Tompkins Cortland Community College
Master Course Syllabus

Course Discipline and Number: HLTH 206
Course Title: Personal Health

Attendance Policy: To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.

Services for Students with Disabilities: It is the College’s policy to provide, on an individual basis, appropriate academic adjustments for students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.

Course Description
Isolates some of the most perplexing health-related problems, and provides opinions, data, and facts to help students make decisions to optimize their personal health. Topics include promoting health behavior change, psychosocial health, managing stress, violence and abuse, human sexuality, nutrition, weight management, personal fitness, addictions and addictive behavior, alcohol, tobacco and caffeine, illicit drugs, cardiovascular disease, cancer, infectious diseases, sexually transmitted infections, noninfectious conditions, healthy aging, environmental health, consumerism and complementary and alternative medicine. Prerequisites: Prior completion or concurrent enrollment in ENGL 100 and RDNG 116 if required by placement testing. 3 Cr. (3 Lec.) Fall and spring semesters.

Course Context/Audience
This course may be used as an unrestricted elective in any program.

Basic Skills/Entry Level Expectations
Writing: WC College level writing skills are required. See course co-requisites or pre-requisites.
Math: M0 Course requires very little or no math.
Reading: R3 Course may be taken concurrently with RDNG 116.
Other: Previous library experience would be helpful, but is not required.

Course Goals
1. Students will be introduced to the TC3 Fitness Center operation and become familiar with each piece of conditioning equipment. A Fitness Center Progress Chart will be discussed in depth, and students will be encouraged to become Fitness Center members.
2. Students will be prepared to analyze and practice in their everyday living the elements of good health and physical fitness.

Course Objectives/Topics

<table>
<thead>
<tr>
<th>Objective/Topic</th>
<th>% Course</th>
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<tbody>
<tr>
<td>Health, Wellness and Finding the Right Balance</td>
<td>15%</td>
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<tr>
<td>Creating Healthy and Caring Relationships</td>
<td>15%</td>
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Choosing a Healthy Lifestyle 15%  
Avoiding Risks From Harmful Habits 15%  
Preventing and Fighting Disease 15%  
Facing Life's Challenges [Healthy Aging, Dying and Death, Injury Prevention, Emergency Care, Safety Education, Violence Prevention, Dangerous Environments] 15%  
Exams [ Five ] 10-50%  

<table>
<thead>
<tr>
<th>General Education Goals - Critical Thinking &amp; Social/Global Awareness</th>
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<tbody>
<tr>
<td><strong>CRITICAL THINKING OUTCOMES</strong></td>
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<tr>
<td>Students will be able to</td>
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<tr>
<td>➢ develop meaningful questions to address problems or issues.</td>
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<td>➢ gather, interpret, and evaluate relevant sources of information.</td>
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<td>➢ reach informed conclusions and solutions.</td>
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<td>➢ consider analytically the viewpoints of self and others.</td>
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<thead>
<tr>
<th><strong>SOCIAL/GLOBAL AWARENESS OUTCOMES</strong></th>
<th><strong>HOW DOES THE COURSE ADDRESS THE OUTCOMES</strong></th>
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<tbody>
<tr>
<td>Students will begin to understand how their lives are shaped by the complex world in which they live.</td>
<td>Students will begin or continue to understand and appreciate how their lives are shaped by the complex world in which they live by experiencing first-hand the value of the civilized campus, village, county, state and national environment we all create and share together.</td>
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<tr>
<td>Students will understand that their actions have social, economic and environmental consequences.</td>
<td>Students will understand that their actions (behavior) have social, economic, and environmental consequences for themselves and others, or may become pathways to bright, meaningful, exciting reasons for life satisfaction. Goal one is to learn to age successfully. Character education is the predictor of success in a civilized world.</td>
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Revised 03-14
**Instructional Methods**
The instructor should use multimedia presentations, large group lecture, small group work, student presentations, invited guest speakers, internet/website searches, and selected instructional videos.

**Methods of Assessment/Evaluation**

<table>
<thead>
<tr>
<th>Method</th>
<th>% Course Grade</th>
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<tbody>
<tr>
<td>Five Exams</td>
<td>50%</td>
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<tr>
<td>Written critiques or other class assignments</td>
<td>25%</td>
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<tr>
<td>Term Paper or Special Project Assignment</td>
<td>25%</td>
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**Text(s)**
Required

**Bibliography**
No print resources specified

**Other Learning Resources**

**Audiovisual**
Video: Fit or Fat (40 minutes)

DVD: The Dark Side of the Sun-Practice Safe Sun (40 minutes)

DVD: Eating Disorders-New Approaches to Treatment (42 minutes)

Additional visual aids as they become available and are appropriate for the college population.

**Electronic**

Discovery Health Channel CD-ROM Health & Wellness Lecture Launcher

www.acsm.org (American College of Sports Medicine ACSM)

www.webmd.com (WEBMD)

www.health.gov/healthypeople/publications.com (Healthy People 2010 Report)

www.aahperd.org (American Alliance for Health, Physical Education, Recreation and Dance - AAHPERD)

www.cooperfitness.com (Cooper Fitness Center)


www.nationalwellness.org (National Wellness Institute)

www.healthway.gov (Health Way)

www.cdc.gov (Center for Disease Control & Prevention)