INSTRUCTOR: Bob Flickner  Office #: P203
Mailing Address: 3737 Motley Dr.  Email Address: BobFlickner@dcccd.edu
Office #: 972-860-7642  Fax #: 972-860-8374
Office Hours: 9-10:00AM M-R and 8-9 AM Fri. INET Email me for an appt.

This course meets Tier 2 Self and Society CORE requirement. Emails and Assignments will be responded to in less than two days. Student must have email and INET.

Read this syllabus thoroughly and retain it for future reference. It contains valuable information about this course and is subject to change by the instructor.

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 3 200 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 with **access code that will be needed.** An e-text will be available inside the course. **ISBN: 9780134561165**

Access code acquired at EFC bookstore: 972-279-3660. A loose-leaf copy may also be available.

Writing Expectations: Use standard written English.

Please follow this link for a list of Institutional Policies: [www.eastfieldcollege.edu/syllabipolicies](http://www.eastfieldcollege.edu/syllabipolicies)

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

**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.
4. Take two (2) written tests.
5. 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 Pearson’s MyLab.

**GRADING & DEADLINE POLICIES**

Grading & deadline policies: *Work submitted late is subject to reduced credit.*

**DROP POLICY** and Certification Date

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: 10/3

Certification date is: 8/31
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>Score Range</th>
<th>Grade</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>900-1000</td>
<td>A</td>
<td>Excellent Performance</td>
</tr>
<tr>
<td>800-899</td>
<td>B</td>
<td>Good Performance</td>
</tr>
<tr>
<td>700-799</td>
<td>C</td>
<td>Average Performance</td>
</tr>
<tr>
<td>600-699</td>
<td>D</td>
<td>Poor Performance</td>
</tr>
<tr>
<td>0-599</td>
<td>F</td>
<td>Failing Performance</td>
</tr>
</tbody>
</table>

Late work receives reduced credit (50%) or 0 points. 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.