

SPRINGFIELD COLLEGE IN ILLINOIS

Session B Spring 2006
Thursday 6-10 pm
March 9-May 4

Instructor: Sandy Spengler
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HLT 101-70 Personal and Community Health: 3 semester credits- IAI ECE 901

I. COURSE DESCRIPTION: Units of personal health: discussion of disease and its control; fundamentals of physical and emotional health. Units on community health: study of medical services; government agencies and controls; public health services in state and local areas. No prerequisite.

II. TEXTBOOK: *Health the Basics*, 6th edition; Pearson Education, Inc. 2005; Rebecca J Donatelle

III. MISSION STATEMENT

The mission of Springfield College in Illinois is to provide students the best liberal arts education in the Ursuline tradition of a nurturing faith-based environment. We prepare students for a life of learning, leadership and service in a diverse world.

IV. OBJECTIVES

- a. Goal: Introduce the broad topic of health with emphasis on psychosocial health, stress physiology, cancer and illnesses, and environmental health impacting the student in a more personable manner.
- b. The following are Common Student Learning Objectives (CSLOs):
 1. Content knowledge (lifelong learning) CK-1. Know and apply the central concepts of the subject matter.
 2. Communication skills (lifelong learning and leadership) CS-2. Communicate effectively in oral and written forms.
 3. Problem Solving Skills (lifelong learning and leadership) PS-2. Seek information and develop an in-depth knowledge base, grounded in research.
 4. Social Responsibility (Service and Leadership) SR-3. Develop good citizenship.
 5. Global Perspectives (Diversity) GP-1. Recognize the importance of diversity of opinion, abilities and cultures.

c. Course Based Student Learning Objectives.

Upon completion of this course, students will be able to demonstrate their mastery of the following learning outcomes, addressing the following CLSOs (in parentheses):

1. **Investigate** historical health perspectives and the current health status of Americans.(CK-1; GP-1)
2. **Describe** psychosocial health in terms of mental, emotional, and social components; **discuss** and **apply** positive steps to enhance psychosocial health.(CK-1; PS-2)
3. **Define** stress; **examine** health risks and coping methods.(CK-1; PS-2)
4. **Examine** the factors that influences dietary choices; eating habits, problems that are unique to college students and obesity.CK-1)

5. **Describe** physical fitness and fitness programs.(CK-1)
6. **Investigate** cardiovascular diseases, including anatomy and physiology, heart diseases, gender characteristics, and methods of treatment.(CK-1; SR-3)
7. **Define** cancer; **investigate** its detection, treatment and types.(CK-1)
8. **Investigate** the risk factors of infectious diseases and **apply** to personal life styles.(CK-1; SR-3)
9. **Discuss** the definition of aging; **relate** its impact on society; **define** death and the grieving process.(CK-1; SR-3)
10. **Identify** the problems and ethical issues associated with global population growth.(CK-1; GP-1)
11. **Describe** the U.S. health care system, the types of health care insurance and alternative medicines.(CK-1)

V. TEACHING METHODS:

Course material will be presented through lectures, audio-visual material, in class work, and guest speakers.

VI. COURSE REQUIREMENTS:

1. ATTENDANCE: Attendance is expected at all lecture sessions and attendance records will be kept . Please notify your instructor by calling 787-6891 or e-mail @ sspengler@sci.edu within 24 hours of missing a class for **all legitimate reasons***. **A students can not miss more than six(6) hours of class time and still receive a passing grade. More than six(6) hours of unexcused misses will result in a failing grade. Part of an hour missed will equate to a total hour of attendance missed!** * Follow school policies for excused classes.
2. WRITTEN ASSIGNMENTS/QUIZZES: Assigned written work will be completed by the start of the scheduled class period or the end of a class session.. Quizzes will be announced. There will be no make-up quizzes or assignment. .
3. TESTS: This course will include 3 non-cumulative exams. The exam format could consist of: multiple choice questions, matching sections, fill-in-the-blank questions, and short answer questions. Short essay questions may also be included on tests, but the instructor will notify the students of what specific topic(s) the essay(s) will cover. Exams will cover material from assigned readings, lectures, assignments, quizzes, guest speakers, labs and all other material covered. Tests will be given according to the tentative schedule (dates may change due to various reasons-changes will be presented in class). Tests will be taken on the assigned date. If a student does not contact the instructor prior to the test, the grade will be a zero. A makeup test is given at the discretion of the instructor. Only one test can be used in this fashion. All others will be given a zero or the final exam grade will be doubled (at the discretion of the instructor). CSLO's addressed are: CK-1, SR-3, and GP-1.
4. PROJECT: The class will include a 10 to 15 minute presentation, given on the last day of class (May 4th). The project will also be submitted in written form. Project topics will be selected and approved by the instructor by April 6th
5. EVALUATION:

Grading Breakdown (tentative)

Exams I, II, III	100 pts. each (3)
Assignments/Quizzes/In class assignments/Chp. terms	10 pts. each (12)
ppt. Presentation/Paper	<u>80 pts.</u>
<i>Extra credit: 10 pts. perfect attendance</i>	500 total pts

Grading Scale: (Floating bottom)

A (90-100%), **B** (80-89%), **C** (70-79%), **D** (60-69%), **E** (< 60%). A plus or minus will indicate the upper or lower portion of the grade(89-88%= B+; 82-80%= B-)

Springfield College in Illinois provides individuals with disabilities reasonable accommodations to participate in educational programs, activities, and services. Students with disabilities requiring accommodations to participate in college sponsored programs, activities, and services or to meet course requirements should contact the instructor as early as possible.

