

Personal Health Management

School of Dreams Academy

Instructor Information	
Name	Adrienne Duran & Angelica Boyle
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Office Hours	Office D-L1 8:00am – 9:00am
Course Information	
Course Number/Sect.	HED 171 Section 550 CRN 56168
Semester/Term & Year	Spring 2016: January 4 th – May 24 th
Credit Hours	3
Class Meets	This class is Web-Enhanced, please log onto UNM Learn: https://learn.unm.edu/. For instructions on how to use UNM Learn, visit http://online.unm.edu/help/learn/students/
Textbook/Materials	Materials will be accessed through UNM Learn.
Course Schedule	See attachment on UNM Learn
Course Description	Exploration of the major areas of health information pertinent to understanding how to achieve, maintain, and promote positive health. Topics covered include mental health, drugs, human sexuality, prevention and control of diseases, nutrition, consumer health and ecology.
Student Learning Objectives	<p>Student Learning Objectives = Knowledge, Skills & Appreciation</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Describe the six dimensions of wellness and the behavioral skills needed to establish a wellness lifestyle (Chapter 1); 2. Identify major goals of the national Healthy People Initiative 2020 (Chapter 1); 3. Describe the steps in creating a behavior management plan to change a health-related behavior (Chapter 1); 4. Develop a personal plan to track and change a particular health related behavior; 5. Describe and understand stress, sources of stress, the relationship between stress and disease, and techniques for managing stress; (Chapter 2) 6. Define and understand aspects of psychological health, psychological disorders, and psychological health strategies; (Chapter 3) 7. Describe and understand the various aspects of healthy intimate relationships and the importance of communication skills; (Chapter 4) 8. Identify and describe the male and female sexual structure and function and the guidelines for safe, responsible sexual behavior; (Chapter 5) 9. Describe and understand fertility, pregnancy, and childbirth; (Chapter 5) 10. Identify various methods of contraception; (Chapter 6) 11. Identify and describe various aspects of the abortion issue; (Chapter 6) 12. Describe and understand aspects of drug use and abuse; (Chapter 7) 13. Understand the nature of alcohol and tobacco, problems associated with alcohol and tobacco abuse, and effects on health; (Chapter 8) 14. Identify the essential nutrients and describe the functions they perform in the body; (Chapter 9) 15. Describe and understand the components of a healthy diet and a personal healthy diet plan; (Chapter 9) 16. Describe and understand the aspects of the 5 physical fitness components and the wellness benefits of physical activity; (Chapter 10)

	<p>17. Demonstrate an understanding of the basic concepts of weight management and methods to assess body composition; (Chapter 11)</p> <p>18. Identify factors that may contribute to a weight management problem, including genetic, physiological, lifestyle, and psychosocial factors and the health risks associated with being overweight or obese; (Chapter 11)</p> <p>19. Identify major risk factors for cardiovascular disease and cancer plus other common diseases and preventive factors; (Chapter 12)</p> <p>20. Identify and describe aspects of the body's immune system and various sources of disease; (Chapter 13)</p> <p>21. Identify and describe signs, symptoms, transmission and prevention of STD's;</p> <p>22. Identify strategies for healthful aging; (Chapter 13)</p> <p>23. Identify environmental health concerns and the strategies that individuals, communities, and nations can take to preserve and restore the environment. (Chapter 14)</p> <p>24. Develop personal skills for consumer consumption of health products, conventional, alternative or integrative medical systems, and insurance; (Chapter 15)</p> <p>25. Identify the most common types of unintentional injuries and prevention strategies; (Chapter 16)</p> <p>26. Identify key physical, social, and mental changes that may accompany aging</p>
Course Outline	<p><u>Class Expectations and Course Requirements</u> There will be 2 exams, 16 short homework assignments, discussions and 16 short quizzes given during the semester. The quizzes, assignments and discussions are worth 5 points each. The exams are worth 25 points and the personal health management plan is worth 10 points.</p> <p><u>Students are expected to turn in assignments on time, and be prepared for exams.</u> Students will be required to participate in discussion activities and expected to assist in maintaining an on-line classroom environment that is conducive to learning.</p> <p><u>Attendance</u> Your instructor will take attendance online. Students must log-on to UNM Learn regularly.</p> <p><u>Exams</u> Exams will cover assigned chapters, discussions, assignments, and handout materials. The exams may contain a combination of any of the following: multiple-choice, matching, true or false and fill in the blank.</p> <p><u>Make Up Policy</u> For any <u>excused</u> absence, student will have the equal amount of time missed to make up any work that he or she has missed. Student will not be allowed to make up any assignment from an unexcused absence. Late work will not be accepted. Extra credit will not be offered.</p> <p><u>Homework and Assignments</u> You are required to read the chapters listed on the tentative schedule as part of your homework. Late work <u>will not be accepted</u>. Additionally, it is strongly recommended that you check UNM Learn daily. The instructor will post course materials that are necessary for course work, including other readings on UNM Learn.</p>

Assignments/Points	<p><u>Evaluation/Grading</u></p> <p>Mid-Term Exam 25 points</p> <p>Final Exam 25 points</p> <p>Group Discussions (16) 80 points</p> <p>Homework Assignments (16) 80 points</p> <p>Quizzes (16) 80 points</p> <p><u>Personal Health Management Plan 10 points</u></p> <p>Total Possible Points 300 points</p> <p><u>Track Your Own Progress:</u></p> <p>Mid-Term Exam ____ points</p> <p>Final Exam ____ points</p> <p>Group Discussions (16) ____ points</p> <p>Homework Assignments (16) ____ points</p> <p>Quizzes (13) ____ points</p> <p>Personal Health Management Plan ____ points</p> <p>____total points</p> <p>Total Possible Points 300 points</p>
Due Dates	See HED 171 Spring 2016 course schedule on UNM Learn
Grading Scale	<p><u>Grading Scale</u></p> <p><u>292-<300 A+</u> <u>219-<233 C</u></p> <p><u>280-<291 A</u> <u>210-<218 C-</u></p> <p><u>270-<279 A-</u> <u>204-209 D+</u></p> <p><u>261-<269 B+</u> <u>189-<203 D</u></p> <p><u>249-<260 B</u> <u>180-<188 D-</u></p> <p><u>240-<249 B-</u> <u><179 F</u></p> <p><u>234-<239 C+</u></p>
Guidelines	<p><u>Academic Dishonesty:</u></p> <p>Plagiarism of any assignment will result in an automatic zero for that assignment. First offense, student will be given a zero for the assignment, parent or guardian will be notified, and incident will be logged. Second offense, student will be given a zero for the assignment, parent or guardian will be notified and a write up to administration will occur.</p>
Accommodations	<p><u>Equal Access Statement</u></p> <p>Check also with your instructor.</p> <p>Equal Access Services, (505) 925-8560, http://www.unm.edu/~vcadvise/equalaccess.htm, provides academic support to students with disabilities. If you need alternative formats for completing coursework, you should contact this service immediately to ensure your success.</p>

****The instructor reserves the right to change any material/requirements on the syllabus.***