

Personal Health and Wellness Course Description:

Personal Health emphasizes the importance of knowledge, attitudes, and practices relating to personal health and wellness. It is a course designed to expose students to a broad range of issues and information relating to the various aspects of personal health, which include the physical, social, emotional, intellectual, spiritual and environmental aspects. Topics of exploration include, but are not limited to: nutrition, physical fitness, schools against violence in education, child abuse and neglect recognition and reporting, stress, weight management.

This class is intended to be taken as a 3 credit college course. It is the same class that is offered at Clinton Community College but at a much lower cost. However, it can also serve as high school credit, ½ unit for health and ½ unit for physical education.

Course Prerequisites and Corequisites:

None

Course Objectives:

Students completing course will:

- a. Demonstrate knowledge base for various aspects of personal health.
- b. Research various personal health related topics.
- c. Analyze, integrate and translate personal health information through classroom activities.
- d. Apply critical thinking in differentiating between health facts and myths.
- e. Apply knowledge gained and values clarified into personal health modification plan.

Textbook and other required materials:

Insel, Paul M., and Walton T. Roth. Core Concepts in Health. 10th ed. (Brief)
Boston: McGraw-Hill,2006.

You must have the book by the 5th class session or you will be dropped from the class. You may purchase the book from the CCC bookstore or on-line.

Method of Instruction/ Course Organization:

Class instruction will be a combination of lecture, group discussion and activities, presentations, videos, and nutritional and fitness related projects.

Attendance Policy:

All students are expected to attend all scheduled classes. Attendance will be taken on a daily basis. Chronic late arrival will not be tolerated. If you are late for class it is your responsibility to report your presence to your instructor to gain credit for attendance **Accumulation of two lates is equivalent to an absence.** If a student is unable to attend class because of illness or personal emergencies, it is the student's responsibility to make up work the missed work of obtained information covered during the absence. The college absentee policy states that no student may miss more than fifteen (15) percent of the schedule class meetings and receive a passing grade in the course. **Fifteen percent equates to one or more absences in a two-week class.** If you miss one or more class meetings, do not have documented, legitimated reasons for absence, and not have made arrangements to make up lost time, you will be administratively withdrawn form the class. **Please make every effort to attend all classes and to be on time for class!!! You may be Absent a Total of 13 days of the year.**

Academic Integrity:

Any plagiarism, cheating, or assisting others in any way not approved will result in automatically being dropped from the class!

Basic Out line for the year:

- 1st class- Introduction to course/Expectations/ Start Child Abuse
- 4th class- Finish Child Abuse/ Start School Violence
- 5th class- No Book/ No Credit
- 8th class- Finish School Violence
- 9th class- Start Bones
- 13th class- Test on Bones/ Start Muscles
- 19th class- Test on Muscles/ Start FITT
- Thanksgiving to Christmas start mid-term project (2 test grades)
- Second semester- Start Nutrition Chapter 9
- End of March- Finish Chapters9 (Nutrition), 11(Weight Management), 2 (stress)
- April- Chapter 10 Exercise for Health
- May- Final Project (3 Test Grades?)

Instructors have the right to adapt the schedule as he sees fit.

Your text book is a good source of information, use it wisely.

If at any time you need help or would like to talk to the instructor about the class you must make arrangements ahead of time. Mr. Maiorca will assist you when you have made arrangements to see him.

