

MONTGOMERY COLLEGE

Department of Health Enhancement, Exercise Science and Physical Education

HLTH 100 Sample Syllabus

I. General Course Information

A study of current health issues focused on information for making prudent personal health decisions. Course explores lifestyle wellness and preventive medicine concepts and practices. Includes mental, social, sexual, physical, and environmental health topics. (CE: R and T) Assessment levels: ENGL 101/101A, READ 120. One hour each week.

This course is a **z-course** and part of **MC Open** course listings available for MC students.

- Use this link to learn more about MC Open and z-courses:
 - <https://cms.montgomerycollege.edu/mc-open/>

(Note: Students who began their degree program prior to Fall 2016 may use HLTH 100 as their General Education Health Foundation course. This does not apply to students who began their degree program in Fall 2016 or later.)

II. Specific Outcomes

By the end of the semester, the student will be able to:

- Construct their own personal definitions of optimal health
- Describe how the human body functions and how individual actions affect health and well being
- Develop and apply critical thinking skills in order to make sound choices related to health and well-being
- Examine their behavior and identify ways to improve their health
- Identify readily available sources of health information

III. Text and Supplies

The below Open Educational Resource (OER) will be used for all sections of HLTH 100 at Montgomery College.

- *Disease Prevention and Healthy Lifestyle*
 - OER: <https://courses.lumenlearning.com/suny-monroecc-hed110/>

Additionally, students will be required to use web resources including videos and surveys to complete their course work.

Internet access and Blackboard access are required for the course.

IV. Grading

A. Requirements

Students will need to read the assigned chapters in the textbook and additional assigned content (via Bb) and complete course assignments. Students should read the course content prior to attending class. Students will also need to complete the tests. Pop quizzes may be given if students do not demonstrate an ability to discuss the chapters in a meaningful manner each week.

Course Grade

Points

Assignments (50%)

Module Assignments	(20 points each x 6)	120 points
Behavior Change Project		80 points
Exams and Quizzes	(50%)	
Exams		150 points
Quizzes		<u>50 points</u>
TOTAL POINTS		400 points

Note: Students must complete the mandatory Academic Integrity Module (in Blackboard) and Quiz to gain access to all course modules (1-6) and course assignments. Assignment deadlines missed due to failure to complete this task cannot be made-up and will earn zero points for the missed work.

B. Standards

Final grades will be determined by total points accumulated through assignments, participation and tests. The final points necessary for a given letter grade will be based upon the following percentage scale:

90% of total possible points = A

80% of total possible points = B

70% of total possible points = C

60% of total possible points = D

Less than 60% of total possible pts = F

C. Course Assignments - Due dates are listed in the class schedule.

1. Module Assignments:: You are responsible for completing module assignments on Blackboard.

Access to the HLTH100 Blackboard class site -

1. Login to <http://www.montgomerycollege.edu>
2. Click on the  button at the top of the page.
3. Log into My MC with your user name and password.
4. Click on the my courses tab
5. Click on the HLTH 100 class to open the Blackboard site
6. Access the homework assignments in Blackboard in course content.

The module assignments include answering questions from the assigned course content. The course content will include readings, videos, blogs, and surveys.

The specific instructions and drop box information is provided in Blackboard.

Students will be required to submit Module Assignments in Blackboard using the provided drop box ONLY so that all work can be checked for academic integrity using SafeAssign.

All work must be typed in the Text Submission box and submitted before the assignment deadlines. Work that is submitted in the comments section is not accepted and will not be graded.

2. Academic Integrity Module and Quiz: Students should complete the Academic Integrity Tutorial and the HLTH 100 Academic Integrity Quiz by the due date listed in the class schedule. Students must earn a perfect score on the quiz to gain access to the rest of the course (Modules 1-6) and complete graded assignments. Students who miss assignment deadlines due to failure to complete this task will not be permitted to make-up the missed work and earn zero points on the missed assignments.

3. BEHAVIOR CHANGE PROJECT: This project is about evaluating personal health behaviors, identifying factors that affect health behavior, and choosing one specific personal health behavior to change. Students will work on changing their health behavior and report on the process of behavior change and progress made.

The project includes three assignments. The student is required to complete all parts (all three assignments) of the project. If a student misses a deadline for one or more of the assignments, the student is responsible for completing the previous assignment (earning zero points for the missed assignment) and submitting by the deadline of the next assignment to earn points.

The behavior change project work must be submitted in Blackboard using the assigned drop box. The specific instructions for writing and submitting your work are provided in Blackboard. Part 3 of the project must be submitted as an attached document to the assignment drop box.

4. Exams

There will be one midterm and one cumulative final exam in HLTH100. The tests may consist of multiple choice, true/false, short answer, and essay questions. Tests will cover all of the material that is presented and assigned for the course. Makeup tests will only be given in emergency situations. In case of an emergency, you must contact the professor within 24 hours of the test and provide proof of the emergency (traffic accident report, emergency room visit notice for THAT day, etc.) in order to take the test.

