PHED 1304 Personal/Community Health

This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being.

Approval Number 51.1504.51.16, maximum SCH per student 3 maximum SCH per course 3200 maximum contact hours per course 48

Learning Outcomes: Upon successful completion of this course, students will:
1. Evaluate the dimensions of health and how they relate to personal and/or community wellness.
2. Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
3. Describe the leading health problems, trends, and needs of diverse populations.
4. Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.
5. Evaluate sources of health information, including the internet, to determine reliability.
6. Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Core Objectives:
PHED 1304 Health for Today develops the following Core Objectives: Critical Thinking - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
Communication - to include effective development, interpretation and expression of ideas through written, oral and visual communication. Social Responsibility - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities. Empirical and Quantitative Skills - to include the manipulation of data and analysis of numerical data or observable facts resulting in informed conclusions.

Core Objective Development Statements: PHED 1304 develops Critical Thinking and Communication by requiring students to evaluate the results and significance of fitness level, exercise, risk factors for disease, nutrition and stress in relation to personal wellness.
PHED 1304 develops Empirical and Quantitative Skills and Social Responsibility by requiring students to analyze data and observable facts related to major health issues today and lifestyle behaviors in order to form conclusions and discuss impact on regional, national and global issues.
COURSE MATERIALS:
   Health, the Basics 12th ed. by Rebecca J. Donatelle eText. and access code that will be needed. ISBN: 9780134326962
   Access code acquired at EFC bookstore: 972-279-3660
   A loose-leaf copy may also be available.

STOP BEFORE YOU DROP: For students who enrolled in college level courses for the first time Fall 2007. TEA Code 51.907 limits the number of courses a student may drop. You may drop no more than 6 courses during your entire undergraduate career unless the drop qualifies as an exception. The counseling/advising center will give you more information on allowable exceptions. Remember that once you have accumulated 6 no-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 DCCCD colleges. For more information, you may access: http://www1dcccd.edu/coursedrops. DROP DATE: Nov. 14.
   Certification date: Sept. 9.

Writing Expectations: Use standard written English.

REQUIREMENTS/ATTENDANCE POLICY:
   As a student, you are required to:
   1. Complete and participate class activities including: modules, assignments, papers, feature boxes, tests, etc.
   2. Complete a personal fitness contract (with a physical assessment, goals, and a program summary) and a Next Step Project.
   3. Analyze your eating and nutrition habits.
   6. Take two (2) written tests.
   7. One (1) written paper/project is required, 250 words on Cardiovascular Disease course related topic, which is to be prepared and submitted electronically using standard written English.

COURSE OUTLINE/SCHEDULE

See the course calendar in eCampus and MyLab.

Eastfield College Policies:
   www.eastfieldcollege.edu/syllabipolicies

GRADING & DEADLINE POLICIES
   Grading & deadline policies: Work submitted late is subject to reduced credit.

DROP POLICY
   It is your responsibility to drop a course or withdraw from the college. Failure to do so will result in receiving a performance grade, usually of “F.” The last day to drop/withdraw is Nov. 14.
Grade Form

 Assignments, Modules, Feature boxes and AssessYourself activities.  400 pts.

 Papers:  Cardio, Obesity, and Eating  300 pts.

 Exams  200 pts.

 Fitness Assessment:  Personal Fitness Contract and Next Step  100 pts.

 TOTAL 

 Grading Scale

<table>
<thead>
<tr>
<th>Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>900-1000</td>
<td>A = Excellent Performance</td>
</tr>
<tr>
<td>800-899</td>
<td>B = Good Performance</td>
</tr>
<tr>
<td>700-799</td>
<td>C = Average Performance</td>
</tr>
<tr>
<td>600-699</td>
<td>D = Poor Performance</td>
</tr>
<tr>
<td>0-599</td>
<td>F = Failing Performance</td>
</tr>
</tbody>
</table>

Late work receives reduced credit.  There are no extra credit options.

To access the course:
Go to www.eastfieldcollege.edu, scroll down to eCampus log in, click on Courses, find PHED 1304 Health and click on it
Then on the Tools page click on Pearson's MyLab and Mastering
Sign in and begin the course.