

University of Maryland, College Park

Department of Public and Community Health

HLTH 140 - Personal and Community Health

Instructor: TBA	<u>OFFICE HOURS</u>
Office/Phone: NA	TBA
Email: Rs12@umail.umd.edu	TBA
Semester: Current	TBA
Classroom/Time: TBA	TBA
Teaching Assistant: NA	TBA

Required Textbooks & Other Readings	Required Text: Insel, P.M., Roth, W.T. Core Concepts in Health, Brief 9e, 2002. McGraw-Hill, Boston.
Course Description	Introduction to the dimensions of health as it is related to the individual and to the community. This course introduces constructive methods of health promotion, personal goal setting, and encourages students to take greater responsibility for personal health and well being.
Course Objectives	<ul style="list-style-type: none"> • To increase knowledge of how the body functions and how individual actions and choices affect wellness. • To explore personal attitudes, values, and beliefs which may influence health behavior. • To develop a personal philosophy of wellness. • To increase understanding and broaden knowledge of current and factual information regarding health issues. • To assist students in developing skills necessary for improving personal and community health. <p>In order to help students meet these objectives, the instructor will make every effort to provide a classroom environment that encourages the expression of thoughts, ideas, attitudes, and values relevant to the topics being presented. This will require the cooperation of each student in displaying punctuality, mutual respect, and courtesy during class meetings.</p>
Course Policies	<p><u>Missed Exams or other assignments:</u></p> <p>Make-up exams will only be given under special or emergency circumstances (appropriate documentation will be required). If you are going to miss an exam due to athletic participation or any other reason, you must notify me in advance so alternative arrangements can be made. In the event of a documented illness or accident on the day of the exam, call the G.A. office at (301)-405-3453 or the</p>

Health Education office at (301) 405-2463 and leave a message for the instructor. The student must contact the instructor within 24 hours of the missed exam in order to be eligible for a make-up exam. Any make-up exam must be taken within 1 week of the original exam date, or zero points will be earned for the exam. Once an exam has been taken, your grade is final.

Classroom Policies

Please do not use cell phones, pagers, headsets, tape recorders, or other electronic devices in class. It is disruptive to the instructor and your peers.

Regular attendance and prompt arrival to class is expected. If you miss class, it is your responsibility to get missed notes, handouts, and assignments from your classmates. The instructor will not provide notes or outlines from missed lectures. Class topics may vary from the tentative schedule.

Class participation is an essential component of the learning process and is encouraged and expected from all students.

Accommodations for students with disabilities:

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.

Academic Integrity:

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

- ✓ CHEATING : intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information see:

<http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html>

Religious Observances:

The University System of Maryland policy provides that students *should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.* **It is the student's responsibility to inform the instructor in advance of any intended absences for religious observance.**

- Possible Course Sequence -

Class	Topic / Chapter
1st	Introduction
	Taking Charge of Your Health 1
	Stress: The Constant Challenge 2
	Psychological Health 3
	Nutrition Basics 9
	Exercise for Health and Fitness 10
	Weight Management 11
	Eating Disorders 11
	Cardiovascular Disease 12
	Cancer 12
	Intimate Relationships 4
	Sexuality, Pregnancy, and Childbirth 5
	Contraception and Abortion 6
	Immunity and Infection 13
	HIV and other STDs 13
	Violence and Intentional Injuries 16
	Psychoactive Drugs 7
	Alcohol and Tobacco 8
	Creative Expressions Project Presentations
Date	FINAL EXAMINATION Place: _____ Time: _____

Evaluation	Grading
<p>The number of points you accumulate on exams, homework, in-class assignments, projects, and papers will determine the grade you earn in this course. Grades will not be negotiable.</p> <p>Predicted Point Breakdown Exams (3 exams @ 100 points each) 300 points Homework and In-class Assignments 100 points Paper 50 points <i>One letter grade will be deducted each day the paper is late unless a legitimate, documented excuse is presented</i> Creative Expression Project 25 points Total points 475 points</p>	<p>A+ = 96-100% (454-475 points) A = 93-95% (440-453 points) A- = 90-92% (426-439 points)</p> <p>B+ = 86-89% (407-425 points) B = 83-85% (392-406 points) B- = 80-82% (378-391 points)</p> <p>C+ = 76-79% (359-377 points) C = 73-75% (345-358 points) C- = 70-72% (331-344 points)</p> <p>D+ = 66-69% (312-330 points) D = 63-65% (297-311 points) D- = 60-62% (283-296 points)</p> <p>F = 0-59% (0-282 points)</p>

Course Requirements

Three non-cumulative exams will be given. Material gathered from the text, lectures, class discussions, guest speakers, videos, and any other material presented during class sessions may appear as exam questions. Please bring a #2 pencil to each exam.

Homework and in-class assignments may involve completing wellness worksheets, personal assessments, quizzes, short reaction papers in response to videos, and various other assignments. Homework will be due the following class period unless otherwise stated. All homework assignments should be turned in on time. Homework will only be accepted up to one class period late; and one letter grade will be deducted from late assignments.

In-class assignments will be given throughout the semester. The in-class assignments are not announced in advance. They must be completed during the assigned class period and turned in during class. Students who are absent on days an in-class assignment is given may not make up the missed points.

Students are required to write a short paper on a topic of interest relating to personal or community health. The paper should be 4-5 pages in length, typed and double-spaced using 12-point font. Please use APA format and make sure that a title page and subheadings are included. There must be a minimum of three references from peer-reviewed journals. Correct spelling and grammar do matter. One letter grade will be deducted each day the paper is late unless a legitimate, documented excuse is presented.

The creative expression is a personal creation that you feel expresses an aspect of health that is of personal interest to you. It is expected that you be innovative with your creation (yes, you too can be creative!), and collages will not be accepted. A one page, typed and double-spaced interpretation of your work must accompany the creative expression. Students will present their creations on a specified date; attendance on this day is mandatory. Late projects will not be accepted.