED 1304 (3 Credit Hours)
Health for Today
This is a Texas Common Course Number. This is a DCCCD Core Curriculum Course.
Course Description: Emphasis is placed on relating course content to lifestyle to foster a better understanding of the major health issues of today. Current issues include, but are not limited to: emotional health, chemical use and abuse, human sexuality, major diseases, physical fitness, nutrition, aging, death and dying. This course does not satisfy the physical education activity course requirement. (3 Lec.)
Coordinating Board Academic Approval Number 5115045116

INSTRUCTOR INFORMATION

Instructor: Lonnie Griggs
Office Phone #: 972-240-3740
Office Room #: 2135
E-mail Address: lmgriggs@garlandisd.net
Mailing Address: 3505 Hayman Dr., Garland, TX 75043

Keep this syllabus handy as a guide that will be useful throughout the semester. Call your instructor for a replacement if you lose this copy.

WELCOME to Health for Today

You have already traveled some distance on your own “journey to health.” Where you are now depends largely on what lifestyle habits you practice. Where you go in the future will depend on the decisions you make and the health practices you adopt from now on. You will find that health is a process, not a destination, and that the journey is constant. This course will help guide you in this process toward achieving optimal health for yourself, while learning about the major health issues in the world today.

COURSE MATERIALS

Textbook: None

COURSE GOAL

The goal of Journey to Health: Mind~Body~Spirit is to challenge distance learning students to expand their knowledge of optimal health and wellness as it relates to their personal lives.

In meeting this challenge, students will further their understanding of health as a means to the highest level of physical, mental, spiritual, social, intellectual, and environmental well-being. At the conclusion of their study, students will be able to evaluate their present health condition, make decisions for a healthy future, and plan changes for a healthy lifestyle.

STUDENT LEARNING OUTCOMES

1. Expand knowledge of health and wellness, and the lifestyle behaviors that achieve and support high-level wellness.
2. Develop an understanding of the interaction between mind, body, and spirit in sustaining health.
3. Use critical thinking and problem-solving skills to develop and modify lifestyle to improve quality of life.
4. Relate individual decisions and actions to the well-being and health of the planet.

**COURSE OBJECTIVES**

Upon successful completion of this course, you will be able to:

- explain the factors that affect the development of healthy lifestyles.
- discuss the causes and effects of stress on the individual, and healthy stress management techniques.
- discuss psychological health and methods for achieving psychological well-being.
- explain the most common mental disorders and their impact on overall health.
- explain how physical fitness contributes to health across the lifespan.
- explain how the basic principles of good nutrition affect health across the lifespan.
- explain strategies for healthy weight management.
- discuss the characteristics of healthy relationships and the importance of healthy relationships to overall health.
- discuss human sexuality and how sexual behaviors affect health.
- discuss the biological, psychological, and social aspects of the reproductive process.
- discuss why it is important for parents to provide safe, healthy environments for the development of their children.
- discuss strategies for managing one’s health within the health-care delivery systems.
- explain the role of complementary and alternative medicine in health care.
- explain the methods of transmission, treatment, control, and prevention of infectious diseases.
- explain the transmission, prevention, and treatment of sexually transmitted diseases, including the global problems involved with HIV/AIDS.
- explain the major cardiovascular diseases and how individual health behaviors contribute to cardiovascular health or illness.
- discuss how cancer develops, and strategies for its prevention and treatment.
- explain chronic diseases, including individual health behaviors that contribute to prevention and methods of treatment.
- explain the effects of drug use on individuals, families, and society as a whole.
- explain the significance of alcohol use on individuals, families, and society as a whole.
- explain the impact of tobacco use on both the individual and society.
- explain preventative and emergency procedures that contribute to personal safety.
- explain factors that affect the aging process and issues facing the elderly.
- explain factors involved in the process of dying and grieving.
- discuss how environmental conditions influence individual health as well as strategies for preserving the environment.
- assess the relationship between global health issues and personal health.

**COURSE EXPECTATIONS**

To complete this course successfully, you should do the following:

- Participate in the course activities.
- Complete the examinations during the testing periods scheduled.
- Prepare and submit all assignments.

**ASSIGNMENTS INFORMATION**

Conscientious and timely completion of assignments made is essential for success in this health course. All lesson Focus Points should be completed in preparation for testing. They need not be turned in unless your instructor requires (optional for extra credit) them or you are seeking extra credit. See the Testing Schedule to determine when tests and any additional assignments are due.

