

Personal Health
PH 100-704

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

If you are not familiar with the use of Blackboard, It is important for you to complete **Blackboard Student User Training** (when you log in blackboard, click at the top *ITS Training*.).

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Required Text: Health: The Basics by Rebecca J. Donatelle, Pearson, 13th ed.

Class Location: Online

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 in various aspects of personal health. This course meets Category F General Education requirement and 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:

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. Develop strategies to change personal health behaviors that affect health negatively.

Attendance Policy

Even though this is an online class that doesn't require face to face meetings, Students are still expected to attend class. All assignments, tests, and blackboard postings will count as attendance. So you need to know deadlines for them.

Class Policies

- 1. All class correspondence will be done via your official WKU email and blackboard. It is your responsibility to check these regularly.**
- 2. Technological problems are not an excuse for a late assignment or late test. If you experience computer problems or you do have problems with a WKU site or technology product, it is your responsibility to call the helpdesk FIRST at 270-745-7000 or log onto their website www.wku.edu/helpdesk.. If they cannot solve your problem, then contact me via telephone or email with a case number and I will resolve the problem from my end if it is necessary.**
- 3. Back-up all of your files and the course work you submit. Since we are dealing with the imperfections of cyberspace, unexpected errors can occur.**

Requirements:

I. Assignments

Each assignment opens certain day and closes on the due date at 11:30p.m. Dates are posted in the blackboard on “**Course Schedule**”.

See the “Course Sections” on Blackboard for assignment details.

- 1. Submit all your assignments using 12 font size, Times New Roman and double spacing your paper.**
- 2. All assignments will be submitted via blackboard as “.doc” or “.docx”.**
- 3. Submissions are due by Central Time on the day they are due.**

II. Five (5) exams

- The exam in this course will be based on material from the text and web activities.
- All exams will be timed and taken on blackboard in multiple choice and T/F format.
- All exams can be taken from anywhere and any computer.

III. Chapter quiz

There will be a quiz after each chapter. Detail instruction of the quiz will be in the **Quiz** folder on Blackboard.

Extra point opportunities

There might be opportunities for extra points. Extra points activities are optional, not requirements. However, they are very meaningful activities and will enhance your learning. Also, you can boost your overall grade (they are 10 points worth each!); Description and due dates for extra point activities will be posted in the **Extra Credit** folder on Blackboard.

Grading Scale

Grades are based on a point system. The final grade based on points you have earned from each requirement and extra points.

A= 90% of the total possible points

B= 80%

C= 70%

D= 60%

F= less than 60%

CAVEAT

The above schedule and procedures in this course are subject to change in the event of extenuating circumstances.

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. You need to remember that the Blackboard has a built in program that checks student 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.

ADA 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. The phone number is 270.745.5004 [270.745.5121 V/TDD] or email at sarc@wku.edu. Please do not request accommodations directly from the professor or instructor without a letter of accommodation (LOA) from The Student Accessibility Resource Center.

TITLE IX SEXUAL MISCONDUCT/ASSAULT:

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.