COURSE NUMBER & TITLE: HLED 1006 01 Personal & Community Health
SEMESTER/YEAR: Fall 2006

LECTURE HOURS: 3 LABORATORY HOURS: CREDITS: 3

CLASS TIME: 10:00 - 10:50 a.m. MWF ROOM: TB 158

INSTRUCTOR'S NAME: Angelo Hill
OFFICE: TB 136C PHONE: 268-2627 EMAIL: ahill@caspercollege.edu

OFFICE HOURS: 11:00 A.M. – 11:50 A.M. MTWTF

COURSE DESCRIPTION: Designed to develop the understanding, attitudes, and practices which contribute to better individual and community health.

EXTENDED COURSE DESCRIPTION: Emphasis is on prevention rather than treatment.

STATEMENT OF PREREQUISITES: None

GOAL: Students will obtain basic knowledge (concepts) of health behaviors to enhance the health of the individual and the community through health choices and strategies; consumer information on health products and services; emphasis on what to do, not on what not to do, to enhance the quality of life based on prevention rather than cure.

OUTCOMES:
1. Students will receive practical recommendations to adopt healthier lifestyles.
2. Students will obtain the knowledge to assess and modify their attitudes and behaviors regarding health practices.
3. Student will acquire both a depth and breadth of health education knowledge as well as a means to evaluate that knowledge.

METHODOLOGY: Lecture-discussion, group projects and research vary with appropriate topics. Assignments will include related seminars, health fairs, etc. being offered during the semester.

EVALUATION CRITERIA: Evaluation of class work, attendance, and assignments will determine the course grade.

Grading Scale: 90% of points possible = A
80% = B
70% = C
60% = D
less than 60% = F

EVALUATION CRITERIA: (continued)
Attendance Policy:
1. Attendance is worth 100 points, 20 each absence. This will be included in the final grade, but not in the mid-term grade.
2. It is very important that students be at every class meeting.
3. All classes missed due to school-related activities will be excused.
4. One unexcused absence per semester, all other absences will begin to work against grade.

CLASS POLICIES:
*Last Date to Change to Audit Status:* Please refer to current Casper College catalog.
*Last Date to Withdraw With a W Grade:* Please refer to current Casper College catalog.

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

*Chain of Command:* If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the department head, then the division chair, and lastly the vice president for academic affairs.

*Academic Dishonesty - Cheating & Plagiarism:* Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct.

*ADA Accommodations Policy:* It is the policy of Casper College to provide appropriate accommodations to any student with a documented disability. If you have a need for accommodation in this course, please make an appointment to see me at your earliest convenience.

COURSE CONTENT:

- Chapter 1  Health: The Foundation for Life
- Chapter 2  Psychological Health
- Chapter 3  Stress and its Management
- Chapter 9  Nutrition
- Chapter 10  Body Weight & its Management
- Chapter 11  Physical Fitness
- Chapter 5  Relationships & Sexuality
- Chapter 6  Reproductive Health
- Chapter 7  Drug Use and Abuse
- Chapter 8  Alcohol and Tobacco
- Chapter 12  Cardiovascular Health
- Chapter 14  Infection, Immunity and Noninfectious Disease
- Chapter 13  Cancer
- Chapter 15  Aging, Dying & Death