



Concepts of Personal and Community Health HLT 110 Online

INSTRUCTOR INFORMATION

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Office Hours: Posted in Blackboard

COURSE DESCRIPTION

Credits: 3
Submissions: 8
Assessments: 6
Online Activities: Required

Description: Studies the concepts related to the maintenance of health, safety, and the prevention of illness at the personal and community level.

COURSE MATERIALS

Textbook: No text required

Note: NRCC assumes no liability for virus, loss of data, or damage to software or computer when a student downloads software for classes.

Additional resource materials for some NRCC classes can be found on the NRCC Web-based learning site at www.nr.edu/learninglinks.

The Student's Guide to Distance Education is available at <http://www.nr.edu/de/pdf/stuguide.pdf>.

IMPORTANT! The recommended browser to use with the current version of Blackboard is Mozilla Firefox. Other browsers are inconsistent in their performance with Blackboard. When taking tests or quizzes, USE a wired connection.

COURSE INFORMATION

Prepared By: Brian Clark

Approved By: Dr. Janice Shelton, Interim Dean

A. INTRODUCTION

This is a Distance Education course designed specifically for those students whose learning styles are best served by providing instructional opportunities beyond the traditional classroom setting.

Leading a happy and healthy life requires taking personal responsibility for your health and wellbeing. Over two-thirds of all deaths in America are due to some form of chronic disease, and it is estimated that over 80 percent of chronic disease is controllable through lifestyle choices. That is to say, most diseases and deaths are caused by poor choices. Unfortunately, most people do not even know when they are making poor choices due to lack of health education.

Key factors to living a long healthy life include regular exercise, proper nutrition, adequate healthcare, minimizing environmental risks, and fostering strong social bonds. Succeeding in these areas is most easily accomplished by continually making positive health choices on a daily basis. The cumulative effect of regularly making positive decisions over the course of a lifetime will result in an increased quality and quantity of life. This course will encourage you to take personal responsibility for the health and wellbeing of yourself and your community. Topics on both personal and community health will be significantly addressed.

B. COURSE OBJECTIVES

1. The student should recognize the importance of utilizing a scheduling tool to enhance one's ability to plan and execute essential tasks.
2. The student will attend a community event or participate in a preventative diagnostic screening related to personal and/or community health.
3. The students will discuss the fundamental components needed to make a scientific argument as it relates to the scientific method.
4. The student will review information on the Affordable Care Act, requirements for obtaining personal health insurance, and opportunities to obtain coverage through the Virginia health insurance exchange.
5. The student will perform a review of current literature on public health to critically evaluate health and wellness information from a professional journal or professional website.
6. The student will watch videos on the physiology of cancer, cardiovascular disease, and diabetes.
7. The student will utilize software to analyze dietary intake and compare personal intake to recommendations for calories, vitamins and minerals.
8. The student will watch a video on vaccinations to prevent communicable disease.
9. The student will be presented facts and concepts relevant to wellness, stress, sexuality, physical fitness, nutrition, disease, substance use, aging, death and dying and consumer health which will better enable the student to make value judgments regarding lifestyle and how it affects personal health and the health status of the community.

C. COURSE CONTENT

The content will provide students the opportunity to evaluate current levels of health/wellness and acquire greater knowledge and understanding of the following areas:

1. Time management
2. General Concepts of Health and Wellness
3. Cardiovascular Disease
4. Diabetes
5. Cancer
6. Nutrition
7. Health Insurance
8. Nutrition
9. Weight Management
10. Human Sexuality
11. Reproductive Choices and Childbirth
12. Infectious Diseases
13. Drug Use, Misuse and Abuse
14. Alcohol and Tobacco Use, Misuse and Abuse
15. Consumerism, Complementary/Alternative Medicine and the Health Care System
16. Physical Fitness
17. Public Health Initiatives

D. GRADING/EVALUATION

<u>Assignment</u>	<u>Points</u>
1. Five Quizzes	300
2. Three Discussion Boards	150
3. Two Scheduling Prioritization	100
4. USDA SuperTracker Diet Analysis	50
5. Wellness Passport	50
6. Article Review	50
7. Introductory Letter	50
Total	750

All assignments are worth 50 points. Assignments are never accepted after the posted due date, however the student's two lowest grades will automatically be dropped at the end of the semester and will not be used in the calculation of a final grade.

