

HLTH 101 VO 1 Healthful Living
CRN 1088
Math, Science, and Allied Health
3 Credits – SUMMER II 2015 Internet Syllabus

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Office Location: Evans Building 108

Office Hours: By Appointment

Course Description:

A study of current knowledge concerning attitudes and practices which promote and maintain the present and future health of the individual and the community. This course emphasizes the prevention of disease and a positive health attitude. Nutrition, fitness, drugs and sexuality are some of the topics discussed.

Course Objectives:

1. Acquire knowledge of the concept of health maintenance, disease prevention and wellness.
2. To identify the components of the wellness model, and their relationship to healthy lifestyles.
3. To identify health risk factors, both personal and environmental.
4. To identify goals and motivational strategies that will assist in modifying health risk factors.
5. To develop a *Personal Healthy Living Plan*, identifying specific goals and behavior changes.
6. To define and discriminate between the terms health and wellness
7. Be encouraged to become actively involved in incorporating lifestyle changes for improving one's personal health and wellness.
8. Be introduced to skills for facilitating the development of total wellness.
9. Be encouraged to share the responsibility of obtaining and preserving the health of the community.
10. Have an informed perspective regarding lifestyle-related diseases and their prevention.
11. Having a broader awareness of factors affecting the Nation's health.
12. To introduce topics concerning lifestyle changes designed to enhance optimal health and wellness.

Text:

Donatelle, Rebecca. Health: The Basics, 11th. Edition, Pearson Education, Inc., 2015. **(Make sure that you purchase the text for the Online Health 101 course.)**

Access Code Questions:

Course Methodology:

1. Lecture Notes
2. Exploration of resources
3. Discussion/class participation/quizzes

Summary of Requirements:

To successfully complete the course the student will be required to:

All course requirements must be completed by 8/13/15. (Except Exam Three)

1. Complete reading assignments
2. Complete weekly discussion questions
3. Participate in discussions
4. Complete course online quizzes
5. Complete three online examinations
6. Please complete weekly assignments & quizzes by 11:55 pm each Sunday.

Planned Sequence of Learning Activities

Health and Wellness

- A. Healthy People 2020
- B. Dimensions of Wellness
- C. Adopting Healthy Behaviors.....Prevention, Protection, Promotion

Nutrition

- A. Basic Nutrients and Energy Balance
- B. Nutrition, Exercise, and Weight Management

Psychological Health: Social, Emotional and Intellectual Wellness

- A. Self Concept, Self Esteem
- B. Managing Stress
- C. Spiritual Wellness

Personal Health Risks

- A. Cardiovascular Disease, Cancer, Diabetes and other Major Diseases
- B. Lifestyle Choices: Drugs, Alcohol, and Tobacco
- C. Infectious Diseases
- D. Environment

Wellness: A Lifetime Project

- A. Aging
- B. Personal Responsibility
- C. Environmental Wellness
- D. Health Care Delivery Systems

Grading System:

Examinations: 160 points

Quizzes: 69 points

Discussion Questions: 40 points

Participation Postings: 25 points

Total Points: 294

Letter Grades:

- A = 90-100% (of available points)
B= 80-89%
C= 70-79%
D= 60-69%
F= 0-59%

Testing: Online Examinations

1. Examinations will be administered online.
2. Time and date restrictions will be established for the examination during each examination week. It is important to notify the instructor **one-week prior to the examination** if you will not be available to take the examination

so that other arrangements can be made.

3. Detailed examination guidelines will be provided prior to each examination.

Attendance Policy:

The expectation is for each student to log-on to the course at least once each day Monday-Friday. Logging into the course without active participation does not meet the definition of course attendance. Examples of academic activities that are considered attendance include, but are not limited to, the following:

- Submitting an assignment
- Taking a quiz or exam
- Participating in an interactive tutorial or computer-assisted instruction
- Participating in online discussion about academic matters
- Initiating contact with the faculty member to ask a question about the academic subject being studied in the course

Late Work Policy:

All course requirements will be accepted until the final class prior to the week of finals.

Withdrawal Policy:

If there is no course activity by mid-term, I will withdrawal students from the course. Otherwise, it is the responsibility of the student to complete the proper form to withdrawal from the course or the student will receive an “F” for the course. Please contact me if you are planning to withdrawal from the course.

Academic Dishonesty Policy:

Academic honesty is one of the fundamental principles upon which the college was founded. Academic honesty is essential to the educational process. Therefore, dishonesty in this area will be viewed as a serious breach of conduct. Procedures for handling incidents of this nature will follow college policy.

