1. **COURSE TITLE\*:** Personal Health
2. **CATALOG – PREFIX/COURSE NUMBER/COURSE SECTION\*:** HPER 2234
3. **PREREQUISITE(S)\*:** None **COREQUISITE(S)\*:** None
4. **COURSE TIME/LOCATION: (*Course Syllabus – Individual Instructor Specific*)**
5. **CREDIT HOURS\*:** 3 **LECTURE HOURS\*:** 3

**LABORATORY HOURS\*: (contact hours)** 0 **OBSERVATION HOURS\*:** 0

1. **FACULTY CONTACT INFORMATION/MODALITY: *(Course Syllabus – Individual Instructor Specific)***
2. **COURSE DESCRIPTION\*:**

Promote an appreciation for healthful living practices of the individual and group to promote positive attitudes. Topics include physical health and fitness emotional health, nutrition, alcohol and drugs, environmental health, aging, safety and first aid.

1. **LEARNING OUTCOMES\*:**
2. Students will be able to display an understanding of the historical and modern contexts of personal health
3. Students will also show awareness of the complexity of health problems facing Americans today by exploring ecological solutions to their causes and cures and learning that they have some measure of control over them
4. Students will display a working understanding of how health promotion efforts can influence and improve arguable the top public health goal: the quality of life of Americans
5. To encourage students to reflect and act on the information they have learned by engaging with other learners through class projects and other activities
6. **ADOPTED TEXT(S)\*:**

CONNECT CORE CONCEPTS IN HEALTH (Big Edition – Connect Inclusive Access)

18th Edition

Insel

McGraw-Hill

ISBN: 9781265263256

**9a: SUPPLEMENTAL TEXTS APPROVED BY FULL TIME DEPARTMENTAL FACULTY (INSTRUCTOR MUST NOTIFY THE BOOKSTORE BEFORE THE TEXTBOOK ORDERING DEADLINE DATE PRIOR TO ADOPTION) \*\*\*.**

1. **OTHER REQUIRED MATERIALS: (SEE APPENDIX C FOR TECHNOLOGY REQUEST FORM.)\*\***

None

1. **GRADING SCALE\*\*\*:**

Grading will follow the policy in the catalog. The scale is as follows:

A: 90 – 100

B: 80 – 89

C: 70 – 79

D: 60 – 69

F: 0 – 59

1. **GRADING PROCEDURES OR ASSESSMENTS: (*Course Syllabus – Individual Instructor Specific)***

(Below is a sample instructor could follow)

Exam 1 – 25%

Exam 2 – 25%

Exam 3 – 30%

Presentation or project – 20%

1. **COURSE METHODOLOGY: *(Course Syllabus – Individual Instructor Specific)***

Suggested Methodology:

* Lecture
* Group Discussions
* Group Projects
* Student Presentations
* Exams

1. **COURSE OUTLINE: *(Course Syllabus – Individual Instructor Specific)***

(Below is a sample outline instructors could follow.)

• Week One: Taking change of your health (LO 1, 2, 3, 4)

• Week Two: Understanding of the concept of stress and health (LO 1, 2, 3, 4)

• Week Three: Psychological health (LO 1, 2, 3, 4)

• Week Four: Intimate relationships and sex (LO 1, 2, 3, 4)

• Week Five: Pregnancy and childbirth (LO 1, 2, 3, 4) (Exam 1)

• Week Six: Drug abuse and addiction (LO 1, 2, 3, 4)

• Week Seven: Pros and cons of birth control; STDs (LO 1, 2, 3, 4)

• Week Eight: Alcohol and alcoholism; Pathogenic diseases (LO 1, 2, 3, 4)

• Week Nine: Tobacco use; Cardiovascular disease (LO 1, 2, 3, 4)

• Week Ten: Nutrition basics (LO 1, 2, 3, 4) (Exam 2)

• Week Eleven: Exercise for health and fitness (LO 1, 2, 3, 4)

• Week Twelve: Weight management (LO 1, 2, 3, 4)

• Week Thirteen: The effects of the environment on our daily health (LO 1, 2, 3, 4)

• Week Fourteen: Social, emotional and mental changes that occur during aging (LO 1, 2, 3, 4)

• Week Fifteen: Safety measures and first aid techniques (LO 1, 2, 3, 4)

• Week Sixteen: Exam 3

1. **SPECIFIC MANAGEMENT REQUIREMENTS\*\*\*:**

None

1. **FERPA:** Students need to understand that your work may be seen by others. Others may see your work when being distributed, during group project work, or if it is chosen for demonstration purposes. Students also need to know that there is a strong possibility that your work may be submitted to other entities for the purpose of plagiarism checks.
2. **ACCOMMODATIONS: \***

Students requesting accommodations may contact the Academic Affairs office administrative assistant, Barb Fleming, at bfleming@sscc.edu or 937-393-3431 X-2620.

Students seeking a religious accommodation for absences permitted under Ohio’s Testing Your Faith Act must provide the instructor and the Academic Affairs office with written notice of the specific dates for which the student requires an accommodation and must do so no later than fourteen (14) days after the first day of instruction or fourteen (14) days before the dates of absence, whichever comes first.  For more information about Religious Accommodations, see the full policy at <https://www.sscc.edu/services/accessibility-services.shtml#religious-accommodations>

or contact the Academic Affairs office administrative assistant, Barb Fleming, at [bfleming@sscc.edu](mailto:bfleming@sscc.edu) or 937-393-3431 X-2620.

1. **OTHER INFORMATION\*\*\*:**

**SYLLABUS TEMPLATE KEY**

**\*** Item cannot be altered from that which is included in the master syllabus approved by the Curriculum Committee.

**\*\*** Any alteration or addition must be approved by the Curriculum Committee

**\*\*\*** Item should begin with language as approved in the master syllabus but may be added to at the discretion of the faculty member.