

Parkland College

Kinesiology Courses

Natural Sciences Courses

2015

Kinesiology 181 Health Education Fall 2015

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KIN 181-002 SYLLABUS

COURSE TITLE: KIN 181 Health Education

DESCRIPTION: A course focusing on personal health and wellness. Topics include: nutrition, exercise, and stress; alcohol, tobacco, and drugs; and intimate relationships. There will be an emphasis on strategies for modifying behaviors to achieve optimal personal wellness.

PREREQUISITES: None. However, a basic understanding of math and biology will aid in your understanding of the information.

INSTRUCTOR: Joe Bails

E-mail: jbails@parkland.edu

Phone: 217-351-2285 (L120 – Dept. office) / Cell: _____

Office & Office Hours: L240, Tuesdays 10:00 – 10:50 am

TEXT & MATERIALS (REQUIRED):

- ***An Invitation to Health: Build Your Future.*** By: Dianne Hales. 8th Edition, Brief.
- ***iClicker.*** Get in bookstore.

FINAL EXAM DATE: 11:00 am – 1:00 pm **Thursday, December 17, 2015 (P106)**

DISABILITIES

If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance) please contact Cathy Robinson, Coordinator, Office of Disability Services, U 260, 353-2082 or crobinson@parkland.edu

CENTER FOR ACADEMIC SUCCESS

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact one of the following staff at the Center for Academic Success, Room D120: Anita Taylor: Phone: 353-2005 or Sue Schreiber: Phone: 351-2441. You may also email the CAS at CenterForAcademicSuccess@parkland.edu

MINIMUM COURSE OBJECTIVES:

Upon completion of this course, students will be expected to:

1. Identify the six dimensions of wellness and explain the importance of personal decision making and behavior change in achieving a wellness lifestyle.
2. Explain the wellness benefits of exercise, good nutrition and weight management.
3. Outline the factors that influence sexual behavior and the various ways human sexuality can be expressed
4. Define and discuss the concepts of addiction behavior, substance abuse, and substance dependence.
5. Describe the controllable and uncontrollable risk factors associated with cardiovascular disease and cancer, and the process by which infectious diseases are transmitted.
6. Identify strategies for preventing unintentional injuries and to preserve the environment.

COURSE POLICIES:

1. **Attendance.** Regular attendance and participation is required in class. If you must miss a class, you must contact the instructor prior to the absence to determine if the absence can be excused. If you are unable to contact the instructor prior to the absence, medical or other documentation must be provided for an absence to be excused. If 5 or more unexcused absences occur within the 16 week semester, 20 points will be deducted from your grade.