PHRC ACT

STUDENTS IN NEED OF ACCOMMODATIONS:

Students with disabilities who are in need of accommodations should contact the campus disability coordinator listed below. Coordinators for each campus are listed here:

<http://www.hacc.edu/StudentServices/DisabilityServices/Contact-Us.cfm>

What is the purpose of Disability Services?

Disability Services has multiple purposes. The office:

- Provides academic accommodations
- Offers support services
- Promotes a supportive learning environment
- Promotes student independence, program accessibility and a psychologically-supportive environment
- Helps students achieve educational objectives

How can I receive Disability Services?

You must submit documentation of your disability to Disability Services. Once Disability Services receives the documentation, we will schedule an intake meeting with you. During this meeting, we will determine the appropriate accommodations for you.

Your assessment report must:

Be completed by a qualified professional. These include medical doctors or licensed psychologists.

Contain the evaluator's name, title and assessment date.

Be completed within the last three years.

Identify the disability and describe the limits it imposes. It must also include recommended accommodations.

EEOC POLICY 005:

It is the policy of Harrisburg Area Community College, in full accordance with the law, not to discriminate in employment, student admissions, and student services on the basis of race, color, religion, age, political affiliation or belief, gender, national origin, ancestry, disability, place of birth, General Education Development Certification (GED), marital status, sexual orientation, gender identity or expression, veteran status, genetic history/information, or any legally protected classification. HACC recognizes its responsibility to promote the principles of equal opportunity for employment, student admissions, and student services taking active steps to recruit minorities and women.

The Pennsylvania Human Relations Act ("PHRA") prohibits discrimination against prospective and current students because of race, color, sex, religious creed, ancestry, national origin, handicap or disability, record of a handicap or disability, perceived handicap or disability, relationship or association with an individual with a handicap or disability, use of a guide or support animal, and/or handling or training of support or guide animals.

The Pennsylvania Fair Educational Opportunities Act ("PFEOA") prohibits discrimination against prospective and current students because of race, religion, color, ancestry, national origin, sex, handicap or disability, record of a handicap or disability, perceived handicap or disability, and a relationship or association with an individual with a handicap or disability.

Information about these laws may be obtained by visiting the Pennsylvania Human Relations Commission website at www.phrc.state.pa.us.

Student Course Schedule

Dates	Lesson
Week One 7/6 – 7/12	Lesson 1: Accessing Your Health Chapter 1 and Quizzes 1 & 2 Lesson 2: Promoting & Preserving Your Psychological Health Chapter 2 & Quizzes 3-4 Lesson 3: Managing Stress & Coping with Life's Challenges Chapter 3 & Quizzes 5 & 6 Lesson 4: Preventing Violence & Injury Chapter 4 & Quizzes 7 & 8
Week Two 7/13 – 7/19	Lesson 5: Building Healthy Relationships & Understanding Sexuality Chapter 5 and Quizzes 9 & 10 Lesson 6: Considering Your Reproductive Choices Chapter 6 and Quiz 11 Lesson 7: Recognizing & Avoiding Addiction & Drug Abuse Chapter 7 Quiz 12

	Exam 1- Will include material from Lessons 1 through 7
Week Three 7/20 – 7/26	Lesson 8: Drinking Alcohol Responsibly & Ending Tobacco Use Chapter 8 and Quiz 13 Lesson 9: Eating for a Healthier You Chapter 9 and Quizzes 14 & 15 Lesson 10: Reaching & Maintaining a Healthy Weight Chapter 10 and Quiz 16
Week Four 7/27 – 8/2	Lesson 11: Improving Your Fitness Chapter 11 and Quiz 17 Lesson 12: Reducing Your Risk of Cardiovascular Disease & Cancer Chapter 12 and Quiz 18 Lesson 13: Protecting against Infectious & Sexually Transmitted Diseases Chapter 13 and Quiz 19 Exam 2 :Will include material from Lesson 8 through 13
Week Five 8/3 – 8/9	Lesson 14: Preparing for Aging, Death, & Dying Chapter 14 and Quiz 20 Lesson 15: Promoting Environmental Health Chapter 15 and Quiz 21 Lesson 16: Making Smart Health Care Choices Chapter 16 and Quiz 22
Week Six 8/10 – 8/13	Lesson 17: Understanding Complementary & Alternative Medicine Chapter 17 and Quiz 23 Exam 3: Will include material from Lessons 14-17
