Personal & Community Health  HPER 1053

Instructor: Mike Mcbrayer Office: Located in the gym lobby

Textbook: An Invitation to Health, 12th edition by Dianne Hales

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A If you have a disability, please let the instructor know so that they may work cooperatively with you and the Counseling Office to provide reasonable and fair opportunities for you to be a productive and successful learner. @

Class Objectives:

1. Students will be able to identify elements that are necessary for a complete state of physical, mental, and social well-being.

2. Students will become aquatinted with the human life cycle C from reproduction through death.

3. Students will develop a consciousness of how alcohol, tobacco, and drugs can affect their lives.

4. Students will expand their understanding of physical fitness, nutrition, and weight control as it relates to personal health.

Course Requirements:

1. Reading □ you have reading assignments for each test.

   Test 1 □ Chapter One & Two Test 2 □ Chapter Four & Five

   Test 3 □ Chapter Six & Seven Test 4 □ Chapter Eight & Nine

   Test 5 □ Chapter Ten & Eleven Test 6 □ Chapter Twelve & Thirteen

   Test 7 □ Chapter Fifteen & Nineteen
2. Seven Tests. Each test will consist of 25 multiple choice questions. You will be able to take the test over the Moodle program. Each test will have a deadline, which means you can not take it after that date, just before that date.

3. For every time you participate on the discussion forum, you will receive one point up to a total of 25 points for the semester.

4. Reflection paper □ List 5 things you learned and how they will affect your life. Maximum of 500 words.

**Method of Evaluation:**

1. 7 tests will be given during the semester; each test will be worth 25 points, each question will be worth one point each.

2. Final grades will be determined by adding the total amount of points earned from each test and added to the points earned from the discussion forum.

**FINAL POINTS/GRADE CHART**

180 - 200□□A

160 □ 179□□B

140 □ 159□□C

120 □ 139□□D

0 □ 119 □...F

**Academic Ethics:**

The student enrolled in the class is expected to complete the assignments. If unethical behavior is detected, ALL parties involved will be denied points for that assignment or examination. The suspected material and a report of the ethics violation may be submitted to the Division Dean or the Academic Vice President for further action as deemed necessary.