2. **Drops/Withdrawals.** On the second Monday of a full semester class, I am required to assess your attendance. If you have not attended regularly to that point, you will be dropped with no refund of tuition and fees. After this census date, you should not plan on an instructor withdrawal if you want to withdraw from the course. You are ultimately responsible for your own withdrawal, as non-attendance after this date will result in a grade of F. The last day for a student to withdraw with W grade is Friday, December 4.
3. **Discussion Board.** Each module you will be expected to complete a 5 point discussion board that pertains to the information covered in that module. *No late discussion board points will be awarded.* Your response will be graded by the following criteria:
 - Is your answer unique?
 - Did you answer all parts to the question?
 - Did you answer the question correctly?
 - Did you explain yourself in full sentences with correct spelling?
 - Did you double check to make sure that your answer posted???
4. **Module Quizzes (300 points).** A 50 point quiz will be given in class after the completion of each module. A total of seven quizzes will be given. The lowest quiz grade will be dropped and six quizzes will be used to compute your grade. **Students coming late to class on quiz day will forfeit the missed time allowed for that module quiz, but will be able to complete the quiz in the remaining time. If a student has a documented and approved reason for missing a quiz, the quiz can be made up by appointment only.**
5. **Module Assignments (120 points).** Each of the seven modules has one 20-point assignment. Assignments are graded on accuracy not merely completion of the assignment. **No late assignments will be accepted.** However, the lowest one assignment grade will be dropped.
Class assignments may vary in presentation. Some assignments:
 - are completed as groups. The same grade will be given to each group member.
 - may begin in class, but require students to complete it on their own
 - are worksheets that accompany a video.
 - will be done individually during class time and turned in prior to the end of class.
 - will be done on student time outside of class.
6. **Special Assignments (70 points).** You will be expected to complete two special assignments that will cause you to stop and think about how this material applies to your life. Special assignments cover several modules and are similar to a student project. **Unfortunately, there are no make-ups for special assignments.**
7. **Attendance and Participation (45 points).** This grade is based on the following:
 - Coming to class on time each class period (being tardy can affect grade)
 - Participating in group discussions (a lot of learning takes place during discussion) and using your iClicker when that is part of the lecture/discussion
 - Attitude (a positive and respectful attitude will be rewarded)
 - Communication (please, communicate anything that will impact the class)
8. **Final Exam (100 possible points).** Parkland College requires that a final exam be given during final exam week. No early finals or make-up finals can be given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan vacation travel, job interviews, and work schedules to avoid conflict with the final exam.
9. **Missing Class due to Parkland Related Activities.** For all approved Parkland-related activities, students must be allowed to complete missed work. If there is any risk that you will have to miss a class due to a Parkland-related activity, contact me several days beforehand to find out what you will miss. If you contact me the day before your absence, do not expect to be allowed to take an assessment late, nor will you be able to turn in any assignments late.

METHODS OF ASSESSMENT:		GRADE SCALE:	
Quizzes (50 pts each x 6*)	300 points	Total Points	Grade
Assignments (20 pts x 6*)	120 points	603-670	A
Discussion Boards (5 pts x 7)	35 points	536-602	B
Course Project (35 pts x 2)	70 points	469-535	C
Attendance/Participation	45 points	402-468	D
Comprehensive Final Exam	100 points	Less than 402	F
Total	670 points		

WEEKLY SCHEDULE AND DUE DATES

MODULE	BOOK CHAPTERS	WEEK #	DUE DATE
1 - Invitation to Health and Personal Stress Management	1 & 3	1 & 2	Thursday, September 3
2 - Nutrition, Weight Management, and Fitness	5, 6 & 7	3 - 6	Thursday, September 24
3 - Psychology & Spiritual Well-Being, and Social Health	2 & 4	7 & 8	Tuesday, October 13
Special Assignment #1	1 – 7		Thursday, October 15
4 - Human Sexuality	8 & 9	9 & 10	Tuesday, October 27
5 - Preventing Disease	10	11 & 12	Tuesday, November 10
6 - Drug Use and Abuse	11 & 12	12 - 14	Tuesday, November 24
Special Assignment #2	8 – 15		Tuesday, December 1
7 - Achieving Health for a Lifetime	13, 14 & 15	15 & 16	Thursday, December 10

10. **Student Responsibilities.** The college classroom is a place for learning and active participation is expected. Students should come to class with a positive attitude and be willing to try new things. Disruptive and inappropriate behavior will not be tolerated. If the instructor finds it necessary to either stop lecturing or remind a student of their classroom responsibility, the instructor may withdraw the student from the class. Failure to be respectful of one another or to maintain ethical behavior will not be tolerated.

11. **Cell Phone Policy.** Before class either turn off your cell phone or put it on silent mode. If you are text messaging or you answer your phone during class, I will ask you to leave the class. You will not be permitted to return for the remainder of the period. Cell phones or digital organizers must not be accessible during tests and quizzes. *Students who violate this policy during an assessment may receive a zero on that assessment.*

12. **Academic Honesty.** Unethical conduct during examinations or in preparation of assignments will not be tolerated and may result in disciplinary action. Please see and understand Parkland College's policy at <http://www2.parkland.edu/studentpolicy/honesty.html>

** Not all possible situations can be covered by one policy. If you feel you have exceptional circumstances that merit waiver of any of these policies, please inform me as soon as possible. This syllabus may be changed when needed according to the instructor's discretion.*