Eastern Connecticut State University
School of Education/Professional Studies and Graduate Division
Department of Health and Physical Education

Course Title: Personal Health

Course Number: HPE 210

Faculty Name/Title: Dr. Nanette Tummers, Professor of health and physical education

Faculty Contact Information: 860-465-0061 email: tummersn@easternct.edu. Please use email to contact. Include course number and your full name

Office Hours and Location: Goddard Hall Room 113 MWF 10-11 AM, MW 12-1 PM or by appointment

Course Description (University Catalog)
Concerned with physiological, psychological, social and cultural topics pertinent to the basic personal well being and health of the university student. Includes such issues as alcohol and other drugs, stress, mental health, relationships, sexuality, conflict resolution, lifelong weight management, nutrition, and AIDS education; satisfied Connecticut State requirements for Initial Educator Certificate.

Additional Description: This course will provide an in depth focus on concepts and application of health literacy to individual and specific populations. The course will also provide information and skills on peer mentoring. Students will peer mentor another student. The goal is to provide students with the tools to help others make positive lifestyle choices.

Course Objectives:

A. To examine and analyze the major health problems and issues in our society, and to identify and understand some of the underlying causes and factors of these problems.
B. To comprehend the basic principles, concepts, and information involving these health and wellness problems and issues.
C. To develop a personal wellness philosophy in order to better understand oneself and others and to be better able to discuss objectively wellness issues.
D. To integrate new understanding, appreciation, and knowledge into positive changes in attitude, priorities, and decisions which affect individual well being
E. To accept responsibility and role of helping others make decisions about their well being.
F. To provide opportunities for the integration of basic academic skills such as writing, presentations, critical thinking, web research etc. into health education

Required Text and Materials
2. Access to course on Learn: http://www.easternct.edu/its/webct/

Course Content (subject to change)

1. Holistic health and the wellness model
2. Promoting successful health behavior change

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3. Achieving psychological well being and managing stress
4. Lifelong physical activity; healthy eating and healthy weight management
5. Risk reduction: alcohol and tobacco
6. Self care and preventing diseases
7. Sexuality and reproductive health
8. Health coaching and communication
9. Comprehensive health education programs

Grading:
1. Attendance and active participation in class activities - - 30%
   There will only be three absences allowed. This includes doctor appointments, meetings with your advisor, away athletic games, illness, unexpected family emergencies etc. Plan your absences wisely. Each additional after the three allowed will affect your final grade. You are expected to be on time for class. Excessive lateness will count as absences. All materials for class are your responsibility. Do not ask the instructor “what did we do in class?”—see Learn calendar and check with your peer mentor. You will be asked to leave class and receive an absence if you are using your phone in anyway in class.

2. Tests - - 20%.
   There will be a test approximately every four weeks through this semester. Tests will have the format: Short answer, essay, and responses to case studies. If you are not in the classroom when the test is distributed, you will not be able to take the test. There are no exceptions. The lowest test grades will be eliminated. If you miss a test, this will count as your lowest test grade. Test dates are available on Blackboard. If you have an average of 90% on the first three tests—you will not have to take the final during final exams week.

3. Health and wellness journal reflections—40%
   Students will be required to reflect on health and wellness questions. These questions will result from class lecture, readings, class activities including peer mentoring and discussions. You will be required to write a minimum of one paragraph per each assigned question providing your reflections. Journal questions and submissions will be available on Blackboard—no late journal questions will be accepted. Assignments can only be submitted through Learn assignment section and not through email or mail message of any form. Check Learn at least 3 times per week to keep up to date.

4. Final project - - 10%.
   This group project will challenge your ability to research, oral present, and create a presentation for your classmates. These presentations will be completed on the last few classes. Groups of students will team up to research and present information in a format approved by the instructor (PowerPoint; class activity; newsletter; PSA etc.) concerning a specific wellness issue with the purpose of improving health literacy of their peer group.

Grades are based on percentage of the total 100 possible points:
A=94-100%, A-=90-93%, B+=87-89%, B=83-86%, B-=80-83%, C+=77-79%, C=73-76, C-=70-72,
D+=67-69%, D=65-66%, and F=64 or below.
An “incomplete” can only be given for documented illness or a clearly defined medical emergency.

See Learn for more information about academic misconduct and academic services.

Dr. Nanette Tummers