

Dakota College at Bottineau Course Syllabus

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

Number of credits: 3

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.

Pre-/Co-requisites: None

Course Objectives:

1. The student will understand that lifelong wellness is achieved and sustained through proper physical exercise and nutrition. 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: Dan Davis

Office: Thatcher Hall 123 (Under the Bleachers beside the team room.)

Office Hours: By Appointment or stop in (Outside of days I am out recruiting or performing Athletic Director duties, I am in the office from around 9 am thru 5 pm.

Phone: 701-228-5451

Email: danny.davis@dakotacollege.edu

Lecture/Lab Schedule and Location: Tuesday, Thursday: 9:30 – 10:45 am, Nelson Science Center, Room 105

Textbook(s): Health & Wellness, 9th or 10th Edition by Edlin and Golanty not required

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.

- o Textbook – Health & Wellness, by Edlin and Golanty
- o Attire – Proper clothing for activities
- o Attendance Policy – your grade is affected by attendance. Points will be given and not given depending on your appearance in class.
 1. You will be given 4 points a class period for attendance.
 2. Unexcused absences will result in that you will not receive any points for that day.
 3. **If you notify me beforehand about absences, that will benefit your attendance grade. If I am notified prior to class (at least ½ hour before class begins), you will still get 2 points for unexcused absences.**
 4. Excused absences (athletic events, field trips, etc.) will be counted neither for nor against you, they will not factor into your attendance grade.
- o Exams/Quizzes
- o Course work and Lab activities

Late Work: In cases where I do allow a test or quiz makeup there will be a 10% reduction in grade for every class period it is late. For example if a quiz is due Tuesday and you miss it. I will reopen and if it is done by Wednesday evening it is only a 10% reduction, if Friday it is 20%, and so on.

DCB General Education Goals/Objectives met in this course:

- Goal 1 – to develop the ability to communicate
- Goal 6 – to promote the management and use of physical activity
- Goal 9 – to develop lifelong learning 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, and 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 and Special Needs: Please see Instructor if you have any disabilities and/or special needs. We try making arrangements so the whole class can participate in the activities we do.

Other: Please email, call, or stop by my office if you have any problems/questions with the class. I look forward to being your instructor. Any announcements about class will go through the Campus Student Email Policy.

Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the college as a whole. If you have experienced any form of gender or sex-based discrimination or harassment, including non-consensual sexual intercourse, sexual harassment, relationship violence, or stalking, know that help and support are available.

DCB has staff members trained to support survivors in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The College strongly encourages all students to report any such incidents to the College Title IX Coordinator.

Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if you tell a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member **must** share that information with the College's Title IX Coordinator. If you wish to speak to a confidential employee who does not have this reporting responsibility, you can find a list of resources on the Title IX website. www.dakotacollege.edu/student-life/safety/title-ix

Tentative Course Outline

Week 1-4

Syllabus overview

Chapter 1 - Achieving Personal Health

Chapter 2 - Mind-Body Communications

Chapter 3 - Restoring Mind-Body Harmony

Chapter 4 - Mental Health and Awareness

Week 5-6

Chapter 5 – Choosing a Nutritious Diet

Chapter 6 – Managing a Healthy Weight

Chapter 7 – Movement and Physical Activity for Health

Week 7-11

Chapter 8 Sexuality & Intimate Relationships

Chapter 9 Understanding Pregnancy & Parenthood

Chapter 10 Choosing a Fertility Control Method

Chapter 11 Protecting against STD's

Week 12-13

Chapter 12 Reducing Infections & Building Immunity

Chapter 13 Cancer: Risks & Prevention

Week 14 - 16

Chapter 14 Cardiovascular Diseases

Chapter 15 Heredity & Disease

Chapter 16 Using Drugs Responsibly

Chapter 17 Eliminating Tobacco Use

Chapter 18 Using Alcohol Responsibly

TBD

Chapter 19 Making Decisions About Health Care

Chapter 20 Exploring Alternative Medicines

Chapter 21 Accidents & Injuries

Chapter 22 Understanding Aging & Dying

Chapter 23 Violence in Our Society

Chapter 24 Working toward a Healthy Environment