

CASPER COLLEGE COURSE SYLLABUS
Course Number & Title: HLED 1006 Personal & Community Health

Semester/Year: Fall 2015

Lecture Hours: **3** Lab Hours: **NA** Credit Hours: **3**

Class Time: 10:00 – 10:50 AM Days: M-W-F Room: TB 158

Instructor's Name: Dwight Gunnare

Instructor's Contact Information: Office Phone: (307) 268-2627 Email: **dgunnare@caspercollege.edu**

Office Hours: 11:00 – 11:55 M-T-W-TH-F

COURSE DESCRIPTION: Designed to develop the understanding, attitudes, and practices which contribute to better individual and community health.

STATEMENT OF PREREQUISITES: None

GOAL: Students will obtain a basic knowledge of health behaviors to enhance the health of the individual and the community through health choices and strategies; consumer information on health products and services; emphasis on what to do, not on what not to do, to enhance the quality of life based on prevention rather than cure.

OUTCOMES:

1. The student understand scientific methods that can be used to measure personal health and wellness.
2. Solve problems using critical thinking and creativity as it pertains to personal, community, and global health care.
3. Understand the value of personal, civic, and social responsibilities as it pertains to personal, community, and global health and wellness.

COURSE OBJECTIVES:

1. Students will receive practical recommendations to adopt healthier lifestyles.
2. Students will obtain the knowledge to assess and modify their attitudes and behaviors regarding health practices.
3. Students will acquire a basic knowledge of the financial impact of health care.

METHODOLOGY: Lecture-discussion, out of class projects, and research vary with appropriate topics. Assignments may include related seminars, health fairs, etc. being offered during the semester.

EVALUATION CRITERIA: Evaluation of class attendance, exams, and out-of-class assignments will determine the course grade.

Grading Scale:

- A = 90% of points possible
- B = 80% - 89%
- C = 70% - 79%
- D = 60% - 69%
- F = less than 60%

Casper College may collect samples of student work demonstration achievement of the above outcomes. Any personally identifying information will be removed from student work.

REQUIRED TEXTS, READINGS, MATERIALS: NA

CLASS POLICIES:

Last Date to Change to Audit Status: Please refer to current Casper College catalog.

Last Date to Withdraw with a W Grade: Please refer to current Casper College catalog.

Notification of unit exams will be provided a minimum of one week in advance. Students will be required to take the exam on those dates unless prior arrangements are made with the instructor.

*Attendance is worth 100 points and will be calculated in the final grade. Each student will be allowed one unexcused absence with each additional unexcused absence will result in a 5 pt. reduction from attendance points. All classes missed due to school-related activities will be excused. **One week/arrangement for make-up work/exams.***

STUDENT RIGHTS AND RESPONSIBILITIES: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor in order to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take your problem through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

Academic Dishonesty - Cheating & Plagiarism: Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

COURSE CONTENT:

- Unit 1 Health Components - Health Care Cost – Governments role in health care
- Unit 2 Psychological Health
- Unit 3 Stress and Stress Management
- Unit 4 Violence and Abuse
- Unit 5 Substance Abuse
- Unit 6 Nutrition - Body Weight & its Management - Physical Fitness & Cardiovascular Health
- Unit 7 Reproductive Health
- Unit 8 Infection, Immunity and Noninfectious Disease
- Unit 9 Environmental Health