1. **Locator Information**
   - **Instructor:** Tyrone Jones
   - **Phone Number:** cell 252-326-3962  office 672-1318
   - **Email Address:** tjones96@uncfsu.edu
   - **Semester:** Spring 2015
   - **Course Location:** Chapel Arena
   - **Meeting Day & Time:** Tuesday and Thursday 11:00am to 11:50am
   - **Office Hours:** Monday to Thursday 3pm to 4pm
   - **Office Location:** Football Stadium Office Number 131
   - **Course Credit Hours:** 2

2. **Course Description**
   This course deals with basic concepts of personal and community health in a complex modern society. Sexuality, population planning, mental health, nutrition, fitness, health care delivery system, and diseases of infectious and non-infectious nature are considered. Health behavior and behavior change for quality living for the individual and community are stressed.

3. **Textbook**

4. **Student Learning Outcomes**
It is expected that this course will assist students to develop a positive attitude towards and personal responsibility for their personal health. Students will be able to retrieve, organize and evaluate scientifically accurate information upon which to base their health decisions and behaviors health choices conducive to their health and wellness.

**Common Core State Standards**

1. Identify the body’s physical and psychological responses to stressful situations and positive coping mechanisms.
2. Recognize that individuals have some control over risks for communicable and chronic diseases.
3. Explain the procedures for health screenings, checkups, and other early detection measures in terms of health-related benefits.
4. Understand healthy and effective interpersonal communication and relationships.
5. Evaluate abstinence from sexual intercourse as a positive choice for young people.
6. Understand the health risks associated with alcohol, tobacco, and other drug use.
7. Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.

**Course Objectives or Learning Outcomes**
After the completion of this course, the student will be able to demonstrate a competence level of 85% of each of the following objectives on written and/or oral examinations:

1. Identify/describe the multidimensional aspects of individual health.
2. List and explain the determinants of her/his own health behavior.
3. List, identify and interpret scientific accurate information related to a number of health topics upon which to make decisions conducive to her/his own health and well-being.
4. Identify and describe different behaviors/practices that promote individual health and well-being and that put her/him at risk of illness and death.
5. Identify and interpret the importance of environmental factors as they relate to her/his health.
6. Identify and seek accurate professional information and resources to appraise, maintain and promote her/his health and well-being.

5. **Fayetteville State University School of Education Conceptual Framework**
The conceptual framework of the School of Education is reflected in this course and establishes a shared vision of its efforts in preparing educators to work effectively in P-12 schools. It defines the educator as a Facilitator of Learning, one who seeks to make the learning process accessible and one who enables learning to take place successfully. This presupposes that the educator is reflective and serves as a catalyst, stimulator, and motivator of the teaching for learning process. The conceptual framework defines the unit’s vision, which underscores the school’s purpose for preparing its candidates for teaching and leadership roles in a global society. The unit prepares candidates who support student learning, within the context of family and community participation, for a diverse, technological, and global society. We achieve this vision through teaching, research, and service. Our conceptual framework serves as a lens through which we view our education professionals in the Teacher Education program. The themes of our conceptual framework and associated expectations are: (1) caring dispositions and ethical responsibility; (2) communication; (3) knowledgeable and reflective educators; (4) research and leadership; (5) respect for diversity and individual worth; (6) technological competence and educational applications; and (7) working with families and communities.

6. **Course Outline/Schedule/Calendar/Requirements**

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignment Due</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Activity/Syllabus</td>
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<tr>
<td>Week 2</td>
<td>Taking Charge of Your Health (Ch. 1)</td>
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<tr>
<td>Week 3</td>
<td>Taking Charge of Your Health (Ch. 1)</td>
<td>Exam 1 (Chapter 1)</td>
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<td>Week 4</td>
<td>Stress: The Constant Challenge (Ch.2)</td>
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<td>Week 5</td>
<td>Psychological Health (Ch.3)</td>
<td>Dimensions of Wellness Assessment</td>
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<td>Week 6</td>
<td>Intimate Relationships and Communication (Ch.4)</td>
<td>Exam 2 (Chapter 2 and 3)</td>
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<td>Week 7</td>
<td>Drug Abuse and Addiction (Ch. 9)</td>
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<td>Week 8</td>
<td>Alcohol Use and Alcoholism (Ch. 10)</td>
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<td>Tobacco Use (Ch.11)</td>
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| Week 9 | Tobacco Use (Ch.11)  
| Mid-Term Break (Thursday Oct. 16 and Friday Oct. 17) | Mid-Term Exam 3 (Ch.9-11) |
| Week 10 | Nutrition Basics (Ch. 12) |
| Week 11 | Exercise for Health and Fitness (Ch. 13) |
| Week 12 | Weight Management (Ch.14) |
| Week 13 | Cardiovascular Disease and Cancer (Ch. 12)  
| Risk Behavior Assessment | Exam 4 (Ch.12-14) |
| Week 14 | Cardiovascular Health (Ch.15) |
| Week 15 | Personal Health (Ch.16) |
| Week 16 | Finals | Exam 5 (Ch. 15-16) |

**Note:**
1. The instructor reserves the right to add, delete chapters.
2. It is the students’ responsibility to keep up with all the changes. Any changes will be announced by the instructor.
3. Please read the last page of this syllabus for an ethical agreement on this issue.

