



Physical Education and Health Instructional Program

Go to: [HCC/Canvas Online](#) to see course work and to do Exams. This class is HYBRID.

A detailed Schedule of Assignments will be available on the Homepage once the class begins.

YOU MUST LOG-IN PRIOR TO THE OFFICIAL DATE OF RECORD OR YOU ARE SUBJECT TO AN ADMINISTRATIVE WITHDRAWAL.

PHED 1304 – Personal & Community Health

CRN# **14453 and 14454** – Fall 2016

3-Credit Hours/ 48 Contact Hours per semester/ Term (16 weeks/12 weeks/8 weeks/5 weeks)

Instructor: Brian Jenison

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Office location and hours: HCC Eastside Campus. Leonel Castillo Building Room 126. MW 2-3:30pm.

Instruction type: In-person/face to face/Online/Hybrid

***Course Prerequisites:** EDUC 1300, ENGL 0310 or 0349

Physical Education and Health Mission Statement:

The mission of the Physical Education/Health Department is to provide students with the sound principles for creating and maintaining a healthy lifestyle. We find new ways to meet the diverse educational needs of our growing student population. This is accomplished by providing a variety of activity and lecture based classes. Our goals include:

- *Presenting scientifically based, accurate information and activities.
- *Involving students in taking responsibility for their health and well-being.
- *Instilling a sense of competence and personal power in students.

*Providing venues for various forms of muscular and cardiovascular exercise to improve our student's health and well-being.

Course Description:

This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being. **This course fulfills the New Core 2014 requirement under the Component Area Option.**

Instructional Material:

Connect Core Concepts in Health, 14th Brief Ed., ISBN # 978-0-07-802867-0

Learning Outcomes:

Program Student Learning Outcomes/Objectives:

1. Students will perform physical skills to improve and enhance cardio-respiratory, strength, endurance, flexibility, and/or balance as measured with a departmental field exam.
2. Students will develop broad content knowledge within the discipline of health/physical education associated with good health management, health risks and/or disease prevention.
3. Students will demonstrate an understanding of basic safety/emergency procedures.
4. Conduct a personal wellness appraisal and utilize data results to determine potential health impacts and appropriate intervention activities.

Course Student Learning Outcomes/Objectives:

Upon successful completion of this course, students will:

1. Evaluate the dimensions of health and how they relate to personal and community wellness.
 2. Explain the importance of physically active and healthy lifestyle in preventing premature disease and promoting wellness.
 3. Describe the leading health problems, trends, and needs of diverse populations.
 4. Identify major agencies, foundations, and associations supporting community health at local, state, national and international levels and data tools and resources.
 5. Evaluate sources of health information, including the internet, to determine reliability.
 6. Develop, and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.
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Core Curriculum Competencies:

Given the rapid evolution of necessary knowledge and skills and the need to take into account global, national, state, and local cultures, the core curriculum must ensure that students will develop the essential knowledge and skills they need to be successful in college, in a career, in their communities, and in life. Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

Students enrolled in this core curriculum course will complete several essays, including at least one oral presentation, designed to cultivate the following core objectives:

- **Critical Thinking Skills** — to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
- **Communication Skills** — to include effective development, interpretation and expression of ideas through written, oral and visual communication
- **Quantitative and Empirical** — to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- **Social Responsibility** — to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities

Student proficiency in Communication and Critical Thinking skills will be assessed through written, oral, and manual demonstration of skills needed for an emergency situation.

Student proficiency in Quantitative and Empirical Literacy will be assessed through a series of essay questions. Social Responsibility will be assessed by a 500 word reflection paper about their civic responsibilities.

HCC Grading Scale:

Letter Grade	Numerical Grade	Points per Semester
A	100-90	4 points per semester
B	89-80	3 points per semester
C	79-70	2 points per semester
D	69-60	1 point per semester
F	<60	0 points per semester
FX	Failure due to non-attendance	0 points per semester
IP (In Progress)		0 points per semester
W (Withdrawn)		0 points per semester
I (Incomplete)		0 points per semester
AUD (Audit)		0 points per semester

IP (In Progress) is given only in certain developmental courses. The student must re-enroll to receive credit. **COM** (Completed) is given in non-credit and continuing education courses.

FINAL GRADE OF FX: Students who stop attending class and do not withdraw themselves prior to the withdrawal deadline may either be dropped by their professor for excessive absences or be assigned the final grade of "FX" at the end of the semester. Students who stop attending classes will receive a grade of "FX", compared to an earned grade of "F" which is due to poor performance. Logging into a DE course without active participation is seen as non-attending. Please note that HCC will not disperse financial aid funding for students who have never attended class.

Students who receive financial aid but fail to attend class will be reported to the Department of Education and may have to pay back their aid. A grade of "FX" is treated exactly the same as a grade of "F" in terms of GPA, probation, suspension, and satisfactory academic progress.

To compute grade point average (GPA), divide the total grade points by the total number of semester hours attempted. The grades "IP," "COM" and "I" do not affect GPA.

Instructor's Requirements:

Instructor's Grading Criteria:

Grading: *<No make-ups/No late assignments accepted – See Makeup Policy below.>*

Journals	80 points
Exams	320 points
Quantitative/Empirical Essay	100 points
Community Outreach Project	100 points
Celebration of Life Project/PowerPoint	100 points

Total of 1000 points:

700-630 = A

629-560 = B

559-490 = C

489-420 = D

419-0 = F

Celebration of Life Project/PowerPoint (presentation/video):

Critical Thinking and Communication skills will be assessed through a minimum of 8-15 slides of PowerPoint presentation/or video pertaining to Celebration of Life Project. This assignment deals with the inquiry, analysis, evaluation and synthesis of the information in Chapter 17 and will address written, oral and visual communication. Critical Thinking and Communication will be valued at 7% of the final course grade. (See assignment in class for full details and due date.)

