

**Principles of Health
HLTH 1900
Fall 2011**

Doryce Judd

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PEB 209B

Office Hours:

MW: 2:00 – 3:00 pm

TTH: 1:00 – 2:00 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)

Students will have the entire class period 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 1-3

Exam 2 – Chapters 4-6

Exam 3 – Chapters 7-9

Exam 4 – Chapters 10, 11

Exam 5 – Chapters 12, 13

Counseling Session Activity (100 points)

Student Learning Objective: The purpose of this activity is to expose the student to a one-on-one counseling experience from an educational perspective. The student will attend an introductory one-on-one session that will include the intake process and further discussions regarding lifestyle related topics. As this is not a mental health exercise the student may choose to disclose personal information or participate in a role play experience by providing a hypothetical scenario. Guidelines for this activity will be provided to the student.

Blood Pressure Check Activity (50 points)

Student Learning Objective: The purpose of this activity is to illustrate the importance of preventive care. This activity will involve capturing vital statistics that may include blood pressure, cholesterol, height, weight, and/or waist to hip ratio. Guidelines for this activity will be provided to the student.

Evaluation Policy**Point Value**

Exam 1- 5	500 (5 @ 100 pts each)
Counseling Center Activity	100
Blood Pressure Check Activity	50
Total	650

Grades:

A = 585-650 pts.

B = 520-584 pts.

C = 455-519 pts.

D = 390-454 pts.

F = < 389 pts.

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

Class	Topics	Readings
Week 1 8/24	Syllabus – Expectations Introduction to <i>Principles of Health</i>	
Week 2 8/30	Shaping Your Health	Chapter 1
9/1	Shaping Your Health	Chapter 1
Week 3 9/6	Achieving Psychological Health	Chapter 2
9/8	Achieving Psychological Health	Chapter 2
Week 4 9/13	Managing Stress	Chapter 3
9/15	Exam 1	Chapters 1,2&3
Week 5 9/20	Counseling Center and Blood Pressure Activity – Outside Class Activity Time – NO CLASS	
9/22	Becoming Physically Fit	Chapter 4
Week 6 9/27	Understanding Nutrition and Your Diet	Chapter 5
9/29	Understanding Nutrition and Your Diet	Chapter 5
Week 7	Maintaining a Healthy Weight	Chapter 6

10/4		
10/6	Maintaining a Healthy Weight	Chapter 6
Week 8 10/11	Exam 2	Chapters 4,5&6
10/13	Making Decisions about Drug Use	Chapter 7
Week 9 10/18	Taking Control of Alcohol Use	Chapter 8
10/20	Taking Control of Alcohol Use	Chapter 8
Week 10 10/25	Rejecting Tobacco Use	Chapter 9
10/27	Rejecting Tobacco Use	Chapter 9
Week 11 11/1	Exam 3	Chapters 7,8&9
11/3	Enhancing Your Cardiovascular Health	Chapter 10
Week 12 11/8	Living with Cancer	Chapter 11
11/10	Living with Cancer	Chapter 11
Week 13 11/15	Exam 4 Blood Pressure Check Activity Due	Chapters 10&11
11/17	Flexible as needed	Flexible as needed
Week 14 11/22	Flexible as needed	Flexible as needed
11/24	HAPPY THANKSGIVING!!	No classes
Week 15 11/29	Managing Chronic Conditions	Chapter 12
12/1	Preventing Infectious Diseases	Chapter 13
Week 16 12/6	Final Exam 5 Counseling Activity Due	Chapters 12&13
12/8	Flexible as needed	Flexible as needed