7. **Assessment and Evaluation Criteria**
   1. Class attendance - See FSU catalog under class attendance policy.
   2. Attend each class on time. No tardies. **We start and end on time!**
   3. All assignments are to be in your notebook except tests and exams.

8. **Grading Policy**
   - Exam 1: 100
   - Exam 2: 100
   - Exam 3: 100
   - Exam 4: 100
   - Exam 5: 100
   - Current Events in Health: 100
   - Reflection Papers: 100
   - Extra Credit Quizzes: 100
   - Participation/Attendance: 100
   - Participation/Attendance: 800

**Grade Distribution**
- 720-800 = A
- 719-640 = B
- 639-560 = C
- 559-480 = D
- Below 480 = F

1. **Five examinations** will be given. These exams may consist of multiple choice, true/false, fill in the blank, and essay questions. **Make up exams will be given if arrangements are made with the instructor prior to the missed exam date.**

2. Reflection papers will be given at the discretion of the instructor. Quizzes will be given at the discretion of the instructor.

**ABSENTEE POLICY**
In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade. Two (2) tardies = one (1) unexcused absence. Excused absences include DOCUMENTED emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 level)**

9. **Institutional Guidelines**
• **Academic Integrity:** Dishonesty in Academic Affairs
  Acts of dishonesty in any work constitutes academic misconduct. Such acts include cheating, plagiarism, misrepresentation, fabrication of information, and abetting any of the above. Plagiarism in particular presents pitfalls to be avoided: failure to document any words, ideas, or other contributions that do not originate with the author constitutes plagiarism. Widespread use of the World Wide Web (Internet) requires particular attention to proper documentation practices. Individual course syllabi offer additional clarification about requirements for proper documentation. Actions outlined in the Fayetteville State University Student Handbook under Disciplinary System and Procedures will be followed for incidents of academic misconduct. The handbook may be obtained from the Office of Student Affairs located in the Collins Administration Building.  *Fayetteville State University Undergraduate Catalog pg. 85*

• **Behavior in the Classroom**
  The Code of the University of North Carolina (of which FSU is a constituent institution) and the *FSU Code of Student Conduct* affirm that all students have the right to receive instruction without interference from other students who disrupt classes.

  FSU Core Curriculum Learning Outcome under Ethics and Civic Engagement (6.03): All students will “prepare themselves for responsible citizenship by fulfilling roles and responsibilities associated with membership in various organizations.” Each classroom is a mini-community. Students learn and demonstrate responsible citizenship by abiding by the rules of classroom behavior and respecting the rights all members of the class.

  The FSU Policy on Disruptive Behavior (see FSU website for complete policy) identifies the following behaviors as disruptive:
  1. Failure to respect the rights of other students to express their viewpoints by behaviors such as repeatedly interrupting others while they speak, using profanity and/or disrespectful names or labels for others, ridiculing others for their viewpoints, and other similar behaviors;
  2. Excessive talking to other students while the faculty member or other students are presenting information or expressing their viewpoints;
  3. Use of cell phones and other electronic devices;
  4. Overt inattentiveness (sleeping, reading newspapers);
  5. Eating in class (except as permitted by the faculty member);
  6. Threats or statements that jeopardize the safety of the student and others;
  7. Failure to follow reasonable requests of faculty members;
  8. Entering class late or leaving class early on regular basis; and
  9. Others as specified by the instructor.

  The instructor may take the following actions in response to disruptive behavior. Students should recognize that refusing to comply with reasonable requests from the faculty member is another incidence of disruptive behavior.
  1. Direct student to cease disruptive behavior;
  2. Direct student to change seating locations;
  3. Require student to have individual conference with faculty member. At his meeting the faculty member will explain the consequences of continued disruptive behavior;
  4. Dismiss class for the remainder of the period; (Must be reported to department chair)
  5. Lower the student’s final exam by a maximum of one-letter grade; or
  6. File a complaint with the Dean of Students for more severe disciplinary action.

  Students who believe the faculty member has unfairly applied the policy to them may make an appeal with the faculty member’s department chair.

• **Class Attendance**
  Students are expected to attend all class meetings, laboratories, and other instructional sessions for all courses in which they are enrolled. Students are also expected to arrive to class on time and remain in class for the entire scheduled period. Likewise, students are expected to complete all assigned Blackboard activities within the assigned window of time. When students must miss class(es) for unavoidable reasons, i.e., illness, family emergencies, or participation in official university sponsored activities they are responsible for informing faculty of the reasons for the absences, in advance if possible, and completing all missed assignments.

