

# HLTH 1900: Principles of Health

## Spring 2012

### Doryce Judd

Office Hours:

(940) 565-629

PEB 209B

Class: TTh 12:30-1:50 pm

Room: PEB 216

**Course Description:** Personal health problems of humans, knowledge, attitudes, and behavior related to responsible healthful living.

### Required Text:

Payne, W.A., Hahn, D.B., Lucas, E.B. (2009). *Understanding Your Health (11<sup>th</sup> Ed.)*. New York, New York: McGraw Hill Publishers.

### Course and Learning Format

The course objectives will be presented through a variety of methods.

Lectures

Class discussions

Assigned activities

Exams

### Exams (100 points)

Students will have **one hour** to complete each exam. Failure to take exams on the scheduled date will result in a grade of zero unless the student has made arrangements with the instructor **prior** to the class period. Make-up exams will not be given. Students arriving late on exam days may not be allowed to complete the exam.

Exam 1 – Chapters 1 - 5

Exam 2 – Chapters 6 - 9

Exam 3 – Chapters 10, 11, 13, 18

### Grading Procedures

	Point Value
Exams	(3@ 100 pts each) 300
Attendance and Participation	100
Service Learning	50
Individual Project	<u>50</u>
Total	500

### Grades:

<b>A</b>	500-440 pts	<b>C</b>	399-350 pts	<b>F</b>	<300 pts
<b>B</b>	449-400 pts	<b>D</b>	349-300 pts		

## **Student Responsibilities**

It is your responsibility to come to class prepared. If you have questions or need help with content of the course, it is your responsibility to seek help and guidance. I am willing to help in any way within my limits as an instructor.

Additionally, it is your responsibility to be respectful of the learning environment. Any behavior that is disruptive will not be tolerated (please turn your cell phones off during class).

### **Acceptable Student Behavior:**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.unt.edu/csrr](http://www.unt.edu/csrr)

## **Exams**

There are three formal exams given during the semester. They will be worth 100 points each and will consist of multiple choice and true/false answer. If you are unable to attend class during an exam, it is your responsibility to inform me ahead of time.

If you are late for an exam, you will not be allowed to take the exam. Be aware that the make-up exam may not be the same exam as the exam given to the class. It could consist of short answer or essay.

## **Class Participation**

Class discussion and group activity is an important aspect of the learning process. Every student must make an effort to participate in group assignments and discussions. Education is an experience and a privilege.

## **Class Attendance**

In order to fully engage in the class, attendance is essential. I encourage you to attend class every scheduled class time. If you are unable to attend, please let me know ahead of time. If you are late and miss a scheduled quiz, you will not be allowed to retake the quiz unless you have received prior approval.

Leaving class early or coming in late is disrespectful to the class. If you are more than 30 minutes late to class (or leave 30 minutes or more before class is over), you will be counted as absent without prior approval.

## **Academic Dishonesty**

Cheating will not be tolerated. Students caught cheating will be charged under the University Code of Conduct and discipline. If found guilty, the student will receive a zero for the exam and risks failing the course.

## **ADA Statement**

The Department of Kinesiology, Health Promotion, and Recreation, in cooperation with the Office of Disability Accommodation, complies with the American with Disabilities Act in making reasonable accommodations for qualified students with disabilities.

If you have a disability, it is your responsibility to obtain verifying information from the Office of Disability Accommodation (ODA) and to inform me of your need for an accommodation. Please present your written accommodation request to me during the first week of class.

## **Office Hours - TBA**

I will be in the classroom 30 minutes prior to class to meet with you. If this is not convenient for you and you need to meet with me in private, please contact me for an appointment.

## **FERPA**

Every student has the right to expect confidentiality of grades. The instructor will make every effort to ensure the privacy of all assignments.

### Tentative Outline for Class Topics and Readings

<b>Class</b>	<b>Topics</b>	<b>Readings</b>
Week 1 1/17	Syllabus – Expectations Introduction to <i>Principles of Health</i>	
1/19	Introduction to <i>Principles of Health</i>	Chapter 1
Week 2 1/24	Achieving Psychological Health	Chapter 2
1/26	Managing Stress	Chapter 3
Week 3 1/31	Becoming Physically Fit	Chapter 4
2/2	Nutrition and Your Diet	Chapter 5
Week 4 2/7	<b>Exam 1 Review</b>	Chapters 1-5
2/9	<b>Exam 1</b>	Chapters 1-5
Week 5 2/14	Maintaining Healthy Weight	Chapter 6
2/16	Making Decisions about Drug Use	Chapter 7
Week 6 2/21	Taking Control of Alcohol Use	Chapter 8
2/23	Rejecting Tobacco Use	Chapter 9
Week 7 2/28	<b>Exam 2 Review</b>	Chapters 6-9
3/1	<b>Exam 2</b>	Chapters 6-9
Week 8 3/6	Enhancing Your Cardiovascular Health	Chapter 10
3/8	Living with Cancer	Chapter 11
Week 9 3/13	<b>Class discussion concerning Service learning activity Service Learning and Individual Project due</b>	Assignment
3/15	<b>Outside Class Activity Time – No Class</b>	Assignment
Week 10 Spring Break	<b>NO CLASSES</b>	Spring Break
Spring Break	<b>NO CLASSES</b>	Spring Break
Week 11 3/27	<b>Outside Class Activity Time – No Class</b>	Assignment
3/29	Guest Speaker	Guest Speaker
Week 12 4/3	Preventing Infectious Diseases	Chapter 13
4/5	Preventing Infectious Diseases	Chapter 13
Week 13 4/10	Becoming an Informed Health Care Consumer	Chapter 18
4/12	Becoming an Informed Health Care Consumer	Chapter 18
Week 14 4/17	<b>Discussion of Service Learning Results</b>	Assignment
4/19	Flexible as needed	
Week 15 4/24	Flexible as needed	
4/26	Flexible as needed	
Week 16 5/1	<b>Exam 3 Review</b>	Chapters 10,11, 13,18
5/3	<b>Exam 3</b>	Chapters

		10,11, 13,18
Week 17 5/8	<b>FINALS WEEK</b>	