

PH100 -- Personal Health

INSTRUCTOR INFORMATION

Instructor: Marilyn Gardner

Office Location: Academic Complex 129C

Email: marilyn.gardner@wku.edu

Office Phone: 745-5864

Virtual Office Hours: M – Th, 9 a.m. – 11 a.m.

Face-to-face Meetings: By appointment only

NOTE: The quickest and best way to reach me is through email.

In order to best accommodate student disabilities and life circumstances, I am accessible, by request, in the format of the student's choosing: phone, IM, face-to-face, etc.

IMPORTANT INFORMATION!!

This is NOT a self-paced course. You are required to “attend” class a minimum of two times each day. The class meets virtually (in the discussion board) rather than in a face-to-face classroom. Please make sure you understand the participation and attendance policies.

REQUIRED TEXT:

Core Concepts in Health, Brief (13th Edition) by Insel and Roth, McGrall Hill Publishing. ISBN-13: 9780078028533

The textbook for this course is available from the College Heights Bookstore in the Downing University Center on Campus (270) 745- 2466, as well as through online sellers.

You do NOT need the connect/access code to the publisher's website. All that is needed is the book itself.



COURSE DESCRIPTION:

This course is a concise and current introduction to health topics and issues, designed to provide students with scientifically based and accurate information about health and wellness topics.

GENERAL EDUCATION INFORMATION:

PH100 -- Personal Health -- fulfills Area F (Health and Wellness) of the General Education requirements at Western Kentucky University. Further, this course is designed to meet General Education Goal 10: Students will have an understanding of various factors that enhance health, well-being, and quality of life.

COLONNADE INFORMATION

This course 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 GOALS:

- ✓ To improve students' knowledge of health topics and issues by providing scientifically sound and accurate information
- ✓ To involve students with taking personal responsibility with their own health
- ✓ To instill a sense of competence and personal power in students so they may make healthful choices now and throughout their lives.

COURSE OBJECTIVES:

- ✓ Identify the components that make up the multi-dimensional definition of health.
- ✓ Analyze historical and multicultural health education efforts for their influence on current health education and behaviors.
- ✓ Examine personal, cultural, social, and ethnic characteristics of individuals for the influence on health behaviors.
- ✓ Describe the interrelationship of knowledge, attitudes, and behaviors as they affect health behavior.
- ✓ Analyze the effects of licit and illicit drug use on the body systems.
- ✓ Identify the components of a balanced diet and examine how diet and physical activity affect short and long-term health.
- ✓ Discuss the psychology of grief as it relates to death and dying.
- ✓ Examine the role of stress on short and long-term health and identify stress management skills, coping techniques, and strategies for resolving conflicts.
- ✓ Discuss human sexuality and its influence on the social, psychological, and physiological aspects of the human species.
- ✓ Evaluate the credibility of various sources of health information.

COURSE ASSIGNMENTS AND GRADING:

Chapter Exams (4 exams, 19% each)	76%
Class Projects	14%
Participation/in-class activities	10%

GRADING SCALE:

A = 90% and above

B = 80% -89.99%

C = 70% - 79.99%

D = 60% - 69.99%

F = 59% and below

Please note that I do not round up.

ACADEMIC DISHONESTY

All university, college, and department policies on academic honesty will be strictly enforced. Academic dishonesty refers to engagement of unauthorized and dishonest activities such as securing help during a test, copying assignments, and representing all or parts of another's work as your own. Any student caught engaging in any form of academic dishonesty will receive a failing grade (F) in the course and be reported for disciplinary actions -- NO EXCEPTIONS.

Students with Disabilities

In compliance with university policy, students with disabilities who require accommodations (academic adjustments, and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in Downing University Center A 200. The phone number is 270-745-5004; TTY is 270-745-3030. Per university policy, please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the OFSDS."

COURSE POLICIES

Participation Policy

Participation = Attendance + Non-graded assignments

Your participation score will be based on your "attendance" and your completion of non-graded assignments, like the wellness model, etc. The bulk of your participation score comes from the attendance, which is discussed in detail below. Please make sure you understand and apply this policy.

Attendance Policy:

You are required to attend class, via the weekly Discussion Board forum -- at minimum -- twice (TWO TIMES) each day:

1. BEFORE noon to answer questions from that week's class. Your posts must be substantive.
2. Between 1 p.m. and midnight to read and post responses to at least two of your classmates' responses. Your posts must be substantive.

NOTE: These are the minimum requirements. Doing the minimum will result in an 80% participation grade. If you want to earn higher than 80%, make more substantive posts.

The purpose of the posting requirement is to generate a meaningful group discussion, which can make or break the success of the class. Students should plan on spending the same amount of time in the discussion board as they would in a face-to-face class.

Exam Policy

Most exams contain approximately 10 multiple choice and/or true/false from each of the chapters that it covers. The exams are randomly generated from the test bank, so no two tests are the same. You are welcome to use your books when taking the exams. Your first attempt for taking the exam must be completed by the date shown on the schedule.

If you are unhappy with your grade, you may retake the exams up to five times. All retakes are due by 5 p.m. on the last day of class (see schedule for exact due date and time). When taking your exams, please make sure you check to see that your test submitted successfully. If you do not see a percentage score, it did not submit successfully. Email me, and I will fix it.

Also, please note that you cannot look at your answers once you have successfully submitted your exam. Because I allow you to take the tests multiple times, I do not tell students which questions they missed.