

SYLLABUS

HPER 217 PERSONAL AND COMMUNITY HEALTH(ONLINE)

Course Prefix/Number/Title: HPER 217 ONLINE Personal and Community Health (3 Credits)

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.

Prerequisite classes: None

Course Objectives: 1. The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition, that promotes 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 to maintain a healthy lifestyle.

Instructor: Ken Keysor Phone: 701-385-3348 Email: Ken.Keysor@dakotacollege.edu

Lecture/Lab Schedule: ONLINE

Textbook(s): Health & Wellness, 9th or 10th Edition by Edlin and Golanty

Course Requirements: This class will be an online format with 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. All web assignments 2. Grading Scale A:100-90 B:89-80 C:79-70 D:69-60 F: 59-Below

Tentative Course Outline: ****NOTE**** YOU WILL NEED TO STAY WITHIN ONE CHAPTER OF THE WEEK WE ARE ON. THIS WILL HELP YOU STAY ON TRACK AND NOT GET BEHIND IN THE CLASS.

Week 1 Chapter 1 Achieving Personal Health

Week 2 Chapter 2 Mind-Body Communications

Week 3 Chapter 3 Managing Stress

Week 4 Chapter 4 Mental Health/Illness

Week 5 Chapter 6 Managing a Healthy Weight

Week 6 Chapter 7 Physical Activity for Health/Well-Being

Week 7 Chapter 13 Cancer: Risks & Prevention

Week 8 Chapter 14 Cardiovascular Diseases

Week 9 Chapter 15 Heredity & Disease

Week 10 Chapter 16 Using Drugs Responsibly

Week 11 Chapter 17 Eliminating Tobacco Use

Week 12 Chapter 18 Using Alcohol Responsibly

Week 13 Chapter 20 Exploring Alternative Medicines

Week 14 Chapter 21 Accidents & Injuries

Week 15 Chapter 22 Understanding Aging & Dying

Week 16 Chapter 23 Violence in Our Society

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/look over each chapter.

B: Read the lecture outline and chapter summary.

C: If you are more of a auditory learner there is also a class lecture for each chapter. Please make sure to still look over the chapter as the lecture is not all inclusive with the information of the chapter.

D: If extra help is needed you may do the crossword puzzle. The crossword puzzle is a way for you to test your knowledge without being worried about how your grade might be affected.

E: For each chapter you **MUST COMPLETE** the Chapter Test. You will only get one opportunity to take each test. You may use your book for the tests. My belief is that if you are looking in your book you are getting familiar with some of the key concepts.

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 F: 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 gives you an idea on how we will move along in this class. You will be expected to always be within 1 chapter of the outline. Example: If we are in week 4 you would need to be at least working on Chapter 3. PLEASE DON'T GET BEHIND. Unless there are dire circumstances no late work (1 week late) will be accepted. Please keep me in the loop of any troubles you may have.

. 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.