BASIC INFORMATION

Course: Health (HLTH) 111 and 111H  Section: OL1
Course title: Principles and Concepts in Personal Health
Credit: 3 semester hours
Instructor: Tara Tansil-Gentry
Instructor's office: 3025 Elam Center
Email: ttansil@utm.edu
Phone: 731-881-7338
Office hours:
  Monday / Wednesday: 9:30am – 11:00am; 2:00pm – 3:00pm
  Tuesday / Thursday: 11:00am – 12:00pm; 2:00pm – 3:00pm
  Friday: 9:00am – 10:00am
Textbook and other required materials:

COURSE PURPOSE, GOALS, AND OBJECTIVES

Course description:
  Development of the understandings, attitudes and practices which contribute to better individual health.

General Course Objectives: See chapter learning objectives as outlined at the end of the syllabus.

General Education relationship: This course incorporates the concepts of understanding the impact that society, families and individuals have on total wellness and wellbeing.

Course Topics:
  Chapter 1: Self, Family, and Community
  Chapter 2: Mental health and Stress
  Chapter 3: Social Connections
  Chapter 4: Sleep
  Chapter 5: Nutrition
  Chapter 6: Fitness
  Chapter 7: Body Weight and Body Composition
Chapter 8: Body Image
Chapter 9: Alcohol and Tobacco
Chapter 10: Drugs
Chapter 11: Sexual Health
Chapter 12: Reproductive Choices
Chapter 13: infectious Diseases
Chapter 14: Cardiovascular Disease, Diabetes, and Chronic Lung Diseases
Chapter 15: Cancer
Chapter 16: Injury and Violence
Supplemental Chapters available through the purchase of CONNECT:
Chapter 17: Complementary and Alternative Medicine
Chapter 18: Environmental Issues

COURSE REQUIREMENTS/EXPECTATIONS

Grading:
Behavior Change Portfolio (rubric) 250pts
Personal Health Portfolio 100pts
Connect Assignments (online) 400pts
Tests 250pts
1,000pts

Grades:
850 – 1,000pts = A
800 – 849pts = B
750 – 799pts = C
700 – 749pts = D
Below 700pts = F

Behavior Change Portfolio – This portfolio will be due at the end of the semester. It will rely on the completion of your personal health portfolio and the behavior change contract (A-6) found at the back of your textbook. It will require a three week assessment of your identified behavior and a complete wellness assessment of that behavior. Additional directions will be provided in class.

Personal Health Portfolio – You will be required to complete all the personal health assessments at the back of the textbook (A-1 to A-16, excluding A-6) prior to April 23, 2014. This personal health portfolio will be used to determine the behavior that you would like to continue to assess and make the focus of your Behavior Change project.
Assignments – You will have weekly assignments to complete in the Connect website. You will have a minimum of two Connect Assignments to complete per chapter worth 10pts each. This will be worth 320pts. For the remaining 80pts, you must also complete “eight” LearnSmart assignments. LearnSmart is an online study guide for the chapters. Each chapter has a 30 minute “optional” LearnSmart activity that you can choose to complete. “Remember” you must complete a minimum of eight of these activities to earn your last 80pts. The LearnSmart questions will open with each corresponding week, and will close on the last day of classes (April 25<sup>th</sup> @ 6:00pm).

Tests – Test 1 (Chapters 1 – 4)
Test 2 (Chapters 5 – 8)
Test 3 (Chapters 9 – 12)
Test 4 (Comprehensive Final Chapters 1 - 16)

The final exam will be taken during finals week and will be comprehensive for all 16 chapters of the book and contain extra questions from chapters 13 – 16.

Attendance Policy:
This course is conducted completely online, so there is not set attendance policy for this class. You will have seven days to complete the weekly Connect Assignments for each chapter. Students will not be allowed to “make up” any missed Connect Assignments. Please keep in mind if you are home sick or hospitalized then you are still expected to
complete the weekly Connect Assignments (again, you will have seven days to complete the assignments).

