



Department: Physical Education

Personal and Community Health Fall 2012 PHED 1304 CRN # 32264

Course location and times:	Monday and Wednesday 10:00am-12:00pm
Course semester credit hours:	3 Semester Credit Hours
Course contact hours:	48 total hours
Course length:	12 weeks
Instruction type:	In-person; Go to: http://hccs1.mrooms3.net for course work. This class is WEB-ENHANCED

Instructor:	Stacie Ringleb-Krutilek
Phone:	713-718-5714
Email address:	s.ringlebkrutilek@hccs.edu
Office location and hours:	Before and After class and scheduled, Learning Hub Room 305 (5.6)

Course Description

This course presents a body of knowledge on health practices, which are important to everyone. This material covers both the biological and social sciences, which are important and essential for sound decisions in the maintenance of your health. This cross-cultural health course offers an opportunity to explore personal health issues on a cultural basis. The focus of this course will address major health issues that impact the health of all individuals and cultures. This course fulfills the cross/multicultural core requirements.

Student Learning Outcomes:

- Describe the six Dimensions of Wellness
- Identify key sources of environmental issues that may impact student's health.
- Identify cultural diversity with regards to a student's gender, ethnicity, income, family history, environment, education, disability, geographical location and sexual orientation on health.
- Identify a student's personal health risks in regards to, gender, ethnicity, income, family history, environment, education, disability, geographical location and sexual orientation.
- Identify strategies of healthy aging.

Course Objectives

1. To create a new awareness of your own health and the proper maintenance of it.
2. To help you interpret basic health information into effective health practices.
3. To help you develop an understanding of community health problems and underscore your contribution to their solutions

Required Text:

Core Concepts in Health/Brief Edition, Insel & Roth, 12th Edition
ISBN#: 978-0-07-340467-5

HCC Course Withdrawal and Attendance Policy

Beginning Fall 2007, the State of Texas imposes penalties on students who drop courses excessively. Students are limited to no more than SIX total course withdrawals throughout their educational career at a Texas public college or university.

To help you avoid having to drop/withdraw from any class, contact your professor regarding your academic performance. You may also want to contact a counselor to learn about helpful HCC resources (e.g. online tutoring, child care, financial aid, job placement, etc.).

HOW TO DROP

- **If a student decides to drop or withdraw from a class upon careful review of other options, the student can drop online prior to the deadline through their HCC Student Center.**
- **HCC and/or instructors may drop students for excessive absences without notification** (see Class Attendance below).
- **Students should check HCC's Academic Calendar by Term for drop/withdrawal dates and deadlines.** Classes of other duration (mini-term, flex-entry, 8-weeks, etc.) may have different final withdrawal deadlines. Please contact the HCC Registrar's Office at 713.718.8500 to determine mini-term class withdrawal deadlines.

CLASS ATTENDANCE

As stated in the HCC Catalog, all students are expected to attend classes regularly. Although it is the responsibility of the student to drop a course for non-attendance, the instructor also has the authority to drop a student for excessive absences or failure to participate regularly.

According to HCCS Policy (see catalog schedule), a student may be dropped from the course for excessive absences after the student has accumulated absences in excess of **12.5%** of the hours of instruction. (6 hours in a 48-hour course)

REPEAT POLICY:

Students who repeat a course for a third or more times may soon face significant tuition/fee increases at HCC and other Texas public colleges and universities. Please ask your instructor / counselor about opportunities for tutoring / other assistance prior to considering course withdrawal or if you are not receiving passing grades.

Grading and Evaluation: <No make-ups/No late assignments accepted>

180 pts In-class assignments/Journals/Homework/Web Assignments

320 points Exams

100 pts Poster Presentation

33.3 pts Video Review (And the Band Played On)

33.3 pts Video Review (Super Size Me)

33.3 pts Video Review (Crash)

200 pts Final (Take Home)

A (90-100%): Excellent work that shows clear understanding of the course content.

B (80-89%): Above average work that shows understanding of the course content.

C (70-79%): Average work that shows understanding of the course content.

D (60-69%): Below average work that fails to respond adequately to course content.

F (0-59%): Work that fails.

Grading:

It is the policy of the PHED department to withdraw students who have excessive absences and/or cease to come to class. All letter grades are earned including a failing grade. **INTERNATIONAL STUDENTS:** International students should be extremely aware of this policy as it may affect the status of your student Visa. Once a W is given for the course, it will not be changed to an F because of the Visa consideration. Please contact the International Student Office at 713-718-8520 if you have any questions about your visa status and other transfer issues.

Make Up Policy:

No make ups or extra credit will be given. I do not accept late work. Failing to take an exam or hand in work by the DUE date will result in a "0" for the grade.

This pertains to

ALL WORK.

Support Services:

Library: The library is located on the first floor of the Learning Hub. The Librarians are dedicated to helping you find whatever you need. Be sure to obtain an HCCS library card and a Texshare card as well for use at selected area libraries.

Open Computer Labs: Computers are available to all students in the Library. Check for hours.

Disability Policy: 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 questions, please contact Donna Price at 713.718.5165 or the Disability Counselor at your college. To visit the ADA Web site, please visit www.hccs.edu then click Future students, scroll down the page and click on the words Disability Information.

District ADA Coordinator – Donna Price – 713.718.5165

Central ADA Counselors – Jaime Torres - 713.718.6164

Martha Scribner – 713.718.6164

Northeast ADA Counselor- Kim Ingram – 713.718.8420

Northwest ADA Counselor – Mahnaz Kolaini – 713.718.5422

Southeast ADA Counselor – Jette Lott - 713.718.7218

Southwest ADA Counselor – Dr. Becky Hauri – 713.718.7910

Coleman ADA Counselor – Dr. Raj Gupta – 713.718.7631

Turn off pagers, Phones, No Cameras/Recording Devices:

Students should turn off pagers and cell phones before entering class; ringing, buzzing, and other forms of disturbances (electronic or otherwise) are not good for the class. Your full and active attention is required throughout the class period. Actually, no electrical devices should be in the pool/gym/weight room areas.

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 of Students with Disabilities for information regarding reasonable accommodations.

Academic Honesty: All Houston Community College System students are required to exercise academic honesty in completion of all tests and assignments. Penalties for academic dishonesty (cheating on a test, plagiarism, collusion on an assignment, etc.) may include, but are not limited to a reduced grade or a "0" on that test or assignment, a "W" in the course, or an "F" in that course.

General Class Policies:

- Incompletes, audits and /or make up activity are not available in the PHED department.
- Students are not only expected to attend class but to actively participate in class discussions and assignments in order to receive credit for the day. This course will consist of group work and interaction with others. **No Beepers, Phones, or Children in class. Two tardies count as one absence.**
- Loud and verbal displays, excessive noise, and horse play during class will not be tolerated.
- A classroom environment will be maintained at all times. Maintaining your own personal space is important. If at any time you feel your personal space has been violated, please talk with me as soon as possible.

Student Code of Conduct:

All students are expected to read and have an understanding of the student code of conduct as stated in the Student Handbook. The student handbook can be found on the official HCC website for students.

HCCS Holidays/Crucial Dates:

Instruction Begins: September 24, 2012

Last Day for Administrative Withdrawals: November 12, 2012 by 4:30pm

Final Exam: December 12, 2012 10:00am

Schedule of Assignments/Calendar:

(Note: assignments may be added or deleted during the semester. Check with instructor)

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.