



focused

# PHED 1304 Personal/Community Health

Course Syllabus: Spring 2025-Online

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9:00am-11:00am	7:30am-8:00am	9:00am-11:00am	7:30am-8:00am	By Appointment	By Appointment

*The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.*

**Catalog Course Description:** This Course provides instruction to the fundamental 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.

**Required Textbook(s):** Choosing Health, Lynch, Vail-Smith, & Kotecki

**Publisher:** Pearson

**ISBN Number:** 978-0-134-49367-1

**Recommended Reading(s):** None

### Student Learning Outcomes:

1. Students will understand the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
2. Students will identify the leading health problems, trends, and needs of diverse populations.
3. Students will examine the effects of substance abuse on health and performance.
4. Students will learn about sexual attitudes & behaviors and recognition of healthy relationships.
5. After researching one’s own family history, the student will understand the impact of hereditary has on a person’s health.

### Evaluation/Grading Policy:

The final grade will be determined as follows:

#### For your final grade:

**Exams:** Four (4) exams will be worth 100 points each. Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & Power Point Presentations.

**Course Readings:** To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are required to help facilitate class discussion topics. Assignments are due on assigned days by 11:59pm. See course schedule for due dates.

**Presentations:** There will be a poster presentation on Drugs, Alcohol, & Tobacco awareness that will account for 100 points of your grade and a Family Tree project that will be 100 points of your grade. The Drug, Alcohol/Tobacco Awareness Poster will be done in a Flyer format, aimed at College Aged persons. The

Family tree project will go back to a minimum of the Great Grand Parents and must include Birth year, death year (if deceased), and cause of death (accident, heart attack, cancer, etc.). Complete a week long food journal and activity log.

**Letter grades** will be assigned according to the following scale:      A = 630-700 points      B=560-629  
C = 490-559      D = 420-489      F=419 or less

**Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester.** The average shown in Bb will determine the final course grade, and **no additional work** is possible.

**Attendance:** At the end of the semester, grades will be calculated according to the percentages in the syllabus, and the only adjustment that will be made is if the final percentage is **WITHIN ONE POINT** of the next letter grade (and **NO** more), and the student has missed **THREE OR LESS LECTURES**. (Mitigating circumstances will be taken into account at the discretion of the instructor.) The grade will then be **rounded up** to the **next letter grade**. Failure to log in and complete assignments by due dates can result in being dropped from the course.

#### **General:**

**Students should log onto Blackboard (Bb) ASAP and carefully read all announcements. Bb and student email should be checked DAILY for new announcements or messages.**

Questions are welcomed during office hours (or by appointment), or if more convenient, they can be directed to me either by phone or e-mail. **Please do not hesitate to ask questions! There is no such thing as a stupid question. It is only stupid NOT to ASK them. It is VERY difficult to improve your course average after you fail the first exam, so PLEASE contact the instructor for help or studying tips EARLY in the semester, before it is too late to make a difference.**

**Exam/Quiz Make-Up Policy:** If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged **ONLY** if the reason is legitimate, and the instructor is notified **IN ADVANCE of the time the exam/quiz is scheduled** (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of "0" for the exam missed.** There will be no exceptions.

#### **Student Responsibilities/Expectations:**

If you attend this class or a portion of this class on-campus then class etiquette dictates that you will:

1. Attend class each time the class meets.
2. Be on time for class and **remain for the entire period**. You may not receive credit if you do not attend all sessions.
3. Refrain from talking while the professor is lecturing. Idle chattering and giggling are disruptive to the class and disrespectful to your professor and your classmates.
4. Be attentive and participate in class.

#### **Course Support Links:**

**<https://www.ntcc.edu/about-us/computer-services/student-support>**

#### **NTCC Academic Honesty Statement:**

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about

allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

### **Academic Ethics**

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

### **ADA Statement:**

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

### **Family Educational Rights And Privacy Act (FERPA):**

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

### **Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

## COURSE SCHEDULE

<b>Module</b>	<b>Assignments</b>	<b>Due Date</b>
Module 1	Chapters 1-4 & Test 1 (Sunday)	2/2 11:59pm
Module 2	Food Journal/Activity Log Due Chapters 5-8 & Test 2 (Sunday)	(Wed) 3/5 11:59pm 3/9 11:59pm
Module 3	Chapters 9-12 & Test 3 (Sunday) Drug/Alcohol/Tobacco Awareness Flyer Due	4/13 11:59pm 4/13 11:59pm
Module 4	Family Tree Powerpoint (Sunday) Chapters 13-17 & Final exam (Thursday)	5/4 11:59pm 5/8 11:59pm

**Check your email and Blackboard often for updates!!**