

## DAKOTA COLLEGE @ BOTTINEAU COURSE SYLLABUS

### Course Prefix/Number/Title:

HPER 217      ONLINE      Personal and Community Health

### Course Description:

This course is designed to acquaint the student with those principles and practices which will ensure the maintenance of conditions necessary for wholesome personal and community living. Economic, social, and legal aspects of health preservation and disease prevention will be emphasized.

### Course Objectives:

1. The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition. To promote lifelong learning skills for a healthier life.
2. Awareness that lifelong fitness includes developing muscular strength, endurance, flexibility and cardiovascular health.
3. Understanding the importance of team training in maintain a healthy lifestyle.

**Instructor:** Ken Keysor

**Office:** Thatcher 123

**Office Hours:** M-F 10:00-12:00 or by arrangement

**Phone:** 228-5452

**Email:** Ken.Keysor@dakotacollege.edu

### Lecture/Lab Schedule:

ONLINE

### Textbook(s):

Health & Wellness, 9<sup>th</sup> Edition by Edlin and Golanty

### Course Requirements:

This class will be a lecture format with out of class reports and assignments using various technologies including the internet and outside readings. Class participation and attendance will be a must to be successful.

Grading will be base on the following items being completed and turned in.

1. Article Review
2. All web assignments
3. Grading Scale A: 100-90 B: 89-80 C: 79-70 D: 69-60 F: 59-Below

### Tentative Course Outline:

Week 1-3	Unit One Achieving Wellness
	Chapter 1 Achieving Personal Health
	Chapter 2 Mind-Body Communications
	Chapter 3 Managing Stress
	Chapter 4 Mental Health/Illness
Week 4-5	Unit Two Eating & Exercising Toward a Healthy Lifestyle

	Chapter 5	Choosing a Nutritious Diet
	Chapter 6	Managing a Healthy Weight
	Chapter 7	Physical Activity for Health/Well-Being
Week 6-7	Unit Three Building Healthy Relationships	
	Chapter 8	Sexuality & Intimate Relationships
	Chapter 9	Understanding Pregnancy & Parenthood
	Chapter 10	Choosing a Fertility Control Method
	Chapter 11	Protecting Against STD's
Week 8-10	Unit Four Understanding and Preventing Disease	
	Chapter 12	Reducing Infections & Building Immunity
	Chapter 13	Cancer: Risks & Prevention
	Chapter 14	Cardiovascular Diseases
	Chapter 15	Heredity & Disease
Week 11-12	Unit Five Explaining Drug Use and Abuse	
	Chapter 16	Using Drugs Responsibly
	Chapter 17	Eliminating Tobacco Use
	Chapter 18	Using Alcohol Responsibly
Week 13-14	Unit Six Making Healthy Decisions	
	Chapter 19	Making Decisions About Health Care
	Chapter 20	Exploring Alternative Medicines
	Chapter 21	Accidents & Injuries
Week 15-16	Unit Seven Overcoming Obstacles	
	Chapter 22	Understanding Aging & Dying
	Chapter 23	Violence in Our Society
	Chapter 24	Working Toward a Healthy Environment

### **General Education Goals/Objectives:**

Goal 5: Employs the principles of wellness

Objective 1: Demonstrate healthy lifestyle and physical wellness.

Objective 2: Demonstrate emotional and spiritual wellness.

Goal 4: Demonstrate effective communication.

Objective 4: Works collaboratively with others

Objective 5: Demonstrates effective oral communication skills.

### **Relationship to Campus Theme:**

The students will identify differences between healthy life choices and what the consequences of negative life choices are. They will be able to recognize that there are many ways to maintain a healthy lifestyle and that health is more than just physical wellness it also includes emotional and spiritual wellness.

### **Classroom Policies:**

1. The student will be required to look over the following items

- A: Read each chapter
- B: Read the lecture outline and chapter summary
- C: If extra help is needed they may do the crossword puzzle.
- D: For each chapter they **MUST COMPLETE** either the Chapter Assignment or the Practice Quiz that goes with that chapter. **YOU DO NOT NEED TO DO BOTH!!!**

**GRADING:** After all assignments are completed the grading scale will be as follows.

**A: 100-90 B: 89-80 C: 79-70 D: 69-60 E: 59-Below**

**There will be no incompletes given. As an online student it is your responsibility to complete ALL assignments/quizzes. You may finish early if you wish. The outline is only a guide on how far you should be each couple of weeks**

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**Academic Integrity:**

*Webster's Encyclopedic Unabridged Dictionary* defines plagiarism as: "The appropriation or imitation of the language, ideas, and thoughts of another author, and representation of them as one's original work." There will be *zero tolerance* of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on quizzes/exams, the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

**Disabilities and Special Needs:**

Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.