

Southern Arkansas University Tech
P.O. Box 3499 ~ East Camden, AR 71701 ~ 870-574-4500
www.sautech.edu

Online Course Information Form

Course Number: HS1403

Course Title: Personal & Community Health

Course Description: A consideration of the various conditions and factors affecting individual and community health, designed to assist the student in formulating his/her own philosophy, attitudes, and understanding of behaviors necessary to establish healthy living practices.

Instructor: Dr. Carol Ann Duke

Instructor Bio: BA in Sociology/Social Work, University of Arkansas at Little Rock, AR
M.Ed. in Health Education, Texas A & M University, College Station, TX
Ph.D. in Educational Administration, Madison University, Gulfport, MS

Prerequisite: None

Textbook Title: Floyd, Patricia A., Mimms, Sandra E. Yelding Caroline. *Personal Health: Perspectives and Lifestyles*. Fourth edition. Thompson Wadsworth Publishing.

Learning Outcomes:

1. The student will demonstrate an understanding of the importance of a healthy lifestyle to enable the student to work effectively, to enjoy leisure time, to resist lifestyle related diseases, and to meet emergency situations.
2. The student will be able to recognize that total health encompasses a state of physical, mental, and social well-being.
3. The student will demonstrate that he/she has acquired knowledge and understanding concerning the structure and function of the body's cells, tissues, organs, and systems of the body as they relate to maintaining good health and wellness.
4. The student will demonstrate knowledge of growth and development characteristics as they affect the physical, social, mental, intellectual, and spiritual aspects of holistic health.
5. The student will be able to identify six categories of risk behaviors as identified by the Centers for Disease Control and Prevention and devise motivational intervention strategies to reduce risk.
6. The student will be able to comprehend chapter objectives concerning Healthy People 2000 government goals that will enable students to become active participants in the national drive to improve all citizens' overall health.
7. The student will demonstrate the ability to advocate for personal, family, and community health as well as analyze the influence of culture, gender, race, media, consumerism, and technology factors on health services for self and others.

Teaching Methodology, including description of interaction between student and instructor:

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2. The student will be able to recognize that total health encompasses a state of physical, mental, and social well-being.
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6. The student will be able to comprehend chapter objectives concerning Healthy People 2000 government goals that will enable students to become active participants in the national drive to improve all citizens' overall health.
7. The student will demonstrate the ability to advocate for personal, family, and community health as well as analyze the influence of culture, gender, race, media, consumerism, and technology factors on health services for self and others.

Methods of Testing: The 6 unit exams will be compiled of multiple choice, true/false, short answer, and fill in the blank questions from each of the 15 lesson tests and will not be released to you until you have completed all of the lessons in that unit.

EXAMPLE: Unit One Exam is made up of Lessons, 1, 2, and 3 in Unit One. You must complete all three of the lesson tests before you can take the Unit One Exam.

Make sure you have studied before you take the Unit Exams; you will only have ONE attempt at taking them!

Special Attendance Requirements (student contact with instructor, proctored examinations, etc.):

Reasonable Progress and Contact with the Instructor:

Students must show reasonable and satisfactory progress toward completing the required coursework throughout the semester. Students may be dropped from this course for failing to make reasonable and satisfactory progress throughout the semester. Students must also maintain contact with the instructor on a regular basis throughout the semester.

Academic Honesty:

Professional integrity requires academic honesty. The work completed in this course and the exams taken should be done only by the student registered for this course. Cheating, plagiarizing, and/or copying of other student work, having another person complete work for you, or any other form of academic dishonesty for a grade is expressly prohibited and will result in an "F" for the course or the work in question. This course abides by the SAU Tech policy and regulations regarding student academic honesty as set forth in the catalog. If it is suspected that academic dishonesty of any kind is taking place, the instructor may require that a student take their exams in person or before a proctor.

The final exam must be taken at an approved proctor site. Visit the college web site at http://www.sautech.edu/web_based_learning/policies/proc_sites.pdf for more detailed information.

Other Considerations (writing ability, assignments/projects, time considerations, etc.)

Internet Assignments: Each student will find and report on fifteen (15) Internet articles that deal with some topic covered in each of the 15 lessons covered in this course. Read the article and write a summary of the main points, then write a personal review of the article: what you liked, found useful, did not like, whether or not you'd recommend this site to others.

Critical Review Papers: Each student will select two (2) movies from the approved course listing. Based on a critical review outline provided by the instructor, students will develop a 5-page; double-space typed paper based on the viewing of each of the two (2) self-selected movies.

Assignments: Students should complete all work. You should monitor your progress through the course by keeping up with the suggested completion dates listed in the calendar.

Discussion: You will respond to a variety of suggested items for discussion and comment on other students' responses. You may also post questions to other students or to your instructor.

Project: Each student will be required to plan your own funeral; include all of the following: Complete funeral service, Costs, Disposition of body, Epitaph, Eulogy/obituary, and Wake/calling hours. Be creative in your development of this project; make it personal and a lasting statement of your life for your family, friends, and loved ones to be able to keep and cherish after you are gone.