

2015

# Kinesiology 181-003 Health Education Spring 2015

Dorie Geissler

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# Kinesiology 181 – Health Education

## Spring 2015: Section 003 – Monday/Wednesday 11:00-11:50am

**COURSE DESCRIPTION:** A course focusing on personal health and wellness. Topics include: nutrition, exercise, and stress; alcohol, tobacco, and drugs; and intimate relationships. There will be an emphasis on strategies for modifying behaviors to achieve optimal personal wellness.

**PREREQUISITES:** None. However, a basic understanding of math and biology will aid in your understanding of the information.

**INSTRUCTOR:** Dorie Geissler  
**E-mail:** [dgeissler@illinois.edu](mailto:dgeissler@illinois.edu)  
**Phone:** 217-417-9588  
**Office:** L240 at Parkland College  
**Student Office Hours:** Mondays 12:00 – 12:50pm

### **TEXT & MATERIALS (REQUIRED):**

- ***An Invitation to Health: Build Your Future.*** By: Dianne Hales. 8<sup>th</sup> Edition, Brief. Wadsworth Cengage Learning
- ***iClicker.*** Get in bookstore.

### **USEFUL WEBSITES:**

Parkland Student e-mail: <http://stu.parkland.edu/>  
Parkland online (Cobra Learning): <https://my.parkland.edu>  
Parkland's Homepage: <http://your.parkland.edu/>

### **DISABILITIES**

If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance) please contact Cathy Robinson, Coordinator, Office of Disability Services, X148, 353-2082 or [crobinson@parkland.edu](mailto:crobinson@parkland.edu)

### **CENTER FOR ACADEMIC SUCCESS**

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact one of the following staff at the Center for Academic Success, Room D120: Anita Taylor: Phone: 353-2005 or Sue Schreiber: Phone: 351-2441. You may also email the CAS at [CenterForAcademicSuccess@parkland.edu](mailto:CenterForAcademicSuccess@parkland.edu)

### **MINIMUM COURSE OBJECTIVES:**

Upon completion of this course, students will be expected to:

1. Identify the six dimensions of wellness and explain the importance of personal decision making and behavior change in achieving a wellness lifestyle.
2. Outline the factors that influence sexual behavior and the various ways human sexuality can be expressed
3. Define and discuss the concepts of addiction behavior, substance abuse, and substance dependence.
4. Explain the wellness benefits of exercise, good nutrition and weight management.
5. Describe the controllable and uncontrollable risk factors associated with cardiovascular disease and cancer, and the process by which infectious diseases are transmitted.
6. Identify strategies for preventing unintentional injuries and to preserve the environment.

## COURSE POLICIES:

1. **Attendance.** Regular attendance and participation is required in class. If a student must miss a class, he/she must contact the instructor prior to the absence to determine if the absence can be excused. If a student is unable to contact the instructor prior to the absence, medical or other documentation must be provided for an absence to be excused. If 5 or more unexcused absences occur within a 16 week semester, 20 points will be deducted from a student's grade.
2. **Drops/Withdrawals.** On the tenth day of a full semester class (or its equivalent for a class of shorter duration), I am required to assess your attendance. If you have not attended regularly to that point, you will be dropped with no refund of tuition and fees. After this census date, you should not plan on an instructor withdrawal if you want to withdraw from the course. You are ultimately responsible for your own withdrawal, as non-attendance after this date will result in a grade of F. The last day for a student to withdraw with W grade is Friday, May 1st.
3. **Module Quizzes (300 points).** A 50 point quiz will be given in class after the completion of each module. A total of seven quizzes will be given. The lowest quiz grade will be dropped and six quizzes will be used to compute your grade. **Students who are more than 5 min late to class on quiz day will not be issued a quiz. If a student has a documented and approved reason for missing a quiz, the quiz can be made up by appointment.**
4. **Module Assignments (120 points).** Each of the seven modules has one 20-point assignment. Assignments are graded on accuracy not merely completion of the assignment. **No late assignments will be accepted.** However, the lowest one assignment grade will be dropped.
5. **Special Assignments (70 points).** You will be expected to complete two special assignments that will cause you to stop and think about how this material applies to your life. Special assignments cover several modules and are similar to a student project. **Unfortunately, there are no make-ups for special assignments.**
6. **Attendance and Participation (45 points).** This grade is based on the following:  
On time attendance and regular participation using the iClicker is required to maintain a student's course grade and/or earn discussion points. If a student falls asleep or is repeatedly texting, on their phone/laptop, they are not mentally present and may be counted as absent. Three or more unexcused absences will result in a 40 point deduction. Students are also expected to check their Parkland E-mail and Cobra a minimum of every Monday.
  - Participating in group discussions (a lot of learning takes place during discussion) and using your iClicker when that is part of the lecture/discussion
  - Attitude (a positive and respectful attitude will be rewarded)
  - Communication (please, communicate anything that will impact the class)
7. **Final Exam (100 possible points).** Parkland College requires that a final exam be given during final exam week. No early finals or make-up finals can be given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan vacation travel, job interviews, and work schedules to avoid conflict with the final exam.

