

WESTERN KENTUCKY UNIVERSITY
DEPARTMENT OF PUBLIC HEALTH
PERSONAL HEALTH
PH 100-710
Spring 2017

Instructor: Dr. Gretchen Macy

Office: AC 128D

Class meets entirely online.

Office Phone: 270-745-5870

Office Hours: Monday 10:30-12:30 & Tuesday 10:00-12:00 (unless otherwise posted) and by appointment.

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Blackboard: This course will use Blackboard online course management system which can be accessed at <http://www.wku.edu>. Students are encouraged to complete Blackboard Student Training to familiarize themselves with all links (assignments, lecture notes, exams, grades, feedback and so on) before accessing course materials.

Required Text

Hahn, D. B., Payne, W. A. & Lucas, E. B. (2013). *Focus on Health* (11E). 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 helps students understand the factors that enhance health, well-being, and quality of life”.

Course Objectives:

As a result of taking this course, each student should be able to:

1. Describe how personal health behaviors affect his/her current and future health status.
2. Investigate the role that heredity plays in one's health status.
3. Discuss how personal lifestyles contribute positively and negatively to one's personal health.
4. Develop skills necessary to make healthful choices and informed decisions for personal health.
5. Design a personal health plan.

Class Policies:

- **All class correspondence will be done via your official WKU email and Blackboard.**
- **You will need access to a computer with an internet connection, preferably broadband or DSL.**

- **Technology problems are not an excuse for a late assignment.** If you experience computer or email problems and cannot submit your assignment, it is your responsibility to contact me. This needs to be done before the assignment is due. Do not wait until the last minute to submit an assignment or complete an online test. If you experience problems with Blackboard, call the help desk at 745-7000 or visit their website at www.wku.edu/helpdesk.
- **Back-up all course work to avoid unexpected errors.**
- **Submit all assignments using Times New Roman 12-pt. font in a “.doc” or “.docx” file. If you have the newest version of the Mac software, please remember to save as “doc” files.**
- **Submit all assignments via Blackboard.** No assignment should be submitted through the instructor’s email. All assignments are **due by 11:59 pm Central Daylight Time** on the day they are due. **Late assignments will not be accepted without valid documentation (e.g. doctor’s note, etc.).**

WKU Policy on Plagiarism:

To represent ideas or interpretations taken from another source as one’s own is plagiarism. Plagiarism is a serious offence. The academic work of students must be their own. Students must give 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.

WKU Policy on Cheating:

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

For additional information regarding university policies on plagiarism, cheating, and academic integrity refer to WKU Student Handbook.

Disability Policy Student Disability Services

- In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a Faculty Notification Letter (FNL) from The Student Accessibility Resource Center.
- Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

- *Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.*
- *Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and **MUST** report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's Counseling and Testing Center at 270-745-3159.*

Course Requirements:

1. Health Behavior Project (**Due date April 30; mid-term review Feb. 26**)
 - a) Choose a health behavior to improve upon this semester.
 - b) Write a one page introduction on why you have chosen this health behavior.
 - c) State your goal and objectives.
 - d) Write one paragraph each week about your actions and progress.

e) At the end of the project time, write a one page summary of your success, challenges and your overall reflection of the project.

f) Project must be submitted with a cover page (name, health behavior, due date), and submitted electronically to Bb. **Project must be typed, double spaced, 12 font with 1 inch margins.**

2. Complete four exams
3. Quizzes
4. Challenges/Assignments

***** Extra Credit (optional):** Students will be eligible to earn up to 17 extra credit points by completing all of the chapter personal assessments (1 point each). Extra credit assignments for each chapter covered are due on Sunday by 11:59 pm of each week.

Evaluation:		Your Points
Exam 1	50 points	_____
Exam 2	50 points	_____
Exam 3	50 points	_____
Final Exam	50 points	_____
Challenges/Assignments (no make up for challenges)	60 points	_____
Health Behavior Project	40 points	_____
Total Points	300 points	

Exam Format

Material covered on the exams will come from the text, class presentations/discussion boards, information contained in content folders. Each exam will be in multiple choice format. All exams will be taken online during a specified window of time. It is the student's responsibility to contact the instructor prior to the test either by e-mail or telephone if he/she will miss a scheduled exam. Make-up exams will be given only with appropriate documented medical/emergency excuses.

Grading:

A = 270 – 300 points

B = 240 – 269 points

C = 210 – 239 points

D = 180 – 209 points

F = < 180 points

*** The schedule and procedures in this course are subject to change in the event of extenuating circumstances. Each student is responsible for taking note of any announced changes regardless of whether he/she was in attendance when the announcement was made. **Make it a point to use your WKU e-mail to check for class up-dates. Updates will be sent via Bb.**

Tentative Course Outline

Listed below is a tentative class schedule. If necessary, the schedule will be modified.

Week	Topic	Chapter Readings
Weeks 1-4	Introduction to Personal Health	
	Shaping Your Health	1
	Achieving Psychological Health	2
	Managing Stress	3
	Understanding Nutrition and your Diet	5
February 22	Exam 1 --- Covers Chapters 1, 2, 3, 5	
Weeks 5-8	Becoming Physically Fit	4
	Maintaining a Healthy Weight	6
	Enhancing Your Cardiovascular health	9
	Living with Cancer and other Chronic Conditions	10
February 26	Mid-term Journal Review	
March 22	Exam 2 --- Covers Chapters 4, 6, 9, 10	
Weeks 9-12	Making Decisions About Drug and Alcohol Use	7
	Rejecting Tobacco Use	8
	Preventing Infectious Diseases	11
	Becoming an Informed Health Care Consumer	14
	Preventing Injuries	15
April 19	Exam 3 --- Covers Chapters 7, 8, 11, 14, 15	
April 30	Health Behavior Project Due	
Weeks 13-15	Understanding Sexuality	12
	Managing Your Fertility	13
	The Environment and Your Health	16
	Accepting Death and Dying	17
	Final Exam: Open May 9-10	
	Covers Chapters 12, 13, 16, 17	

Mid-term Journal Review due February 26

Health Behavior Project – Due April 30

PH 100 - Health Behavior Project Grading Scale	Points	Score	Comments
Introduction – why behavior was chosen (1 page)	4		
Goal/objectives	4		
Weekly paragraphs about actions and progress	12		
Summary – success/challenges (including strategies used to overcome challenges) (1 page)	12		
Conclusion (1 paragraph)	4		
Paper presentation – cover sheet, grammar, spelling	4		
Total	40		