

WKU
Department of Public Health
PERSONAL HEALTH 100 (WEB)

Instructor: Dr. Cecilia Watkins

This is a web course and will be conducted entirely on Blackboard

BLACKBOARD: This course will use the Blackboard online course management system which can be accessed at <http://ecourses.wku.edu> or by clicking **Blackboard** in the More Links menu at <http://www.wku.edu>.

Office Hours:M-R 10AM – 12 noon or appointment: Academic Complex 129F

E-Mail:cecilia.watkins@wku.edu **Phone:** 745-4796

(When communicating mention your course number in the subject column of your emails)

REQUIRED TEXT: Payne, Hahn & Lucas, (2013). **FOCUS ON HEALTH**. (11th edition). McGraw-Hill

Course Description

Examines behaviors and environmental conditions that enhance or hinder an individual's health status. In addition to exploring social and environmental factors, students are encouraged to think critically about behavioral choices that impact ones' health. Students assess their individual behavior in the light of current scientific knowledge concerning mental health; drugs alcohol and tobacco; health care; selection of health products; prevention of disease; nutrition; exercise, and stress management. This course meets Category F General Education requirement and the Colonnade requirement: Exploration - Social and Behavioral Sciences requirement and helps students understand the factors that enhance health, well-being, and quality of life". This course also meets the Colonnade requirement: Exploration - Social and Behavioral Sciences requirement and helps students understand the factors that enhance health, well-being, and quality of life".

COURSE OBJECTIVES: Upon completion of this course, students will be able to:

Course Objectives	Activities to support the objectives	Assessment of the objectives
1. List and discuss the concepts of all dimensions of health and the acquired knowledge of the science of health.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Thinking Quiz Discussion Board	Discussion Board Exams Personal Wellness Project
2. Discuss how personal health behaviors and habits affect his /her current and future health status.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Discussion Board	Discussion Board Exams Personal Wellness Project

3. Identify current health and safety issues that are especially related to college students.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Discussion Board	Discussion Board Exams Personal Wellness Project
4. Demonstrate skills necessary to make healthful choices and informed decisions for personal health.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Fitness IQ Test Rate Your Restaurant Diet Quiz Review Mayo Clinic Alcohol Quiz Review Tobacco Free U Take Heart Assessment Take the Fruit & Vegetable Calculator? Take Are you a skilled Health Care Consumer? Take Sexual Attitude Assessment Take Birth Control Method Assessment Take the Safe Cycling Quiz and Review what NIEHS is doing about it from the National Institute of Environmental Sciences website and Learn about Organ Donor	Discussion Board Exams Personal Wellness Project

GRADING: Students will accumulate points throughout the semester, based on their exams, wellness projects and discussion boards. A maximum of 500 points can be obtained as follows: All assignments can be found in this syllabus and under Assignments in Blackboard.

<i>Assignment</i>	<i>Possible Points</i>
4 Exams at 50 points each	200
Final Exam	100
Personal Wellness Project	100
Discussion boards & Participation 10 @ 10 pts	100
<i>TOTAL</i>	<i>500</i>

A = 450 – 500 points

B = 400 – 449 points

C = 350 – 399 points

D = 300 – 349 points

F = 0 – 299 points

Occasionally, opportunities for extra credit may be announced in class. These may consist of participation and/or attendance at relevant WKU seminars, activities, or events. Any extra credit points will be added on top of the exam and assignment points.

Exams:

- **Multiple choice & T/F**
- **All questions will come from text and PowerPoint's**
- **Exams can be taken from any computer**
- **You will have a 2 hour period to complete the exam and 2 hours and 45 minutes for the final.**
- **Exam I Sep 12th only**
- **Exam II Oct 10th only**
- **Exam III Oct 31st only**
- **Exam IV Nov 14th only**
- **Final will be given on Dec 7th only**

Personal Wellness Project: Each student will be required to conduct a personal wellness project throughout the semester based on the results of his/her initial **Comprehensive Health Assessment, which is found on pages 18 - 28 of the Text. A random check on your progress may occur at any time. This would require you to turn in the appropriate number of weekly journal entries for accountability and accuracy.**

This project will include: 1) Introduction (10 points); 2) Goal (or goals) statement and a list of measurable objectives (20 points); 3) Journal with weekly entry for 14 weeks (50 points); and 4) a summary page (20 points) = Total 100 pts

Project requirements:

- **Due Date: Dec 1st**
- **Make sure to write your name on the cover page of the project**
- **Follow the format of the personal wellness details found as an attachment in assignments under personal wellness project.**
- **Complete project will be turned in under assignments titled: Personal Wellness Project: (Your Name) on Dec 1st**
- **The Wellness Project must be submitted electronically on the due date.**
- **Five points will be deducted from the maximum score for each day an assignment is late.**

General Instructions:

- 1. Paper must be typed, double spaced, with Times New Roman Font of size 12.**
- 2. Cite all sources of reference, including electronic resources in APA style.**
- 3. All assignments should be submitted as “.doc” or “.docx”**

Note: Follow APA format for the Personal Wellness Project. For assistance go to:

<http://owl.english.purdue.edu/owl/resource/560/10/>

Discussion Board: Each student must post on discussion board comments on the assigned activities or questions for the chapter. You will also be required to comment on at least one other student's post (**Not simply yes, no, or I agree. A significant comment (1 paragraph) of why you agree or disagree with the student's comment is required**).

You will be graded on:

- 1) Posting by due date
- 2) Participation in discussion board (Must have at least **2** postings, your original and one reply)
- 3) Grammar and expressiveness of your comments.

