

**SYLLABUS
PERSONAL AND COMMUNITY HEALTH**

**WAYLAND BAPTIST UNIVERSITY
DIVISION OF EXERCISE AND SPORT SCIENCE**

UNIVERSITY MISSION: Wayland Baptist University exists to educate students in an academically challenging and distinctively Christian environment for professional success, lifelong learning and service to God and humankind.

COURSE NUMBER AND TITLE: EXSS 2305 Introduction to Personal and Community Health

TERMS AND DATES: Spring 2008 - Jan 10-May 2 Class time TT 12:20-1:30

OFFICE HOURS: MWF 9:00-11:00 MW 1:00-3:00 TT 10:05-11:30

INSTRUCTOR'S NAME, OFFICE NUMBER, AND E-MAIL ADDRESS:

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CATALOG COURSE DESCRIPTION: Designed to acquaint students with the basic concepts and methods related to a wide variety of health related issues. Emphasis is placed on maintaining personal health and recognition of the community's needs and concerns for health.

PREREQUISITE KNOWLEDGE, SKILLS AND COURSE NUMBERS:

EXSS 1301, EXSS 1112

REQUIRED RESOURCE MATERIALS:

- A. Student Textbook: Michael L. Teague, Sara L. C. Mackenzie, David M. Rosenthal. **Your Health Today, Choices in a Changing Society.** McGraw Hill, Brief Edition.2007
- B. Other book/Periodical Resources: American Red Cross First Aid
- C. Laboratory Resources:
- D. Access to WBU Learning Resources
www.wbu.edu/lrc

COURSE OUTLINE:

1. Health in a Changing Society
2. Genetics: you and Your Family Health History
3. Mental Health and Stress: A Balanced Life
4. Spirituality: Finding Meaning in Life and Death

5. Sleep: Renewal and Restoration
6. Nutrition: Healthy Food Choices
7. Fitness: Physical Activity for Life
8. Body Weight and Body Composition: The Healthy Balance
9. Body Image: Viewing Yourself
10. Alcohol and Tobacco: Making Responsible Choices
11. Drugs and Addictive Behavior: Use, Abuse, and Control
12. Relationships and Sexual Health: Communication, Sexuality, and Society
13. Reproductive Choices: Contraception, Pregnancy, and Childbirth
14. Injury and Violence: Prevention and Protection
15. Infectious Diseases; Prevention and Management
16. Cardiovascular Disease: Risks, Prevention, and Treatment
17. Cancer: Understanding a Complex Condition

COURSE REQUIREMENTS:

- A. Written Assignment: Each student will be required to complete all labs and practical assignments, worksheets and other projects over assigned topics indicated in the course calendar.
- B. Reading Assignments: Each student will be provided with handouts for topical information and study. Use of the text for lectures and review is of paramount importance for exam success.
- C. Projects and Other Assignments: Read 6 course-related Periodical/Internet articles written since 2005. Be prepared to discuss the articles during designated class meetings. Hand in a summary and a copy of the article. Word process a one-page summary (no more) which contains:
 - a bibliographic reference at the heading (MLA or APA format)
 - a summary of the article (½ page)
 - your reactions to the article (1/2 page)

Interview 2 teachers in this or a closely related field and be prepared to discuss the interview during designated class meetings. Word process a one-page summary (no more) which contains:

- a summary of the interview (1/2 page)
- your reactions to the interview (1/2 page)

Interview a teacher/coach who is presently teaching in a closely related field. Get their professional opinion on any of the health concerns in your book.

- D. Examinations: Perform satisfactorily on six assessments and a final exam.

COURSE (STUDENT) OUTCOME COMPETENCIES: At the completion of the course, students should be able to

1. Discuss the role genetics play in their lives.
2. Explain the problems of stress and daily problems.
3. Comprehend spirituality in understanding life and death.
4. Evaluate their need for sleep and relaxation.
5. Demonstrate their understanding of the contents and ingredients of particular foods.

6. Explain the behavior changes needed to ensure a good quality of life.
7. Evaluate themselves for health related fitness and have a proper self image.
8. Discuss the problems in today's society with drugs and tobacco and alcohol.
9. Physically test themselves for health related fitness.
10. Discuss the many problems in today's society and cardiovascular disease.
11. Evaluate relationships and children in today's families.

MEANS FOR ASSESSING STUDENT ACHIEVEMENT OF THE OUTCOME COMPETENCIES.

Major Exams	60%
Interviews and articles	20%
Chapter notes.....	10%
Final exam.....	10%

ATTENDANCE POLICY:

- A. Students should make every effort to attend all class meetings. All absences must be explained to the satisfaction of the instructor who will decide whether the omitted work may be made up.
- B. Any student who misses twenty-five (25%) or more of the regularly scheduled class meetings will receive a grade of F for that course.
- C. In case of an unavoidable absence, students should contact a class member or the instructor to report the absence, to obtain assignments and/or to turn in assigned work.
- D. A student may petition for exceptions to the above stated policies. Petition involves the student writing a letter, which explains the problem and request that an exception is made to the attendance policy.
- E. One point will be subtracted from your final average for each tardy.

EVALUATION:

- A. University Grading System-Catalog

ACADEMIC HONESTY: University students are to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating.

Disciplinary action for academic misconduct is the responsibility of the faculty members assigned to the course. See catalog for more information.

DISABLED PERSONS:

NOTE: It is University policy that no otherwise qualified person with disabilities be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University. It is the responsibility of the student to disclose and to provide documentation pertaining to the disability so that appropriate modifications may be made.