**GRADE WEIGHT**

Tests-65%
DailyWork-35%
COURSE GRADES

Your grade will be evaluated using the following values:

Grade Scale:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
<th>Example</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100</td>
<td>95</td>
</tr>
<tr>
<td>B</td>
<td>80-89</td>
<td>85</td>
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<tr>
<td>C</td>
<td>70-79</td>
<td>75</td>
</tr>
<tr>
<td>F</td>
<td>69 or below</td>
<td>64</td>
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WITHDRAWAL POLICY/DATE

If you are unable to complete this course, it is your responsibility to withdraw formally. The withdrawal request must be received in the Registrar’s Office by May 1, 2015. Failure to do so will result in your receiving a performance grade, usually an “F.” If you drop a class or withdraw from the college before the official drop/withdrawal deadline, you will receive a “W” (Withdraw) in each class dropped. For more information about drop deadlines, refer to the current printed Credit Class Schedule, contact the Admissions/Registrar’s Office at 972-860-7167 (Room C119), or contact the division office.

If you drop a class via eConnect, make sure to print a copy of the confirmation and keep the copy. In the event of a discrepancy it will be the responsibility of the student to provide documentation of having dropped the class.

DIVERSITY

The course content and the course environment are dedicated to an understanding of and acceptance of all people. Disparaging remarks in relation to others’ ethnic or racial background, sex, sexual orientation, age, disability, socioeconomic background, et cetera, will not be tolerated.

AMERICANS WITH DISABILITIES ACT COMPLIANCE

Students with a physical, mental or learning disability who require accommodations should contact the college Disability Services Office in C237. Call 972.860.8348 or email efcdso@dcccd.edu. For more information: http://www.eastfieldcollege.edu/SSI/DSO/index.html

CHANGE OF ADDRESS

If your address changes, you must immediately notify (in person or in writing) the campus admissions office where you are enrolled in order to be certain that you receive all necessary information. This is important. If you have enrolled before and your address has changed since then, please point this out to the registrar.

ACADEMIC HONESTY

The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of The Dallas County Community College District. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing in order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty, plagiarism, and collusion. Your college catalog and the DCCCD Catalog contain the entire Student Code of Conduct, which is also on the Internet at http://www.dcccd.edu.

PLAGIARISM

In any written paper, you are guilty of the academic offense known as plagiarism if you half-copy or copy the author’s sentences or phrases. Usually this results in an automatic grade of “F” for the course. You cannot mix the author’s words with your own or “plug” your synonyms into the author’s sentence structure. To prevent unintentional borrowing, resist the temptation to look at the source as you write. The author’s words, phrases, sentences must be put in your words, in your way of writing! When you do this, you are demonstrating the ability of understanding and comprehension!
STUDY TIPS

The textbook describes significant developments in health. To do well in this course, you must read the appropriate textbook pages listed in the Lesson Assignments.

The following study sequence will maximize your chances for mastering each lesson in this course:
1. Read the Lesson Overview, Lesson Goal, Lesson Learning Objectives, and Lesson Focus Points.
2. Read the assigned pages in the textbook.
3. Answer the Lesson Focus Points.
4. Complete the Practice Test.

COMMUNICATION AND COLLABORATION

Frequency of communication that will occur between you and your instructor or among the students is important.

Some methods include:
- Physical delivery
- Use of voice mail
- Use of e-mail to leave messages as well as to submit assignments or other files as attachment

FINANCIAL AID STUDENTS:

If you are receiving Financial Aid grants or loans, you must begin attendance in all classes. Do not drop or stop attending any class without consulting the Financial Aid. Changes in your enrollment level and failing grades may require that you repay financial aid funds. Failure to contact the instructor will result in your name being submitted to the Financial Aid Office as a "non-attendee". All students receiving financial aid should open an E-mail account through NetMail. See directions in this syllabus for opening an E-mail account.

PLAGIARISM:

In any written paper, you are guilty of the academic offense known as plagiarism if you half-copy or copy the author's sentences or words. Usually this results in an automatic grade of "F" for the course. You cannot mix the author's words with your own or "plug" your synonyms into the author's sentence structure. To prevent unintentional borrowing, resist the temptation to look at the source as you write. The author's words, phrases, sentences must be put in your words, in your way of writing. When you do this, you are demonstrating the ability of understanding and comprehension.

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The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of the Dallas County Community College System. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing in order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonest, including cheating, fabrication, facilitating academic dishonesty, plagiarism, and collusion. The Eastfield College Catalog and the DCCC Catalog contain the entire Student Code of Conduct, which is also on the internet at http://dcccd.edu.

EMERGENCY/INCLEMENT WEATHER PROCEDURE:

In case of emergency or inclement weather conditions, Eastfield students should listen to KEOM-FM Radio (88.5FM) as the primary media source. In partnership with the Mesquite Independent School District, Eastfield College Administration will notify KEOM immediately after a decision is made to cancel classes on any given day of inclement weather or for emergency purposes. Students may also monitor other local radio and television stations. The earliest an announcement may be broadcast on KEOM Radio is 6 a.m. Students may also refer to the Eastfield college web page www.eastfieldcollege.com for the Inclement Weather announcement under the Features area of the front page. The announcement will be posted immediately following the decision to close the college.