## METHODS OF ASSESSMENT:

Quizzes (50 pts each x 6*) .....	300 points
Assignments (20 pts x 6*) .....	120 points
Course Project (35 pts x 2) .....	70 points
Attendance/Participation .....	45 points
Comprehensive Final Exam .....	100 points
<b>Total</b> .....	<b>635 points</b>

## GRADE SCALE:

Total Points	Grade
569-635	A
505-568	B
441-504	C
378-440	D
Less than 378	F

## WEEKLY SCHEDULE AND DUE DATES

MODULE	BOOK CHAPTERS	WEEK #	AUGUST 18- DECEMBER 5 DUE DATE (NOON CT)
1 - Invitation to Health and Personal Stress Management	1 & 3	1 & 2	Wednesday, Jan 28
2 - Nutrition, Weight Management, and Fitness	5, 6 & 7	3 - 6	Wednesday, Feb 18
3 - Psychology & Spiritual Well-Being, and Social Health	2 & 4	7 & 8	Monday, Mar 9
Special Assignment #1	1 – 7		Wednesday, Mar 11
4 - Human Sexuality	8 & 9	9 & 10	Monday, Mar 30
5 - Preventing Disease	10	11 & 12	Wednesday, Apr 8
6 - Drug Use and Abuse	11 & 12	12 - 14	Wednesday, Apr 22
Special Assignment #2	8 – 15		Monday, May 4
7 - Achieving Health for a Lifetime	13, 14 & 15	15 & 16	Wednesday, May 6

- 8. Missing Class due to Parkland Related Activities.** For all approved Parkland-related activities, students must be allowed to complete missed work. If there is any risk that you will have to miss a class due to a Parkland-related activity, contact me several days beforehand to find out what you will miss. If you contact me the day before your absence, do not expect to be allowed to take an assessment late, nor will you be able to turn in any assignments late.
- 9. Student Responsibilities.** The college classroom is a place for learning and active participation is expected. Students should come to class with a positive attitude and be willing to try new things. Disruptive and inappropriate behavior will not be tolerated. If the instructor finds it necessary to either stop lecturing or remind a student of their classroom responsibility, the instructor may withdraw the student from the class.

10. **Core Values.** I believe strongly in the Core Values espoused by Parkland College: Honesty and Integrity, Fairness and Just Treatment, Responsibility, Multiculturalism, Education, and Public Trust. Essentially, these values set guidelines for how I should treat you and how you should treat each other (and me). Failure to be respectful of one another or to maintain ethical behavior will not be tolerated.
11. **Cell Phone Policy.** Before class either turn off your cell phone or put it on silent mode. If you are text messaging or you answer your phone during class, I will ask you to leave the class. You will not be permitted to return for the remainder of the period. Cell phones or digital organizers must not be accessible during tests and quizzes. *Students who violate this policy during an assessment may receive a zero on that assessment.*
12. **Academic Honesty.** Unethical conduct during examinations or in preparation of assignments will not be tolerated and may result in disciplinary action. Please see and understand Parkland College's policy at <http://www2.parkland.edu/studentpolicy/honesty.html>

*\* Not all possible situations can be covered by one policy. If you feel you have exceptional circumstances that merit waiver of any of these policies, please inform me as soon as possible. This syllabus may be changed when needed according to the instructor's discretion.*