  In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average $92 = A; 3$ unexcused absences $= 3$ points deducted $92 - 3 = 89 = B$ grade. Two (2) tardies $= one (1)$ unexcused absence.

  Excused absences include DOCUMENTED emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 level).**

  During the first half of the semester/term, faculty will assign an interim grade of “EA,” Excessive Absences, for students whose class absences exceed 10% of the total contact hours for the class. Students who receive EA interim grades must either withdraw
from the class or resume attendance. Students who resume attendance must consult with the instructor about completion of missed assignments. The EA is not a final grade, so students who are assigned an interim grade of EA, but do not withdraw from the class, will receive a final grade based on the evaluation criteria for the class.

  Students shall be allowed a minimum of two (2) excused absences each academic year for religious observances required by the faith of the student. Such absences must be requested in accordance with the procedures in this Policy.

  The minimum of two (2) excused absences from classes for religious observances shall not be counted against any mandatory attendance requirements; however beyond the minimum stated in this Policy, instructors shall maintain authority to establish and enforce the attendance policy for the courses they are teaching.

  Students shall be given the opportunity to make up tests and other work missed due to an excused absence for a religious observance. Students shall not be relieved of their responsibility for any part of the course work required during their period of absence. Instructors may appropriately respond if a student fails to satisfactorily complete any alternative assignment or examination.

- **Requesting an Absence due to Religious Observance**
  At least ten (10) calendar days prior to the date of the observance, a student shall complete the Request for Class Absence Due to Required Religious Observance form and submit it to the Center for Personal Development.

  B. If the student has provided the Request for Class Absence Due to Required Religious Observance form to the Center for Personal Development in the time prescribed, the student shall be granted the excused absence as prescribed by this Policy. The Center for Personal Development shall be responsible for notifying the student’s instructors of the student’s approved absence.

  C. The Center for Personal Development shall also be responsible for denying a student’s request should the student have exceeded the student’s two (2) excused absences, as allowed by this Policy. In such instances, the student should make a request for an excused absence due to a religious observance directly to the student’s instructors. The instructor will evaluate the student’s request according to the guidelines in the course syllabus regarding excused absences. If the student’s request is approved, the student shall be responsible for completing all make-up assignments.

- **Grade of Incomplete**
  A grade of incomplete will only be assigned upon mutual agreement between instructor and student and in the case of extremely extenuating circumstances. Extenuating circumstances might include significant health issues or death in the immediate family. A contract will be developed between student and instructor outlining a plan for course completion and deadline for work to be submitted.

- **Withdrawal from Class**
  Complete the form available on the registrar’s website [http://www.uncfsu.edu/registrar/forms.htm](http://www.uncfsu.edu/registrar/forms.htm), obtain signatures from instructor and advisor, then return completed form to Registrar's office. You will not receive any refund of tuition and fees for withdrawing from a class. You should strive to earn credit for any and all classes you are enrolled in. If you are withdrawing from all the courses in which you are enrolled, even if you are enrolled in only one course, you must withdraw from the university. Excessive withdrawals will jeopardize your financial aid. Ask Financial Aid about the 67% rule. Effective fall 2009 you will be permitted five no-penalty class withdrawals only. After 5 they will be calculated as "F".

- **Withdraw from the University**
  Withdraw from University means you are withdrawing from all classes for the semester due to circumstances that prevent you from being able to complete classes. Locate the deadlines for the drop/add period and withdrawal at the Office of the Registrar’s website: [http://www.uncfsu.edu/registrar/index.htm](http://www.uncfsu.edu/registrar/index.htm) Also, in addition to your instructor, contact the Center for Personal Development at (910) 672 1203/1222 for additional support and information regarding special circumstances that prevent you from being able to complete classes.

- **Withdraw from a On-line Class**
  This is a 300 level class; it is your responsibility to withdraw from it, if you have any reason to do so. Please remember that if you want to withdraw from this class you have to follow the correct procedures. Course Withdrawal Form (Online Course Only) [http://www.uncfsu.edu/registrar/forms.htm#W](http://www.uncfsu.edu/registrar/forms.htm#W)

  Doing nothing will not automatically withdraw you from the class or relieve you from financial burden and you will also receive an F grade for not completing the requirements for the class.