Final grades will be based on the following scale.

<u>Accumulated Points</u>	<u>Grade</u>
>90%	A
80-90%	B
70-80%	C
60-70%	D
<60%	F

E. LATE POLICY

Assignments will never be accepted after the posted due date. The nature of an online class allows the student tremendous autonomy regarding when assignments are completed. It is the student's responsibility to plan accordingly to ensure assignments are completed by the posted due date.

F. WITHDRAWAL POLICY**Student Initiated Withdrawal Policy**

A student may drop or withdraw from a class without academic penalty during the first sixty percent (60%) of a session. For purposes of enrollment reporting, the following procedures apply:

- a. If a student withdraws from a class prior to the termination of the add/drop period for the session, the student will be removed from the class roll and no grade will be awarded.
- b. After the add/drop period, but prior to completion of sixty percent (60%) of a session, a student who withdraws or is withdrawn from a course will be assigned a grade of "W." A grade of "W" implies that the student was making satisfactory progress in the class at the time of withdrawal, that the withdrawal was officially made before the deadline published in the college calendar, or that the student was administratively transferred to a different program.
- c. After that time, if a student withdraws from a class, a grade of "F" will be assigned. Exceptions to this policy may be made under documented mitigating circumstances if the student was passing the course at the last date of attendance.

A retroactive grade of "W" may be awarded only if the student would have been eligible under the previously stated policy to receive a "W" on the last date of class attendance. The last date of attendance for a distance education course will be the last date that work was submitted.

Late withdrawal appeals will be reviewed and a decision made by the Coordinator of Student Services.

Instructor Initiated Withdrawal

Students who have not attended class or picked up/accessed distance learning materials by the last day to drop the class and receive a refund must be withdrawn by the instructor during the following week. No refund will be applicable. Students who fail to submit work by the deadlines will be withdrawn after they have missed two assignment deadlines. Students who are withdrawn in this manner after the withdrawal date set each semester receive a grade of "F" in the course.

Students who are not up to date and on schedule with course work by the drop deadline will be withdrawn from the course.

No-Show Policy

A student must either attend face-to-face courses or demonstrate participation in distance learning courses by the last date to drop for a refund. A student who does not meet this deadline will be reported to the Admissions and Records Office and will be withdrawn as a no-show student. No refund will be applicable, and the student will not be allowed to

attend/participate in the class or submit assignments. Failure to attend or participate in a course will adversely impact a student's financial aid award.

G. CHEATING/PLAGIARISM POLICY

A final letter grade of F will be awarded to anyone caught plagiarizing or cheating. To plagiarize is "To use and pass off as one's own the ideas or writings of another." (Definition adapted from the American Heritage Dictionary.) Plagiarism includes lifting words or ideas from Internet sites, as well as copying from print sources. Cheating is utilizing an inappropriate resource to complete assigned work in this class. Examples include having someone help you with a quiz, utilizing another person's assignment(s) from a previous semester, and falsifying documentation. The work you submit in this class is to be totally your own.

H. DIVERSITY STATEMENT

The NRCC community values the pluralistic nature of our society. We recognize diversity including, but not limited to, race, ethnicity, religion, culture, social class, age, gender, sexual orientation and physical or mental capability. We respect the variety of ideas, experiences and practices that such diversity entails. It is our commitment to ensure equal opportunity and to sustain a climate of civility for all who work or study at NRCC or who otherwise participate in the life of the college.

New River Community College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dr. Mark C. Rowh, Vice President for Workforce Development and External Relations, 217 Edwards Hall, 540-674-3600, ext. 4241.

I. DISABILITY STATEMENT

If you are a student with a documented disability who will require accommodations in this course, register with the Center for Disabilities Services located in the Counseling Center in Rooker Hall for assistance in developing a plan to address your academic needs.