Course Description
This course covers the basic concepts, principles, attitudes, and information regarding health for students within the framework of their individual needs. The course is designed so that the student can recognize and utilize factors which contribute toward the creation and maintenance of a healthy lifestyle. There is no prerequisite.

Course Objectives
Upon successful completion of this course the student will be able to:
1. Identify and describe the information and practices which promote high quality healthy living.
2. Recognize, describe and analyze the health issues which challenge us today.
3. Recognize and describe their potential for maximum health within the framework of their own personal needs.
4. Recognize, describe, and evaluate their role in creating a healthy lifestyle.
5. Recognize and describe current concepts and trends that pertain to their personal and holistic health.
6. Objectively describe, analyze and evaluate key health factors.
7. Describe and demonstrate at least one method of positive change in their personal health behavior.

Teaching Methods
Classroom lecture
Discussion
Audiovisual materials
Reading assignments and homework quizzes, midterm and final examination personal health project

Required Text

Attendance
Please refer to last page of course outline for policy regarding attendance.
The college expects that each student will exercise personal responsibility in regard to class attendance. Students are responsible for all that transpires in class whether or not they are in attendance. All beepers and cell phones must be put on non-audio mode or shut off during class time. Beepers and cell phones going off in class will not be tolerated. It is very disruptive to the learning process.
Requirements for Successful Completion of the Course
1. Reading and written assignments completed on assigned dates. Late assignments will not be accepted.
2. Active classroom participation.
3. Completion and timely submission of Personal Health Project (see below).
4. Quizzes, Midterm and Final examination.

Final Grade Calculation
<table>
<thead>
<tr>
<th>Component</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active Class Participation and Homework</td>
<td>25%</td>
</tr>
<tr>
<td>Written Project</td>
<td>25%</td>
</tr>
<tr>
<td>Midterm Examination</td>
<td>25%</td>
</tr>
<tr>
<td>Final Examination</td>
<td>25%</td>
</tr>
</tbody>
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Personal Health Project
The purpose of this project is for the student to apply some of the knowledge gained in this class in order to improve some aspect of the student’s personal health.

Project Components
This project must be typed.
English and grammar of a college level is expected. Students should use the SCCC Writing Center for assistance when needed.

1. **Cover page** - Student’s name and topic of report. (5 Points)
2. **Objective Research** - (2-3 pages) Factual well written objective research (non-opinion) on the specific health issue the student is investigating. You must cite references and quotes (Use MLA or APA format) You may use some web references from your text. (20 Points)
3. **Goals sheet** - On this sheet the student will identify the one area of personal health that they want to improve and 3 specific strategies that they plan to implement until the project is due to improve this health area. (20 Points)
4. **Two Journal Articles** - The articles should relate to the health topic the student is investigating and attempting to improve. The periodicals must be from a current scholarly journal (as current as possible), such as; *Nutrition Today, New England Journal of Medicine, Health Education*, or similar journals. Students could utilize the SCCC library. Each article should be on a separate page. The student should write 2-3 paragraphs summarizing the article and 2-3 paragraphs of personal comment and how this relates to the health area the student is attempting to improve. (10 points each article = 20 points)
5. Two current event articles - These can be found from current newspapers or popular magazines. They should relate to the health issue the student is investigating. Each article should be on a separate page. The student should write 2-3 paragraphs summarizing each article and 2-3 paragraphs of personal comment on how this article relates to the health area the student is attempting to improve. (10 pts. each = 20 points)

6. Summary & Conclusion -(Subjective)  1-2 pages Summarizing the progress the student made in improving their personal health and how this project personally impacted on them. ( 10 Points)

7. Bibliography - In proper format (Use MLA or APA). The student should list all sources used in the project including journal articles, current event articles, books, interviews, web sources, etc.. Students must use at least five current resources (total) for this project. (5 Points)

**COURSE TOPICS**

**Week 1- September 3rd**
Introduction to course, objectives and requirements, personal health promotion.

**Week 2 - September 10th**
Psychosocial Health
Due - Read Chapters 1&2

**Week 3 - September 24th**
Managing Stress
Due - Read Chapter 3

**Week 4 - October 1st**
Violence and Abuse
Due - Read Chapter 4

**Week 5 - October 8th**
Addictions and Addictive Behaviors
Due - Chapter 7

**Week 6 - October 15th**
Alcohol and Illicit Drugs
Due - Chapter 8

**Week 7- October 22nd**
Tobacco & Caffeine
Due - Chapter 8
Week 8 - October 29th
Midterm Examination and review

Week 9 - November 5th
Nutrition and Weight Management
Due - Chapters 9 and 10

Week 10 - November 12th
Personal Fitness
Due - Chapter 11

Week 11 - November 19th
Cardiovascular Disease
Due - Chapter 12

No class November 25th - Thanksgiving

Week 12 - December 3rd
Cancer and Infectious Diseases / Sexually Transmitted Infections
Due - Chapter 13

Week 13 - December 10th
Healthy Aging, Death & Dying
Due - Read Chapter 14
Completed Personal Health Project Due!

Week 14 - December 17th
Final Exam
SUFFOLK COUNTY COMMUNITY COLLEGE
DEPARTMENT OF HEALTH AND HUMAN SERVICES

ATTENDANCE/ASSIGNMENT EXAMS POLICY

RULES CONCERNING ABSENCE & LATENESS

Students are required to attend all classes. Final grades will be affected by more than one week’s absence. Promptness is expected, and any combination of three latenesses and/or early departures from class time will count as one absence. It is unnecessary for students to call the instructor about a single absence. As per college policy, there is no such thing as an excused absence. All absences are considered equally. Upon the third week’s absence, prior to mid-semester, a student will be withdrawn from the course. After mid-semester, a student with three or more weeks absences will earn a failing grade.

ASSIGNMENTS - REQUIREMENTS

Students are responsible for submitting/presenting completed work on the date assigned. Late assignments will not be accepted and will receive a “0” grade unless prior approval by the instructor has been given. All work must be typed and carefully proofread. Grades will be affected by writing proficiency, including spelling, grammar usage and punctuation. Students are responsible for all information presented during classtime. Please note the phone number of two classmates you may call should you miss a class:

________________________________________________________

(name) (phone)

________________________________________________________

(name) (phone)

EXAMS POLICY = There will be no make-up exams given and no resubmission of any required work.