- **Disabled Student Services**
  In accordance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ADA) of 1990, if you have a disability or think you have a disability to please contact the Center for Personal Development in the Spaulding Building, Room 155 (1st Floor); 910 672 – 1203.
• **FSU Policy on Electronic Mail**

  Fayetteville State University provides to each student, free of charge, an electronic mail account (username@uncfsu.edu) that is easily accessible via the Internet. The university has established FSU email as the primary mode of correspondence between university officials and enrolled students. Inquiries and requests from students pertaining to academic records, grades, bills, financial aid, and other matters of a confidential nature must be submitted via FSU email. Inquiries or requests from personal email accounts are not assured a response. The university maintains open-use computer laboratories throughout the campus that can be used to access electronic mail. Rules and regulations governing the use of FSU email may be found at http://www.uncfsu.edu/PDFs/EmailPolicyFinal.pdf

• **Inclement Weather**

  We will follow the Fayetteville State University inclement weather schedule. Consult the university webpage, local radio and television statements for announcements. While the university may be closed, online courses may continue as scheduled.

• **Register Your Phone for Emergency Text Alerts** (optional). FSU has a state-of-the-art emergency alert system. One part of that system allows students to register a cell phone to receive text alerts about emergency situations on campus (e.g., closure due to inclement weather). To register a phone, Go to the FSU Bronco Alert Emergency Message Sign-Up page. Enter your Banner ID. Enter your cell phone number, then enter it again to verify. Click Submit.

10. **Course Requirements**

   1. An individual copy of the textbook
   2. Completion of all reading assignments on time.
   3. Taking all the exams on time as scheduled.
   4. Ability to access documents in the University Library and on the Internet.
   5. Students must use their full name, Heed 112, and proper subject label (Health and Wellness) in their e-mail to the instructor. There are too many e-mails that contain viruses and therefore all poorly identified e-mails will be deleted without reading.

As a student in the Heed 112 course during the Spring 2013, I agree to the following guidelines:

(Please copy and paste the below Ethics Agreement to your first assignment word document and type the agreement statement)

- I will print a copy of the syllabus as a hard-copy reference.
- I am responsible for meeting the class requirements.
- I will read each assigned chapter and be ready to discuss the chapters in class.
- I will come to class on time.
- I will complete all of my internet activities.
- I will read each assigned chapter weekly and be ready to take the exams on the schedule dates.
- I will remind myself of all assignments and exam dates.
- I will neither give nor receive aid on class exams, assignments, and the work that I provide is my own.
- I will also use appropriate language while communicating in the class discussions.
- I will type all assignments in Microsoft Word.
- I will complete all assignment on time and by the due date.
- I will not ask for any extension because I know it is my responsibility to complete my assignments on time.

11. **Title IX – Sexual Misconduct**

    Fayetteville State University (University) is committed to fostering a safe campus environment where sexual misconduct — including sexual harassment, domestic and dating violence, sexual assault, and stalking - is unacceptable and is not tolerated. The University encourages students who may have experienced sexual misconduct to speak with someone at the University so that the University can provide the support that is needed and respond appropriately. The Sexual Misconduct policy can be found at the following link:  http://www.uncfsu.edu/Documents/Policy/students/SexualMisconduct.pdf

**Consulting with a Health Care Professional** - A student who wishes to confidentially speak about an incident of sexual misconduct should contact either of the following individuals who are required to maintain confidentiality:

Ms. Pamela C. Fisher  
Licensed Professional Counselor

Ms. Linda Melvin  
Director, Student Health Services
Reporting an Incident of Sexual Misconduct - The University encourages students to **report** incidents of sexual misconduct. A student who wishes to **report** sexual misconduct or has questions about University policies and procedures regarding sexual misconduct should contact the following individual:

Ms. Victoria Ratliff  
Deputy Title IX Coordinator for Students  
Spaulding Building, Room 155  
(910) 672-1222  
vratliff@uncfsu.edu

Unlike the Licensed Professional Counselor or the Director of Student Health Services, the Deputy Title IX Coordinator is legally obligated to investigate reports of sexual misconduct, and therefore cannot guarantee confidentiality, but a request for confidentiality will be considered and respected to the extent possible.

Students are also encouraged to report incidents of sexual misconduct to the University’s Police and Public Safety Department at (910) 672-1911.

12. REFERENCES (Suggested Readings, Internet and/or Multi-media Resources)


[www.mayohealth.org](http://www.mayohealth.org)  
[http://www.nfid.org](http://www.nfid.org)  
[http://who.int/health-topics/idindex.htm](http://who.int/health-topics/idindex.htm)

**PERIODICALS**

Behavioral and Brain Sciences  
Behavioral Disorders  
Behavioral Research Methods and Instrumentation  
Behavioral Science  
Behavior Science Research  
Behavior Therapy Journal of Alcohol and Drug Education  
Health Education Journal  
Journal of Applied Biobehavioral Research  
Journal of Behavior Modification  
Journal of Chemical Education  
Journal of Counseling and Development  
Journal of Counseling Psychology  
Journal of Drug Education  
Journal of Drug Issues  
Journal of Health Consequence of Smoking  
Journal of Health Education