VII. PLAGIARISM. Plagiarism is defined as follows: "The act of appropriating the literary composition of another, or parts or passages of his [or her] writing, or the ideas of language of the same and passing them off as the product of one's own mind. To be liable for plagiarism it is not necessary to exactly duplicate another's literary work, it being sufficient if unfair use of such work is made by lifting substantial portion thereof." *Black's Law Dictionary* 1035 (5th ed, 1979). The *SCI Student Handbook* lists plagiarism as a serious breach of conduct standards that will result in disciplinary action.

VIII. ASSESSMENT: Goals, objectives, and learning outcomes that will be assessed in the class are stated in this syllabus. Instructor will use pre-tests and post-tests, background knowledge probes, directed paraphrasing, reflective essays or other Classroom Assessment Techniques as deemed necessary in order to provide continuous improvement of instruction. Students are required to take part in all assessment measures.

IX. Springfield College in Illinois provides individuals with disabilities with reasonable accommodations to participate in educational programs activities and services. Students with disabilities requiring accommodations to participate in class activities or meet course requirements should contact the instructor as early as possible.

X. Illinois Articulation Initiative(IAI). HLT 101 has been approved by the Illinois Articulation Initiative as meeting the criteria stipulated for iTransfer Course as ECE 901

XI. ECE 901: Personal Health, Safety, and Nutrition (3 semester credits)
 Personal health of the individual including nutrition, health and safety issues, a healthy lifestyle, preventive health and community health are examined. Topics include concepts of total health and its influences; environment that supports positive emotional health; community health; signs and symptoms of common and communicable illness; identification of communicable illness; policies and procedures for controlling communicable illnesses; dealing with chronic health problems; proper nutrition; and guidelines for a healthy nutritional lifestyle.

FIRST ASSIGNMENT DUE MARCH 9th: LOOK TROUGH CHAPTER ONE; READ AND TAKE NOTES(OUTLINE FORM ACCEPTABLE) OVER CHAPTER TWO- pages 29-53.

MARCH 9: CHAPTER 1: PROMOTING HEALTHY BEHAVIOR CHANGE- DEFINING HEALTH; HEALTH IN THE FUTURE ; GENDER DIFFERENCES AND HEALTH; IMPROVING HEALTH AND CHANGING BEHAVIORS.

CHAPTER 2: PSYCHOSOCIAL HEALTH-PSYCHOSOCIAL HEALTH AND ITS FACTORS; ENHANCEMENT AND THE MIND -BODY CONNECTION; COMMON PSYCHOSOCIAL PROBLEMS.

CHAPTER 3: MANAGING STRESS: STRESS AND THE BODY'S RESPONSES; SOURCES OF STRESS; MANAGING STRESS.

GUEST SPEAKER.

MARCH 23: CHAPTER 4: VIOLENCE AND ABUSE; CREATING HEALTHY ENVIRONMENTS.

CHAPTER 5: HEALTHY RELATIONSHIPS AND SEXUALITY

CHAPTER 8: ALCOHOL, TOBACCO, AND CAFFEINE

TEST CHAPTERS 1-5 AND 8.

MARCH 30: CHAPTER 9: NUTRITION; EATING BEHAVIORS AND DIETARY GUIDELINES; ESSENTIAL NUTRIENTS; GENDER AND NUTRITION.

CHAPTER 10: MANAGING YOUR WEIGHT; HEALTHY WEIGHT AND FAT LEVELS; RISK FACTORS AND OBESITY; MEDIA AND BODY IMAGE.

CHAPTER 11: IMPROVING FITNESS

GUEST SPEAKER

APRIL 6: CHAPTER 12: CARDIOVASCULAR DISEASE; HEARTS FUNCTION/CARDIOVASCULAR DISEASE/REDUCING RISKS.

CHAPTER 13: CANCER: CANCER AND ITS EFFECTS/ITS CAUSES

TYPES OF CANCER/TREATMENT

GUEST SPEAKER

PROJECT SELECTION DUE TONIGHT

APRIL 13: TEST 2 CHAPTERS 9-13

CHAPTER 14: INFECTIOUS AND NON-INFECTIOUS CONDITONS; DISEASE RISKS/TRANSMISSION/BODY'S DEFENSES

CHAPTER 15: LIFE'S TRANSITIONS; AGING AND SOCIETY; HEALTH ISSUES AND CHALLENGES; DEATH AND DYING.

GUEST SPEAKER.

APRIL 20: CHAPTER 16: ENVIRONMENTAL HEALTH; OVERPOPULATION; AIR AND WATER POLLUTION.

CHAPTER 17: CONSUMERISM; HEALTH CARE AND HEALTH CARE ORGANIZATIONS.

GUEST SPEAKER

APRIL 27: CHAPTER 18: COMPLEMENTARY AND ALTERNATIVE MEDICINE; MANIPULATIVE AND ENERGY THERAPIES; BIOLOGICALLY BASED THERAPIES.

GUEST SPEAKER/DISCUSSION.

PROJECT INFORMATION

MAY 4: TEST 3 CHAPTERS 14-18.

PROJECTS DUE