



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

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**Division/Department Website: <https://www.concord.edu/hpat/>**

**Course Title: Personal Health – HED 120**

**Course CRN # and Section, Credit Hours: 20436 1AS (3)**

**Semester Taught (including year): spring 2019**

**Room Number (if applicable): N/A**

**Course Time (if applicable): N/A**

**Course Management System (Blackboard/Moodle or other systems):**

This course is delivered 100% asynchronously. This course will use the Blackboard delivery system as a method of online instruction and assessment.

**Hardware/Software Needed (include privacy policies, if applicable):**

none

**Prerequisites:**

none

**Text requirements:**

Donatell, R. J. Health: The Basic. **11-14<sup>th</sup>** Ed. San Francisco: Pearson Benjamin Cummings, 20015.

ANY OF ABOVE EDITIONS WILL WORK

**Course Description/Rationale:**

This course is a study of personal health as it relates to children through adults, including, but not limited to the six categories of risk behaviors as identified by the Center for Disease Control and Prevention (CDC). Topical content areas will include holistic health, personal injuries, mental/emotional health, behavior change processes, tobacco use, alcohol/drug use, sexual behavior, diet and physical activity. This course will be delivered **100% Asynchronously.**

**Concord University Educational Goal(s)** This should address at least one of the areas (skills, knowledge, or attitude) for each course. Similar courses with different sections should have the same goal(s).

**Skills:** Proficiency in interpreting data, integrating information, formulating ideas, thinking critically, and communicating with others, as demonstrated by the following competencies:

1. An ability to employ appropriate observational, logical, analytical, computational, creative, and critical thinking skills within and across academic disciplines; and to apply these skills in problem-solving.
2. An ability to employ appropriate methods and technologies for conducting empirical and scholarly research, to interpret research findings, and to use insights gained from such research as a basis for informed decision making.
3. An ability to analyze, synthesize, and integrate elements, information and ideas.
4. An ability to evaluate elements, information, and ideas on the basis of appropriate criteria.
5. An ability to apply and to transfer academic and experiential learning appropriately from one context to another.
6. An ability to learn and work effectively both independently and collaboratively.

**Knowledge:** Familiarity with principles underlying academic discourse in various fields, as demonstrated by the following capabilities:

1. An ability to discern the reciprocal influences of environments, cultural beliefs and attitudes, and societal institutions and practices.
2. An ability to interpret events and trends within historical contexts.
3. A recognition of the complex interactions between organisms, including human beings, and their environments.

**Attitudes:** Tendencies conducive to self-knowledge, personal growth and development, and responsible citizenship as demonstrated by the following:

1. Respectful attentiveness to differing perspectives and willingness to engage in dialogue across differences in order to seek mutual understanding and equitable conflict resolution.
2. Commitment to social responsibility, including community service and civic engagement.
3. Motivation to pursue lifelong learning and ongoing intellectual growth.

**National Standards** (if applicable) For example, NCTM, IRA, CAEP, etc.:

none

**Learning Outcomes:**

1. The student will identify the themes of holistic health.
2. The student will differentiate between health and wellness.
3. The student will differentiate between the health needs of a variety of ethnic and minority groups, as well as health disparities between and within cultures.
4. The student will be required to examine and reflect on their personal health related behavior(s). This will include completing a behavior change process that requires the student to analyze their involvement in a particular risk-behavior.
5. The student will be required to develop a basic understanding of the following health content: promoting healthy behaviors, mental & emotional health, stress management, violence and abuse, communication, human sexuality, sexual behavior choices, nutrition, weight management, physical fitness, addiction and addictive behaviors, alcohol, tobacco, and other drugs, cardiovascular disease, cancer, sexually transmitted diseases, and sexually transmitted infections

**Course Requirements:**

**Evaluation Procedures:**

- |   |                   |
|---|-------------------|
| <b>1. 13 "Tests" @ 10 pnts</b>                            | <b>130 points</b> |
| <b>2. 13 Critical Thinking Exercises @ 40 points each</b> | <b>520 points</b> |
| <b>3. Mid Term (chapters 1-6)</b>                         | <b>50 points</b>  |
| <b>4. Final Exam (chapter 7-13)</b>                       | <b>50 points</b>  |

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**Total**

**750 points**

## **Grading Policy and Scale, Make-up Policy, Late Work:**

**Grading Policy:** The grading for this course will be based on a ten point scale.

90-100% =	A
80-89% =	B
70-79% =	C
60-69% =	D
< 60% =	F

### **COURSE REQUIREMENTS & PROCEDURES:**

- Unless excused in advance, late work will not be accepted – PERIOD!

### **Course Timeline (Schedule of Assignments/Assessments/Presentations):**

**Module 1:** Chapter 1 - 4: Must be completed on or before: **February 8<sup>th</sup> @ 11:30 p.m.**

**Module 2:** Chapter 5-6 & Midterm: Must be completed on or before: **March 1<sup>st</sup> @ 11:30 p.m.**

**Module 3:** Chapter 7-10: Must be completed on or before: **April 5<sup>th</sup> @ 11:30 p.m.**

**Module 4:** Chapter 11-13 & Final Exam: Must be completed on or before: **May 3<sup>rd</sup> @ 11:30 p.m.**

### **Accessibility/Accommodations:**

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at [nellson@concord.edu](mailto:nellson@concord.edu) for assistance.

### **Academic Dishonesty**

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

### **Concord University Honor Code**

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

*"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."*

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

### **Class/Online Attendance Policy**

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

### **Emergency Alert System**

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

### **Emergency Information**

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the Rahall Technology Center. For further emergency information go to:

<http://www.concord.edu/administration/office-public-safety>.

### **Inclement Weather Policy**

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

#### University Closure

No students or employees are to report.

#### Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

### Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

*\*Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

### **Student Conduct**

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

### **Technology Services**

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail [cuhelpdesk@concord.edu](mailto:cuhelpdesk@concord.edu).

### **Miscellaneous:**

For example: Sources of Help, Glossary of Terms, and Related Research/Professional Organizations

### **Syllabus Disclaimer**

**"This syllabus is subject to change based on the needs of the class. Please check it regularly."**