



## **Course Syllabus**

### **KINE 1304- Personal/Community Health**

**Online**

**Catalog Description:** 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.

**Prerequisites:** none

**Semester Credit Hours:** 3

**Lecture Hours per Week:** 3

**Lab Hours per Week:** 0

**Contact Hours per Semester:** 48

**State Approval Code:** 51.1504.51 16

**Class section meeting time:** Online—students are expected to spend at least 3-4 hours per week reading, reviewing, and participating in assigned activities for successful completion of this course.

### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree.  Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with

- others to support a shared purpose or goal
- TW1: Integrate different viewpoints as a member of a team
  - TW2: Work with others to support and accomplish a shared goal
  - Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
    - PR1: Evaluate choices and actions and relate consequences to decision-making
  - Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
    - SR1: Demonstrate intercultural competence
    - SR2: Identify civic responsibility
    - SR3: Engage in regional, national, and global communities

### **Instructional Goals and Purposes:**

The purpose of this course is to prepare students to manage the well-being and health of student athletes. Students will learn to recognize the signs and symptoms of common severe athletic injuries and differentiate them from less severe athletic injuries. Students will also learn the most up to date prevention methods and techniques.

### **Learning Outcomes:**

After studying all materials and resources presented in the course, the student will be able to:

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

### **Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

1. To develop an understanding of personal health and wellness including:
  - a. Physical Health
  - b. Psychological Health
  - c. Spiritual Health
  - d. Social Health
  - e. Intellectual Health
  - f. Environmental Health
2. To provide a knowledge base for the student in the following areas:
  - a. Personal stress management

- b. Fitness
  - c. Personal nutrition
  - d. Obesity and weight management
3. To develop a working knowledge in the following areas:
  - a. Communication and Relationships
  - b. Sexuality and reproductive choices
  - c. STD's and infectious disease
4. To become aware of drugs, and their effects on individuals and society, including:
  - a. Alcohol
  - b. Tobacco
  - c. Caffeine
  - d. Marijuana
  - e. Other stimulants, depressants, hallucinogens, and inhalants
5. To become conscience about Health Care, personal safety, and healthy working environments

**Exam 1 and Exam 2/Final Exam\* Dates: Will be listed under the Quizzes Tab**

**Exam 1: Opens on October 7th and closes on October 13th**

**Exam 2: Opens on November 20th and closes on December 4<sup>th</sup>.**

**\*\*\*Exams must be taken in the testing center. It is the responsibility of the student to check time and availability to take the exam.**

**Methods of Instruction/Course Format/Delivery:**

This course is offered in lectures, cooperative activities, video presentations, and online class discussions.

**Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

**Assignments**

Required reading assessed through 14 chapter quizzes. **(totaling 150 Points)**

**Assessment(s):**

1. Exam1: **100 Points**
2. Exam 2: **100 Points**

**Course Grade:**

The grading scale for this course is as follows and will be based on how many points the student gains out of the overall available points.

**A=300-Above    B=299-250**

**C=249-200        D=199-150**

**F=149-Below**

**Texts, Materials, and Supplies:**

- Required textbook:
- Hales, *An Invitation to Health Brief (8<sup>th</sup> Ed.)*, Wadsworth Publishing, Belmont, California. ISBN-13: 978-1-133-94000-5. ISBN-10: 1-133-94000-5

**Required Readings:**

- none

**Recommended Readings:**

- none

**Other:**

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>