

**Principles of Health
HLTH 1900
Spring 2013**

Doryce Judd

(940) 565-2629

PEB 209B

Email: Doryce.Judd@unt.edu

Office Hours: Tuesday and Thursday 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

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	Topics	Readings
1/15	Syllabus – Expectations Introduction to Principles of Health	
1/17	Challenge work	
1/22	Lecture	Chapter 1
1/24	Lecture	Chapter 2
1/29	Lecture	Chapter 3
1/31	Challenge work	Chapter 4
2/5	Lecture	Chapter 4
2/7	Review for Exam and Team work	Chapters 1-4
2/12	Exam	Chapters 1-4
2/14	Lecture	Chapter 5
2/19	Lecture	Chapter 6
2/21	Lecture	Chapter 7
2/26	Challenge work	

2/28	Lecture	Chapter 8
3/5	Review for Exam	Chapters 5-8
3/7	Exam 2	Chapters 5-8
3/12	Spring Break	
3/14	Spring Break	
3/19	Lecture	Chapters 9 & 10
3/21	Challenge Work	
3/26	Lecture	Chapter 11
3/28	Lecture	
4/2	Challenge Work	
4/4	Wrap up Challenge Work	
4/9	Thanksgiving – NO CLASS	
4/11	Lecture	Chapter 13
4/16	Lecture	Chapter 18
4/18	Review Exam 3	Chapters 9-11, 13 & 18
4/23	Exam 3	Chapters 9-11, 13 & 18
4/25	Option for exam 3	