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. Lisa Oden

Instructor Bio:

Prerequisite: None

Textbook Information: 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.

On-Campus Requirement
The final exam must be taken at an approved proctor site.   Visit the college website at www.sautech.edu for detailed information.

Modes of Interaction
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.

Methods of Assessment

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!

Enrollment Procedures

SAU Tech is an open admissions college; however, we have several items that you must provide in order to be admitted:

- Submit application for admission.
- Submit a high school transcript or GED, and official college transcripts from all previously attended colleges (if applicable).
- Provide proof of two immunizations against measles, mumps and rubella.
- Take a placement test. Students enrolling must submit ACT, SAT, ASSET or COMPASS scores. Students can take the ASSET or COMPASS test at SAU Tech.

Students are responsible for all tuition and fees at the time of registration. Students must officially drop by written notice or in person in order to reduce their balance owed. If students never attend class, he/she will still be assessed partial tuition and full student processing fees, unless he/she completely withdraws during the 100% refund period.

In order for a student to drop a class, he/she must complete a drop form or send written request to his/her advisor. A $10 drop fee is assessed for drops that take place after the registration period ends.

Admissions Office Website: http://www.sautech.edu.edu/studentResources/admissions.aspx

Course Registration Website: http://www.sautech.edu/studentResources/advising.aspx

Technical Requirements and Resources: Students will need Internet access and have the ability to send and receive e-mail attachments using the e-mail within Blackboard.

Library Website: http://www.sautech.edu/lrc/index.aspx

Bookstore Website: http://sautech.textbooktech.com

Adult Learner Resources: Online library and bookstore services can be obtained at the library and bookstore websites. Advising services can be obtained at http://www.sautech.edu/studentResources/advising.aspx.

Student Support and Learning Resources: Online library and bookstore services can be obtained at the library and bookstore websites.   Advising services can be obtained at http://www.sautech.edu/studentResources/advising.aspx.

Other Considerations

Prior computer skills are essential for success in an online class.   Prior to enrolling in an online class, you should be able to:

- Surf the Internet and download web pages
- E-mail and attach files and know proper e-mail etiquette
- Use Microsoft Word skills and submit papers with correct format, grammar and spelling

All first time online students are required to complete Learning Strategies before they will be allowed to take their online course(s).   The purpose of Learning Strategies is to teach students how to use Blackboard and provide information about other systems that students will use while a student at SAU Tech.

There are computer programs and other things that you will need if you are taking an online course from SAU Tech.   To make it easier for you, we have compiled a list of these things.   Before beginning your online course, you should go ahead and make sure each of these programs listed below are loaded on every computer that you will use while taking your online course(s).

- Microsoft Word – used to complete assignments and submit to instructor
    - Can be accessed via SkyDrive inside your student email account. **FREE**
    - Can be purchased from Wal Mart or other software vendor and will need to be loaded on to your computer
    - There is also a **free** product that works just as good as the Microsoft Office Suite. You can download it at http://download.openoffice.fm/free/?pk=26976
- Adobe Reader 7.0 or higher – used to read files in pdf format
    - Cost: Free
    - Can be downloaded to your computer from http://www.adobe.com/products/acrobat/readstep2.html
- Adobe Flash Player (7 or higher) – used to view study activities and demonstrations in Learning Strategies course
    - Cost: Free
    - Can be downloaded to your computer from

- http://www.adobe.com/shockwave/download/download.cgi?P1_Prod_Version=Shockwav eFlash

- <u>Macromedia Shockwave Player 8.5.1</u> – used for interactive quizzes, animations and activities
    - o Cost: Free
    - o Can be downloaded to your computer from http://www.macromedia.com/shockwave/download/download.cgi?

- <u>Windows Media Player</u> – used to listen play audio files
    - o Cost: Free
    - o Comes as part of your Windows operating system
- <u>Java</u> – a technology that is required in order for Blackboard to function properly as well as some other programs that SAU Tech uses with its online classes (**Note: Only one version of Java can be running on your computer at a time.**)
    - o Cost: Free
    - o Can be downloaded to your computer from http://javashoplm.sun.com/ECom/docs/Welcome.jsp?StoreId=22&PartDetailId=jre-