****Videos for Discussion Board are best viewed using Internet Explorer (PC) and Safari (Mac).**

COURSE CALENDAR:

WEEK	DATE	TOPIC	TEXT CHAPTER READINGS
1	Aug 22	Shaping Your Health; Complete the 'Comprehensive Health Assessment' in text pages 19-28 Complete the Longevity Quiz under Web Activities for Chapter 1 Discussion Board (Post by Thursday, Aug 25)	1
2	Aug 29	Achieving Psychological Health Complete the Thinking Quiz under Web Activities for Chapter 2 Watch Body Image under Videos for Chapter 2 Discussion Board (Post by Thursday, Sept. 1)	2
3	Sep 5	Managing Stress Watch Stress under Videos for Chapter 3 Watch Stress Relief under Videos for Chapter 3 Discussion Board (Post by Thursday, Sept. 8)	3
4	Sep 12	Exam I (50 points, multiple choice and T/F type of questions. Available on blackboard from 12:00 am to 11:59 pm. Test duration: 2 hours)	1,2,3
5	Sep 19	Becoming Physically Fit Complete the Fitness IQ Test under Web Activities for Chapter 4 Watch Mirror, Mirror under Videos for Chapter 4 Discussion Board (Post by Thursday, Sept. 22)	4
6	Sep 26	Understanding Nutrition and your Diet Complete Rate Your Restaurant Diet under Web Activities for Chapter 5 Watch College Eating under Videos for Chapter 5 Discussion Board (Post by Thursday, Sept. 29)	5
7	Oct 3	Maintaining a Healthy Weight Complete Mayo Clinic under Web Activities for Chapter 6 Watch Dieting under Videos for Chapter 6 Discussion Board (Post by Wednesday, Oct. 5)	6
8	Oct 10	Exam II (50 points, multiple choice and T/F type of questions. Available on blackboard from 12:00 am to 11:59 pm. Test duration: 2 hours)	4,5,6
9	Oct 17	Making Decisions About Drug and Alcohol Use; Rejecting Tobacco Use Watch Books and Booze under Videos for Chapter 7 Watch Drinking Stories under Videos for Chapter 7 Read "The Truth About Kids and Smoking" under Web Activities for Chapter 8 Watch Mind if I Smoke? under Videos for Chapter 8	7,8

		Discussion Board (Post by Thursday, Oct. 20)	
10	Oct 24	Enhancing Your Cardiovascular Health; Chronic Diseases Complete Heart Assessment under Web Activities for Chapter 9 Complete Your Disease Risk Activity for Chapter 10 Discussion Board (Post by Thursday, Oct. 27)	9,10
11	Oct 31	Exam III (50 points, multiple choice and T/F type of questions. Available on blackboard from 12:00 am to 11:59 pm. Test duration: 2 hours)	7,8,9,10
12	Nov 7	Preventing Infectious Diseases; Understanding Sexuality; Managing Your Fertility; Managing Your Fertility Complete the Health Curriculum Quiz under Web Activities for Chapter 11 Watch Mutual Monogamy under Videos for Chapter 11 Complete the Sexual Attitude Assessment under Web Activities for Chapter 12 Watch What's Love Got To Do With It? under Videos for Chapter 12 Complete the Birth Control Method Assessment under Web Activities for Chapter 13 Discussion Board (Post by Thursday, Nov 10)	11, 12, 13
13	Nov 14	Exam IV (50 points, multiple choice and T/F type of questions. Available on blackboard from 12:00 am to 11:59 pm. Test duration: 2 hours)	11,12,13
14	Nov 21	Becoming an Informed Health Care Consumer; Preventing Injuries; The Environment and Your Health Complete Are You A Skilled Health Care Consumer? under Web Activities for Chapter 14 Complete the Safe Cycling Quiz under Web Activities for Chapter 15 Complete NIEHS under Web Activities for Chapter 16 Complete Organ Donor under Web Activities for Chapter 17 Discussion Board (Post by Thursday, Dec 1)	14, 15, 16, 17
	Dec 1	***Wellness Projects Due on Dec 1***	
Finals Week	Dec 7	Students must take the FINAL EXAM online on Dec 7 th (100 points, multiple choice and T/F type of questions. Available on blackboard from 12:00 am to 11:59 pm. Test duration: 2 hours and 45 minutes)	1-17

CLASS PARTICIPATION

Class participation is expected in the form of weekly discussion boards and online group activities. Lack of participation will be considered an absence for that week and will result in 10 points being deducted from the student's overall point total.

STUDENT DISABILITY SERVICES

In compliance with university policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Office for Student Disability Services in Downing University Center, A-200. The phone number is 270 745 5004. Please **DO NOT** request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

WKU POLICY ON PLAGIARISM

To represent ideas or interpretations taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of students must be their own. Students must give the author(s) credit for any source material used. To lift directly from a source without giving credit is a flagrant act. To present a borrowed passage after having changed a few words, even if the source is cited, is also plagiarism. Papers will be processed through **Turnitin**, a software program used to check work for plagiarism.

WKU POLICY ON CHEATING

No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment, or other project that is submitted for purposes of grade determination.

PRIVACY POLICY

While every effort will be made to respect the privacy of students, the study and discussion of personal health topics has the potential for revealing sensitive issues. Any personal health information openly shared by students in class (such as family or personal health history, medical concerns, habits, etc.) must be considered private and confidential. No personal information shared in class will be divulged to others outside of class.