

**Principles of Health
HLTH 1900
Fall 2012**

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PEB 209B

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Office Hours: Monday and Wednesday 9:30am – 12:20 pm.

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 (11th Ed.)*.
New York, New York: McGraw Hill Publishers.

Assignments and Student Learning Objectives

Identify how different choices in health related behavior lead to certain health consequences

Exams (100 points)

Three Exams: Students will have **the entire class time** to complete each exam. Failure to take exams on the scheduled date and time will result in a grade of zero unless the student has made arrangements with the instructor *prior* to the class period.

Exam 1 – Chapters 1-4

Exam 2 – Chapters 5-8

Exam 3 – Chapters 9-11, 13, & 18

CHALLENGE assignment

The assignment is student propelled and initiated. The main objective is to move toward implementation and evaluation of the “Big Idea”. The progress is completely in the hands of the class.

Evaluation Policy

Point Value

Exam 1- 3	300 (5 @ 100 pts each)
Attendance	100
<u>Challenge</u>	<u>150</u>
Total	550

Grades:

A = 495-550
B = 440-494
C = 385-439
D = 330-384
F = 329 and below

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

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.

Participation and Attendance

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 incredible experience and is a privilege. 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 exam, you will not be allowed to retake the exam unless you have received prior approval. **Tentative** Outline for Class Topics and Readings

NOTE: prior approval does not cancel out your absence. It will however allow you to make up any missed assignments.

Leaving class early or coming in late is disrespectful to the class. Please refer to “**Acceptable Student Behavior**” in a previous paragraph and the Student Code of Conduct. Sleeping during any portion of class will be counted as an absence.

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 accommodation request during the first week of class.

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 Schedule

Tentative Schedule for Summer 2012

	Class	Topics	Readings
August 30	Thursday	Syllabus – Expectations Introduction to Principles of Health	
September 4	Tuesday	Challenge work	
September 6	Thursday	Lecture	Chapter 1
September 11	Tuesday	Lecture	Chapter 2
September 13	Thursday	Lecture	Chapter 3
September 18	Tuesday	Challenge work	Chapter 4
September 20	Thursday	Lecture	Chapter 4
September 25	Tuesday	Review for Exam and Team work	Chapters 1-4
September 27	Thursday	Exam	Chapters 1-4
October 2	Tuesday	Lecture	Chapter 5
October 4	Thursday	Lecture	Chapter 6
October 9	Tuesday	Lecture	Chapter 7
October 11	Thursday	Challenge work	

October 16	Tuesday	Lecture	Chapter 8
October 18	Thursday	Review for Exam	Chapters 5-8
October 23	Tuesday	Exam 2	Chapters 5-8
October 25	Thursday	Lecture	Chapter 9
October 30	Tuesday	Challenge Work	
November 1	Thursday	Challenge Work	
November 6	Tuesday	Lecture	Chapter 10
November 8	Thursday	Lecture	Chapter 11
November 13	Tuesday	Challenge Work	
November 15	Thursday	Challenge Work	
November 20	Tuesday	Wrap up Challenge Work	
November 22	Thursday	Thanksgiving – NO CLASS	
November 27	Tuesday	Lecture	Chapter 13
November 29	Thursday	Lecture	Chapter 18
December 4	Tuesday	Review Exam 3	Chapters 9-11, 13 & 18
December 6	Thursday	Exam 3	Chapters 9-11, 13 & 18
December 11	Tuesday	Option for exam 3	