D. Audit Policy

If you are auditing the class, you are exempt from tests. You are required to complete the assignments, as it will enhance your learning experience. Students auditing the course are still subject to being dropped for excessive absences.

V. Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

In addition to the requirements listed in the Student Code of Conduct, the following behaviors are not appropriate for class:

- Eating or drinking in class (other than water in a bottle)
- Threatening speech behavior or tone directed at professor or fellow students
- Interrupting professor or fellow students during lecture or class discussion
- Refusal to relinquish the floor when directed by professor
- Extraneous conversation during lecture or other class activities
- Use of cell phones, pagers, or other electronic devices during class. Please turn off your cell phone before entering class.
- Refusal to leave class if directed by the professor

It is each student's responsibility to express opinions respectfully and without infringing on the safety or rights of others.

VI. Additional Information

A. Attendance

Students are expected to arrive to class on time. You are responsible for checking in with *a classmate* to determine work missed during an absence or if you are late. I usually give announcements and changes to the schedule at the beginning of class. Remember, missed in-class assignments cannot be made up. Therefore, missing classes will definitely affect your grade.

I reserve the right to drop students for excessive absences as defined in the Student Code of Conduct.

B. Make-up Policy

If you know that you will be missing an exam ahead of time, you must speak with me at least one class before the exam in order to take the exam at an alternate time. If an emergency occurs on the day of the exam, you must contact me within 24 hours of the exam. You must have documentation for your absence (tow truck receipt, accident report, or proof of emergency room visit from THAT day). No make-up test will be given without the proper documentation.

C. Due Dates/Late Work Policy

Deadlines and due dates are not negotiable. If you are absent you can e-mail me your assignment by the beginning of class so you are eligible for full credit. If you forget to bring an assignment to class, or have other problems with turning your assignment in on time, you will have until midnight on the due date to bring the assignment to my office or e-mail it to me. However, you will automatically receive up to 50% deduction for the assignment if it is not in my hands by the beginning of the class period on the day it is due or completed by the online Blackboard deadline. Assignments will NOT be accepted after midnight on the date due unless you have a documented emergency.

Students must use their Montgomery College e-mail account to correspond with me and please identify yourself with your name, the class, and the day and time it meets. Please bring a hard copy of e-mailed work to the next class in order to be graded.

NOTE: E-mail submission of assignments. The work for this course will be submitted in Blackboard. E-mailed assignments are not accepted for grading.

D. Delayed Opening or Cancellation of Class

Montgomery College will always operate on its regular schedule unless otherwise announced. Please check the Montgomery College Web site at www.montgomerycollege.edu or sign up for Montgomery College ALERT - Register at: <http://cms.montgomerycollege.edu/mcsyllabus/>

- *If a class can meet for 50% or more of its regularly scheduled meeting time OR if the class can meet for 50 minutes or more, it will meet.*

If Montgomery College classes are cancelled, students should continue to follow the schedule provided in the syllabus. Assignments/exams will be postponed to the very next class meeting IN ADDITION to scheduled assignments/exams for that day. Please check the class Blackboard site for any announcements.

E. Blackboard – Technical Issues:

If during the course you experience a technology-related problem with Blackboard, you need to follow the procedures below. Following these correct procedures as soon as the incident occurs may allow you to re-submit an assignment or be granted an extension to a course deadline (if necessary) depending on the circumstances and approval from your professor. If you do not contact Blackboard and provide your instructor with the information below, you will not be able to turn in any assignments after the due date.

1. As soon as the issue occurs, call the Blackboard Help Desk at 240-567-7222
2. Write down the work order number received from the Blackboard Help Desk.
3. Send an email to your professor identifying: the date and time of the phone call, the work order number, the nature of the problem, the steps to resolution suggested by Blackboard and the outcome of the phone call. This email must be sent within 1 hour of contacting the Blackboard Help Desk.

**If in doubt, contact the Blackboard Help Desk if you are experiencing a problem. Students who do not follow the instructions above will not be able to resubmit work in the event of a technical error.*

F. Plagiarism Tool – SafeAssign

The assignments in this course are monitored for plagiarism. One of the tools used to monitor for plagiarism is SafeAssign. Students are encouraged to review the SafeAssign report when submitting work. If you find that your submission needs revisions, please make the necessary changes to your assignment and resubmit your work before the deadline. Only the last assignment submission will be graded. For more information about SafeAssign, visit their website at www.safeassign.com.

Note: Submitting plagiarized work is considered as academic dishonesty in relation to the Student Code of Conduct, Academic Integrity. Additionally, any assignment that has been written for a different course and/or in a previous semester or section of HLTH 100 (even if it is your own work) and submitted in this class will be considered plagiarized.

Students who plagiarize will be reported to the Dean of Student Development. Information about sanctions and the policies and procedures related to academic dishonesty can be found in the Student Code of Conduct.

