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: Jaclynn Page
Office Phone #: 972-240-3740 (EMAIL WILL BE THE BEST WAY TO COMMUNICATE)
E-mail Address: jpage@garlandisd.net

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 Personal/Community Health

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 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

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 ........................................................... 3 201
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.

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. **(DO NOT SUBMIT ASSIGNMENTS IN THE COMMENTS SECTION! THEY WILL NOT BE GRADED!)**

GRADE WEIGHT:

Bellringers 10%
Classwork 10%
Quizzes 15%
Tests 30%
Projects 35%

COURSE GRADES

Your grade will be evaluated using the following values:

Grade Scale:

90-100  A
80-89   B
70-79   C
69 & below F

GRADE WEIGHT AND GRADE SCALE ARE SUBJECT TO CHANGE.

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. 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.

Late/Makeup Work- Late work is 10 points off per day the class meets up to a max of 30 points from earned grade. Unexcused absence- 20 points off automatically. This includes homework assignments, projects, pre-labs, or virtual labs. Make up work for absences is due the following class period if assignment due the day of the absence. Make up work for missed labs can be made up in tutorials within 2-3 days of absence. Students who attempt to makeup work during class time will receive a zero on that assignment. Some labs (ex. dissection labs) may offer alternative laboratory assignments.