Honesty and Cheating:
- Any student caught cheating is subject to immediate failure and other disciplinary action.
- Any student that chooses to plagiarize is subject to immediate failure and other disciplinary action.
- The policies explained within the student handbook regarding this section will be enforced.

**DISABILITY STATEMENT**
Any student eligible for and requesting reasonable accommodations due to a disability is required to provide a letter of accommodation from the Student Success Center within the first two weeks of the semester.

**LEARNING OBJECTIVES**

After completing chapter 1, the student will be able to:

1.1 Demonstrate a basic understanding of common health terminology.
1.2 Explain how factors such as family health history or genetics can influence a person’s patterns of health and illness.
1.3 Discuss helpful strategies for health-related behavior change.
1.4 Discuss health issues and concerns in a diverse and multicultural society.

After completing chapter 2, the student will be able to:

2.1 Define *mental health* and discuss the characteristics of mentally healthy and self-actualized people.
2.2 Describe bereavement and healthy grieving stemming from losing a loved one or having to acknowledge one’s own mortality.
2.3 Discuss the brain’s role in mental health and illness.
2.4 Describe the various mental disorders and appropriate treatments for each.
2.5 Discuss various forms of stress, including the stress response, the relaxation response, and acute versus chronic stress.
2.6 Explore stress and how it affects human health.
2.7 Discuss various strategies to manage stress and relax.

After completing chapter 3, the student will be able to:

3.1 Describe the various types of healthy relationships.
3.2 Understand love and intimacy, including attraction and finding a partner.
3.3 Define *communication* and describe communication skills and styles.
3.4 Describe sex and gender.
3.5 Explain types of committed relationships and lifestyle choices.
3.6 Define the various types of relationships and communities that people form.

After completing chapter 4, the student will be able to:

4.1 Discuss the health benefits of sleep.
4.2 Explain the physiological origin of sleep and wakefulness.
4.3 Understand how sleep and its cycles are structured.
4.4 Discuss common forms of sleep disorders and their treatment.
4.5 Explain how a sleep problem is diagnosed and describe strategies to get a good night’s sleep.

After completing chapter 5, the student will be able to:

5.1 Discuss the nutritional guidelines for Americans.
5.2 Explain the various types of nutrients and their importance to the body.
5.3 Describe how to plan a healthy diet and how to understand food labels.
5.4 Discuss current consumer concerns regarding popular foods.
5.5 Discuss food safety and technology.

After completing chapter 6, the student will be able to:

6.1 Discuss benefits and guidelines of physical activity and exercise.
6.2 Explain the components of health-related fitness.
6.3 Explain how to improve health through moderate physical activity.
6.4 Discuss special considerations in exercise and physical activities.
6.5 Explain strategies to incorporate physical activity for life.

After completing chapter 7, the student will be able to:

7.1 Explain how to measure what a healthy body weight is.
7.2 Discuss what factors influence one’s weight.
7.3 Focus on energy balance being the key to weight control.
7.4 Discuss so-called quick fixes for overweight and obesity.
7.5 Describe tasks for individuals and for society to achieve a healthy body weight for life.

After completing chapter 8, the student will be able to:

8.1 Discuss what shapes a person’s body image.
8.2 Explain the causes, characteristics, and treatment for eating disorders.
8.3 Define and discuss body dysmorphic disorder.
8.4 Explain exercise disorders.
8.5 List ways to promote a healthy body image.

After completing chapter 9, the student will be able to:

9.1 Discuss patterns of alcohol use in the U.S. and on campus.
9.2 Explain the effects of alcohol on the body.
9.3 Describe the health risks and social problems that can result from alcohol use, abuse, and
dependence.
9.4 Explain treatment approaches for alcohol abuse and dependence.
9.5 Discuss how to take action to reduce or stop alcohol use.
9.6 Discuss the patterns of tobacco use in the U.S. and the substances in forms of tobacco products.
9.7 Understand the physical and psychological effect of tobacco use.
9.8 Discuss the short-term and long-term effects of tobacco use on health.
9.9 Describe various treatment options available for quitting tobacco.
9.10 Give examples of current strategies to confront tobacco use.