Sample Course Schedule Template: Full Semester (16 week) Course

Week of Course	Learning Module	Chapter Number and Topic	Assignments Due <i>All assignment instructions and submissions can be found in the course Blackboard Site.</i>
1		Introduction to Course	
2	Module 1	<i>College Closed September 3rd</i> Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 1: Introduction to Health and Wellness • Chapter 15: Consumer Health 	
3	Module 1	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 3: Stress Management 	Behavior Change Project Part 1 Module 1 Assignment
4	Module 2	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 12: Nutrition • ChooseMyPlate.gov 	
5	Module 2	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 4: Weight Management 	Module 2 Assignment
6	Module 3	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 2: Physical Activity • Chapter 14: Complementary and Integrative Health 	Behavior Change Project Part 2 Module 3 Assignment
7	Module 4	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 7: Cardiovascular Disease • Diabetes: American Diabetes Association (Diabetes.org) 	
8	Module 4	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 8: Cancer • American Cancer Society (Cancer.org) 	Module 4 Assignment
9	Module 5	Reading and Lecture Topics: <ul style="list-style-type: none"> • Chapter 5: Infectious Disease 	

		<ul style="list-style-type: none"> • CDC: Sexually Transmitted Diseases (cdc.gov/std) 	
10	Module 5	<p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 6: Relationships and Sexuality 	
11	Module 5	<p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 9: Violence and Injury 	Module 5 Assignment
12	Module 6	<p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 10: Drug Use and Addiction 	
13	Module 6	<p>College Closed November 21-23</p> <p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 11: Alcohol and Tobacco Use • Marijuana: <ul style="list-style-type: none"> ○ CDC-What are the Health Effects (cdc.gov/marijuana) ○ Ithaca College Center for Health Promotion https://www.ithaca.edu/sacl/healthpromotion/alcoholanddrugs/marijuana/ ○ Bown.edu-BWell Promotion https://www.brown.edu/campus-life/health/services/promotion/alcohol-other-drugs-other-drugs/marijuana 	
14	Module 6	<p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 11: Alcohol and Tobacco Use • Marijuana: <ul style="list-style-type: none"> ○ CDC-What are the Health Effects (cdc.gov/marijuana) ○ Ithaca College Center for Health Promotion https://www.ithaca.edu/sacl/healthpromotion/alcoholanddrugs/marijuana/ ○ Bown.edu-BWell Promotion https://www.brown.edu/campus-life/health/services/promotion/alcohol-other-drugs-other-drugs/marijuana 	Module 6 Assignment
15	Module 6	<p>College Closed November 21-23</p> <p>Reading and Lecture Topics:</p>	Behavior Change Project Part 3

		<ul style="list-style-type: none"> Chapter 13: Mental and Emotional Health 	
16		<i>Final Exam</i>	

Sample Course Schedule Template: Accelerated 7 Week Course

Week of Course	Learning Module	Chapter Number and Topic	Assignments Due
			<i>All assignment instructions and submissions can be found in the course Blackboard Site.</i>
1	Module 1	Reading and Lecture Topics: <ul style="list-style-type: none"> Chapter 1: Introduction to Health and Wellness Chapter 15: Consumer Health Chapter 3: Stress Management 	Behavior Change Project Part 1 Module 1 Assignment
2	Module 2	Reading and Lecture Topics: <ul style="list-style-type: none"> Chapter 12: Nutrition ChooseMyPlate.gov Chapter 4: Weight Management 	Module 2 Assignment
3	Module 3	Reading and Lecture Topics: <ul style="list-style-type: none"> Chapter 2: Physical Activity Chapter 14: Complementary and Integrative Health 	Behavior Change Project Part 2 Module 3 Assignment
4	Module 4	Reading and Lecture Topics: <ul style="list-style-type: none"> Chapter 7: Cardiovascular Disease Diabetes: American Diabetes Association (Diabetes.org) Chapter 8: Cancer American Cancer Society (Cancer.org) 	Module 4 Assignment
5	Module 5	Reading and Lecture Topics: <ul style="list-style-type: none"> Chapter 6: Relationships and Sexuality Chapter 5: Infectious Disease CDC: Sexually Transmitted Diseases (cdc.gov/std) Chapter 9: Violence and Injury 	Module 5 Assignment

6	Module 6	<p>Reading and Lecture Topics:</p> <ul style="list-style-type: none"> • Chapter 13: Mental and Emotional Health • Chapter 11: Alcohol and Tobacco Use • Marijuana: <ul style="list-style-type: none"> ○ CDC-What are the Health Effects (cdc.gov/marijuana) ○ Ithaca College Center for Health Promotion https://www.ithaca.edu/sacl/healthpromotion/alcoholanddrugs/marijuana/ ○ Bown.edu-BWell Promotion https://www.brown.edu/campus-life/health/services/promotion/alcohol-other-drugs-other-drugs/marijuana 	<p>Module 6 Assignment</p> <p>Behavior Change Project Part 3</p>
7		<i>Final Exam</i>	