REPEATABILITY ISSUE:

Pending legislative action and DCCCD Board approval, effective for Fall Semester 2005, the Dallas County Community Colleges will charge a higher tuition rate to students registering the third or subsequent time for a course. All third and subsequent attempts of the majority of credit and Continuing Education/Workforce Training courses will result in higher tuition to be charges. Developmental Studies and some other courses will not be charges a higher tuition rate. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 semester. For complete information and updates, go to: http://www.dcccd.edu/ThirdCourseAttempt/.
STUDENT E-MAIL:
Legal privacy issues prevent your instructor from discussing your work or your grades on commercial e-mail accounts. If you wish to send your papers as attachments to an e-mail (and the instructor permits it), or if you have a questions about your grade, you must open a student e-mail account. The account is free. You may set it up by going to www.dcccd.edu and clicking on Student Services, OnLine Services, and Student NetMail. All students receiving financial aid must open a NetMail account.

RELIGIOUS HOLIDAYS/OBSERVANCES:
Absences for observance of a religious holy day are excused. Notification of the absence must be given to the instructor in writing at least two weeks prior to the date of the holy day. A student whose absence is excused to observe a religious holy day is allowed to contract with the instructor to take a make-up examination or complete an assignment within a mutually agreed upon time after the absence.

OBTAINING YOUR GRADES AT THE END OF THE SEMESTER:
Final Grade Reports are no longer mailed. Convenient access is available online at www.econnect.dcccd.edu. Use your identification number when you log onto eConnect, an online system developed by the DCCCD to provide you with timely information regarding your college record. Your grades will also be printed on your Student Advising Report, which is available in the Admissions Office.

CLASSROOM ENVIRONMENT:
Since every student is entitled to full participation in class without interruption, all students are expected to be in class and prepared to begin on time. All pagers, wireless phones, electronic games, radios, tape or CD players or other devices that generate sound must be turned off when you enter the classroom. Disruption of class, whether by latecomers, noisy devices or inconsiderate behavior will not be tolerated. Repeated violations will be penalized and may result in expulsion from the class.

STOP BEFORE YOU DROP
For students who enrolled in college level courses for the first time in the fall of 2007, Texas Education Code 51.907 limits the number of courses a student may drop. The withdrawal request must be received in the Registrar’s Office by May 1, 2015. You may drop no more than 6 courses during your entire undergraduate career unless the drop qualifies as an exception. Your campus counseling/advising center will give you more information on the allowable exceptions.
Remember that once you have accumulated 6 non-exempt drops, you cannot drop any other courses with a “W”. Therefore, please exercise caution when dropping courses in any Texas public institution of higher learning, including all seven of the Dallas County Community Colleges. For more information, you may access: https://www1.dcccd.edu/coursedrops

Food and Drink Policy
Food, drinks, and tobacco products are prohibited in Eastfield College classrooms.

Family Educational Rights and Privacy Act of 1974 (FERPA)
In compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA), the College may release information classified as “directory information” to the general public without the written consent of the student. Directory information includes: (1) student name, (2) student address, (3) telephone numbers, (4) date and place of birth, (5) weight and height of members of athletic teams, (6) participation in officially recognized activities and sports, (7) dates of attendance, (8) educational institution most recently attended, and (9) other similar information, including major field of student and degrees and awards received. Students may protect their directory information at any time during the academic year. If no request is filed, directory information is released upon written inquiry. No telephone inquiries are acknowledged. No transcript or academic record is released without written consent from the student, except as specified by law.

Children on Campus
The institution strives to protect an environment most conducive to teaching and learning for all enrolled students. Children who are taking part in organized scheduled activities or who are enrolled in specific classes are welcomed. Minor children, however, should not be brought to the institution unless closely supervised by their parent. Minor children should not be brought into classrooms, laboratories or other facilities of the college. This practice is disruptive to the learning process. In the case of an emergency where the student-parent has no alternative but to bring the child to campus, classroom faculty or the administrative heads of other units have full discretion as to
whether a child may be allowed to quietly stay in the location. These individuals may require that children be removed by the student-parent from the setting if, in their opinion, the presence of the child is deemed to be disruptive to the learning process. For reasons of security and child welfare the institution will not permit unattended children to be left anywhere on the premises. Parents who have problems with childcare should visit the Counseling and/or Advisement Center to receive referrals to childcare services in the area.

**DISCLAIMER:** The instructor reserves the right to amend this syllabus as necessary.