DAKOTA COLLEGE @ BOTTINEAU COURSE SYLLABUS

Course Prefix/Number/Title: HPER 217 Personal and Community Health

Course Description:
This course is designed to acquaint the student with those principles and practices which will ensure the maintenance of conditions necessary for wholesome personal and community living. Economic, social, and legal aspects of health preservation and disease prevention will be emphasized.

Course Objectives:
1. The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition. To promote lifelong learning skills for a healthier life.
2. Awareness that lifelong fitness includes developing muscular strength, endurance, flexibility and cardiovascular health.
3. Understanding the importance of team training in maintain a healthy lifestyle.

Instructor: Cory Fehringer
Office: NSC 125
Office Hours: Posted on office door.
Phone: 228-5452
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Lecture/Lab Schedule:
MWF 9:00-9:50
Textbook: Health & Wellness, 9th or 10th Edition by Edlin and Golanty

Course Requirements:
This class will be a lecture format with out of class reports and assignments using various technologies including the internet and outside readings. Class participation and attendance will be a must to be successful.
Grading will be base on the following items being completed and turned in.
1. Article reviews & classroom presentations
2. Web assisgnment
3. Multichapter tests
4. Attendance(more than 3 unexcused absences will result in the loss of a letter grade)
5. Grade scale A:100-90 B:89-80 C:79-70 D:69-60 F:59-Below

Tentative Course Outline:
Week 1-3 Unit One Achieving Wellness
Chapter 1 Achieving Personal Health
Chapter 2 Mind-Body Communications
Chapter 3 Managing Stress
Chapter 4 Mental Health/Illness

Week 4-5 Unit Two Eating & Exercising Toward a Healthy Lifestyle
Chapter 5 Choosing a Nutritious Diet
Chapter 6 Managing a Healthy Weight
Chapter 7 Physical Activity for Health/Well-Being

Week 6-7 Unit Three Building Healthy Relationships
Chapter 8 Sexuality & Intimate Relationships
Chapter 9 Understanding Pregnancy & Parenthood
Chapter 10 Choosing a Fertility Control Method
Chapter 11 Protecting Against STD's

Week 8-10 Unit Four Understanding and Preventing Disease
Chapter 12 Reducing Infections & Building Immunity
Chapter 13 Cancer: Risks & Prevention
Chapter 14 Cardiovascular Diseases
Chapter 15 Heredity & Disease

Week 11-12 Unit Five Explaining Drug Use and Abuse
Chapter 16 Using Drugs Responsibly
Chapter 17 Eliminating Tobacco Use
Chapter 18 Using Alcohol Responsibly

Week 13- 14 Unit Six Making Healthy Decisions
Chapter 19 Making Decisions About Health Care
Chapter 20 Exploring Alternative Medicines
Chapter 21 Accidents & Injuries

Week 15-16 Unit Seven Overcoming Obstacles
Chapter 22 Understanding Aging & Dying
Chapter 23 Violence in Our Society
Chapter 24 Working Toward a Healthy Enviornment

General Education Goals/Objectives:
Goal 5: Employs the principles of wellness
Objective 1: Demonstrate healthy lifestyle and physical wellness.
Objective 2: Demonstrate emotional and spiritual wellness.
Goal 4: Demonstrate effective communication.
Objective 4: Works collaboratively with others
Objective 5: Demonstrates effective oral communication skills.

Relationship to Campus Theme:
The students will identify differences between healthy life choices and what the consequences of negative life choices are. They will be able to recognize that there are many ways to maintain a healthy lifestyle and that health is more than just physical wellness it also includes emotional and spiritual wellness.

Classroom Policies:
Reading the assigned text is the student's responsibility, and is essential to success in this course. It should be noted though that it is in your best academic interest to read material *before* the week of lecture/discussion as to aid in your understanding. Any deadlines are final and your work is due on the day specified (11:59:59 PM). Any late work will not be accepted for full credit.
Please refrain from doing anything that might be disruptive and disturb other students or the instructor, such as chronically arriving late, leaving early, talking with neighbors, using a cell phone or texting. Turn all electronic junk off. This class does not require the use of a laptop computer, therefore they are not allowed to be operated in lecture periods.
This academic environment is an open and harassment free one. Participation within the classroom is highly encouraged and is an integral part of the higher education experience. Ask questions – comment on discussions.

Academic Integrity:
Webster's Encyclopedic Unabridged Dictionary defines plagiarism as: "The appropriation or imitation of the language, ideas, and thoughts of another author, and representation of them as one's original work." There will be *zero tolerance* of any form of academic dishonesty. If any evidence appears of students not doing their own work, plagiarism, or outright cheating on quizzes/exams, the matter will be investigated. If it is concluded that such dishonesty occurred, the student in question will receive an automatic "F" for the course. Furthermore, the matter will be reported to the appropriate university office and the instructor will participate in any proceedings against the guilty party.

Disabilities Special Needs:
Please inform the instructor within the first week of classes if any assistance is required due to disabilities or special needs.