After completing chapter 10, the student will be able to:

10.1 Discuss patterns of who uses illicit drugs in the United States.
10.2 Explain different categories of drugs & the differences between drug use, misuse, & abuse.
10.3 Describe factors that influence the effect of drugs on the body and brain.
10.4 Discuss drugs of abuse with respect to physical dependence, tolerance, withdrawal, and psychological dependence.
10.5 Explain various approaches to reduce the supply, demand, and harm of drugs used in the United States.

After completing chapter 11, the student will be able to:

11.1 Discuss sexual health in terms of human biology and culture, and describe the common varieties of sexual behavior.
11.2 Describe sexual dysfunctions in both the male and female human.
11.3 Explain how to protect your sexual health.
11.4 Describe issues concerning sex in the 21st century.

After completing chapter 12, the student will be able to:

12.1 Describe forms of contraception available in the U.S.
12.2 Explain the choices available for an unintended pregnancy.
12.3 Discuss the causes and treatments for infertility.
12.4 Explain prenatal and pregnancy care for the mother and fetus.
12.5 Discuss the labor and delivery processes, as well as the postpartum period for mother and newborn.

After completing chapter 13, the student will be able to:

13.1 Describe the process or chain of infection.
13.2 Discuss the body’s defenses for fighting infection and disease.
13.3 Discuss changing patterns of infectious disease transmission.
13.4 Discuss the spread of infectious disease on campus and worldwide.
13.5 Explain the transmission, treatment, and health effects of STDs.
13.6 Describe the prevention and treatment of infectious diseases.

After completing chapter 14, the student will be able to:

14.1 Identify the components of the cardiovascular system and the various types of
cardiovascular disease.
14.2 Discuss ways of promoting cardiovascular health through an examination of the major controllable health factors.
14.3 Understand the differences between Type-1 and Type-2 diabetes.
14.4 Explore chronic lung diseases through an examination of the respiratory system.

After completing chapter 15, the student will be able to:

15.1 Compare and contrast normal cell growth with cancer cell growth, and explain the classifications and types of cancer.
15.2 Discuss the known risk factors for cancer.
15.3 Explain the cause, risk factors, treatment, and survival rate of common cancers.
15.4 Discuss screening tests used in early cancer detection.
15.5 Describe the various cancer treatment options available to cancer patients.
15.6 Discuss strategies for living with cancer.

After completing chapter 16, the student will be able to:

16.1 Describe ways of creating safe home and work environments including strategies to protect yourself and others in motor vehicles, natural disasters, and emergency situations.
16.2 Discuss strategies to prevent violence including youth violence, violence on the college campus, sexual violence, family and intimate partner violence, workplace violence, hate crime violence, and violence caused by terrorism.

The following chapters are available online ONLY through the purchase of the CONNECT program.

After completing chapter 17, the student will be able to:

17.1 Compare and contrast conventional, complementary, and alternative approaches to health care.
17.2 Discuss the basis of whole medical systems, including traditional Chinese medicine, homeopathy, and naturopathic medicine.
17.3 Explain how to make informed health care choices.

After completing chapter 18, the student will be able to:

18.1 Discuss the status of water and water quality in North America and across the planet.
18.2 Explain the major concerns regarding air and air quality.
18.3 Describe concerns and possible solutions to the management of solid and liquid waste in the United States.
18.4 Discuss factors contributing to ecosystem and biodiversity concerns.
18.5 List global energy resources.
18.6 Discuss how overpopulation relates to both energy and natural resources.
### COURSE CONTENT

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Chapter 14: Cardiovascular Disease, Diabetes, and Chronic Lung Diseases

Chapter 15: Cancer

Study for Unit Test 3

**Week 7: April 17 - 25**

Unit Test 3: Chapters 9 – 12 (April 21 - 23)

Chapter 16: Injury and Violence

**April 26 - 29**  Comprehensive Final Exam – Chapters 1 - 16