Quantitative/Empirical Essay:

Within the semester, students will submit a Quantitative-Empirical Essay. Their assessments/formulas will include Body Mass Index, Hip to Waist Ratio, Karvonen Formula, Resting Metabolic Rate, and Blood Pressure. Through calculating these formulas, students will understand their *personal health and fitness through quantitative and empirical analysis of their specific data*. Quantitative and Empirical Literacy be valued at 7% of the final course grade. (See assignment in class for full details and due date.)

Community Outreach Project:

In culmination of the semester, students will write a 500 word reflection essay about their civic experience helping others within their community. Their Community Outreach Project will include a picture of themselves while donating, volunteering or actively participating within the community. Personal Responsibility will be valued at 7% of the final course grade. (See assignment in class for full details and due date.)

Make Up Policy:

The tests — skills and written — will cover all material covered in the course. This includes handouts, lectures, demonstrations, and discussions. **No make ups or extra credit will be given.** Failing to take an exam will result in a "0" for the grade. This also pertains to the Skills Test Days.

HCC Policy Statements:

Office of Institutional Equity

ADA- Services to Students with Disabilities

Any student with a documented disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the Disability Services Office at the respective college at the beginning of each semester. Faculty is authorized to provide only the accommodations requested by the Disability Support Services Office.

For HCCS Disability Services Office locations and contact information: [DSSO Locations](#)

Title IX

Title IX of the Education Amendments of 1972 requires that institutions have policies and procedures that protect students' rights with regard to sex/gender discrimination.

Information regarding these rights appears on the HCC website under [Students-Anti-discrimination](#).

It is important that every student understands and conforms to respectful behavior while at HCC. Sexual misconduct is not condoned and will be addressed promptly. Know your rights and how to avoid these difficult situations.

Log in to [Know Your Rights](#) Sign in using your HCC student email account, then go to the button at the top right that says Login and enter your student number.

Students who are pregnant and require accommodations should contact any of the [ADA Counselors](#) for assistance.

Classroom Behavior

As your instructor and as a student in this class, it is our shared responsibility to develop and maintain a positive learning environment for everyone. Your instructor takes this responsibility very seriously and will inform members of the class if their behavior makes it difficult for him/her to carry out this task. As a fellow learner, you are asked to respect the learning needs of your classmates and assist your instructor achieve this critical goal.

Academic Honesty

A student who is academically dishonest is, by definition, not showing that the coursework has been learned, and that student is claiming an advantage not available to other students. The instructor is responsible for measuring each student's individual achievements and also for ensuring that all students compete on a level playing field. Thus, in our system, the instructor has teaching, grading, and enforcement roles. You are expected to be familiar with the University's Policy on Academic Honesty, found in the catalog. What that means is: If you are charged with an offense, pleading ignorance of the rules will not help you. Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Penalties and/or disciplinary proceedings may be initiated by College System officials against a student accused of scholastic dishonesty. "Scholastic dishonesty" includes, but is not limited to, cheating on a test, plagiarism, and collusion.

Cheating on a test includes:

- Copying from another students' test paper;
- Using materials not authorized by the person giving the test;
- Collaborating with another student during a test without authorization;
- Knowingly using, buying, selling, stealing, transporting, or soliciting in whole or part the contents of a test that has not been administered;
- Bribing another person to obtain a test that is to be administered.

Plagiarism means the appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit.

Collusion means the unauthorized collaboration with another person in preparing written work offered for credit. Possible punishments for academic dishonesty may include a grade of 0 or F in the particular assignment, failure in the course, and/or recommendation for probation or dismissal from the College System. (See the Student Handbook)

Class Attendance

It is important that you come to class! You are encouraged to attend each class since regular attendance correlates with good grades. Be on time and attend the entire class. If you must be absent, you are, of course, responsible for the material covered in class in your absence (see the Course Schedule). Be advised that instructors must drop students who fail to attend class by the official date of enrollment. In addition, instructors may drop students who miss six hours of class time. Class attendance equals class success.

Withdrawal Policy

If you decide to withdraw from the course, it is your responsibility to file the proper paperwork with the registrar's office. Discuss your decision to withdraw from the class with your instructor before you finalize the paperwork.

EGLS3

Evaluation for Greater Learning Student Survey System

At Houston Community College, professors believe that thoughtful student feedback is necessary to improve teaching and learning. During a designated time, you will be asked to answer a short online survey of research-based questions related to instruction. The anonymous results of the survey will be made available to your professors and division chairs for continual improvement of instruction. Look for the survey as part of the Houston Community College Student System online near the end of the term.

Student Services Policies:

[Student Rights and Responsibilities](#)

DE/Online Information and Policies:

[Online Learning Resources](#)

Use of Camera and/or Recording Devices

As a student, active in the learning community of this course, it is your responsibility to be respectful of the learning atmosphere in your classroom. To show respect of your fellow students and instructor, you will turn off your phone and other electronic devices, and will not use these devices in the classroom unless you receive permission from the instructor.

Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the [Office for Students with Disabilities](#) for information regarding reasonable accommodations.