



RANGER COLLEGE
RANGER, TEXAS

COURSE SYLLABUS

PERSONAL AND COMMUNITY HEALTH

PHED 1304

3 credit hours

INSTRUCTOR:

Kathy Graham

INSTRUCTOR: Kathy Graham
EMAIL: kgraham@rangercollege.edu
OFFICE: athletics building
PHONE: 254.647.3572
HOURS: by appointment via email

I. Texas Core Curriculum Statement of Purpose

Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

II. Course Description

Investigation of the principles and practices in relation to personal and community health.

III. Required Background or Prerequisite

Desire and ability to explore, learn and apply principles related to personal and community health. Time management skills to study.

IV. Required Textbook and Course Materials

- Computer and internet access. Current Blackboard and email account at Ranger College.
- **Hales, Dianne. An Invitation to Health Live it Now 9th Edition ISBN: 978-1-305-11356-5**

V. Course Purpose

This course provides an introduction to the fundamentals, 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.

VI. Learning Outcomes

- Evaluate the dimensions of health and how they relate to personal and/or community wellness.
- Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
- Describe the leading health problems, trends, and needs of diverse populations.
- Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.
- Evaluate sources of health information, including the internet, to determine reliability.
- Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

- Identify major professional organizations, foundations and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

VII. Core Objectives

This course meets the following of the six Core Objectives established by Texas:

- ☒ **Critical Thinking Skills (CT)** – Creative thinking, innovation, inquiry, and analysis; evaluation and synthesis of information
- ☒ **Communication Skills (COM)** – effective development, interpretation and expression of ideas through written, oral, and visual communication
- ☒ **Empirical and Quantitative Skills (EQS)** – The manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- ☒ **Teamwork (TW)** – The ability to consider different points of view and to work effectively with others to support a shared purpose or goal
- ☒ **Social Responsibility (SR)** – Intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
- ☒ **Personal Responsibility (PR)** – The ability to connect choices, actions, and consequences to ethical decision-making

VIII. Methods of Instruction

Lecture, discussion, individual research, field trip.

IX. Methods of Assessment

- All assignments, quizzes and tests are weighted equally, participation is figured at the end of the semester and accounts for 5% of the grade. 3 or more absences will lower participation grade (PR, COM).
- Research projects and presentation of information in paper, Power Point or presentation format (individual and group)(CT, COM, EQS, TW)
- Group presentations (CT, COM, EQS, TW, SR)
- Program design (CT, COM, EQS, TW, SR, PR)
- Interview and other assignments based on observations (CT, COM, EQS, SR, PR)
- Tests and quizzes (CT, EQS)

Grading scale: A = 90-100% B = 80-89 C = 70-79 D = 60-69 F = Below 60

X. Course/Classroom Policies

Participation is an essential component of the class, and grading scale. Class participation will be worth 5% of the entire grade. 3 or more unexcused absences will lower participation grade. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. Attendance will be taken daily. Tardies will be assessed at ½ of absence. No cell phone use or earphone use will be permitted in class. Cell phones users may be asked to leave class, and/or will lose their participation points for the day. No test, including the final, will be administered 5 minutes after the test was scheduled to start.

XI. Course Outline/Schedule

Schedule is tentative and may change. **It is the student's responsibility to check Blackboard for all class announcements and assignments.** Grades, except for participation, will also be posted on Blackboard. Final grades will be submitted via Campus Connect.

WEEK	DATE	DESCRIPTION	ASSIGNMENTS	APROX. POINTS
1	1/16	Syllabus, book	Health and Wellness Wheel Due 1/25 before class	20
2	1/22	Definitions of mental, emotional and spiritual health	Spiritual well-being	50
3	1/29	Mental health resources Stress sources p 57 Acute and chronic effects p 64	Guest speaker Diagram of GAS or resources	
4	2/5	Stages of Change Chart Stress stations Definition of social health Dating game Review for test	Intimacy Quotient- version 16 p. 135	10
5	2/12	Test 1 Power point on nutrition	Design a day due 2/21	100 30
6	2/19	Healthy body fat % Dangers of excess weight Eating/body image disorders	Triggers (in class)	
	2/26	Food labels Physical fitness	Food labels assignment Fitness program due 3/7	10 30

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7	3/5	Components of fitness Power Point on a complete workout Review	Test 2	100
	3/12	SPRING BREAK		
	3/19	Sexual health Physical aspects Decisions STI's	STI paragraph Decisions Due 3/26	20 20
	3/26	Reproductive Choices Baby development video	Comparison of contraceptive methods Due 4/2	30
	4/2	Major Diseases	Major diseases chart	30
	4/9	Addictions- definitions/ symptoms Various addictions Skilled nursing facility visit	Am I addicted? Interview questions	20 20
	4/16	Alcohol and Tobacco Effects of Alcohol and tobacco	Planning ahead and Cost of DUI or DWI due 4/23	20
	4/23	Consumer health- internet, medical coverage, office visits, types of CAM	Health Care and Insurance due May 2	30
	4/30	Test 4 Review for final		
	5/7	Regular classes on Mon. Finals week	Final	100-150

XII. Non-Discrimination Statement

Admissions, employment, and program policies of Ranger College are nondiscriminatory in regard to race, creed, color, sex, age, disability, and national origin.

XIII. ADA Statement

Ranger College provides a variety of services for students with learning and/or physical disabilities. Students are responsible for making initial contact with the Ranger College Counselor, Gabe Lewis (glewis@rangercollege.edu). It is advisable to make this contact before or immediately after the semester begins.