



**Division of Liberal Arts, Humanities & Education
Education Department**

Kinesiology & Exercise Science Program

<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>

KINE 1304: Personal/Community Health | Lecture | #19818

Fall 2019 | 16 Weeks (9.3.2019-12.15.2019)

In-Person | Fraga | MW 8 a.m.-9:20 a.m.

3 Credit Hours | 48 hours per semester

Instructor Contact Information

Instructor: Brian Jenison

Office: Fraga, Room

HCC Email: brian.jenison@hccs.edu

Office Phone: 713-847-4809

Office Hours: M/W 8:00-9:20 a.m.

Office Location: Fraga Faculty Area

Please feel free to contact me concerning any problems that you are experiencing in this course. Your performance in my class is very important to me. I am available to hear your concerns and just to discuss course topics.

Instructor's Preferred Method of Contact

I will respond to emails within 24 hours Monday through Friday; I will reply to weekend messages on Monday mornings.

What's Exciting About This Course

Do you know what factors are involved in creating and maintaining your health and the health of the community? In this course, you will learn and explore the nine dimensions of health. For example: Physical, Emotional, Intellectual, Spiritual, Financial, and more! You will have opportunities to examine your own health practices as well as how to improve them, and how those practices affect the health of the community. Learning about and improving your health ultimately benefits the health of the environment in which you live. You will be challenged to incorporate lifelong practices that will benefit you and your community.

My Personal Welcome

Welcome to Personal/Community Health. — I've been expecting you! I will be your professor this semester. I am here to facilitate your learning and am looking forward to getting to know you. To be successful in this course, I encourage you to read everything, study, and get moving to develop your skills. You will be learning about the aspect of Health, Wellness and

Nutrition as they relate to you and your community. Be sure to stay on task as this course has assessments that are due at specific times throughout the course. By mastering the concepts of this course, you will be equipped with knowledge and skills to create a Healthy and Productive lifestyle. You **will** use what you learn!

Prerequisites and/or Co-Requisites

KINE 1304 requires college-level reading and writing skills. Research indicates that you are most likely to succeed if you have already taken and passed ENGL 1301. The minimum requirements for enrollment in KINE 1304 include placement in college-level reading (or take INRW 0420 or ESOL 0370 as a co-requisite). If you have enrolled in this course having satisfied these prerequisites, you have a higher chance of success than students who have not done so. Please carefully read and consider the repeater policy in the [HCCS Student Handbook](#).

Canvas Learning Management System

This section of KINE 1304 will use [Canvas](https://eagleonline.hccs.edu) (<https://eagleonline.hccs.edu>) to supplement in-class assignments, exams, and activities.

HCCS Open Lab locations may be used to access the Internet and Canvas. **USE [FIREFOX](#) OR [CHROME](#) AS THE INTERNET BROWSER**

HCC Online Information and Policies

Here is the link to information about HCC Online classes including the required Online Orientation for all fully online classes: <http://www.hccs.edu/online/>

Scoring Rubrics, Sample Assignments, etc.

Check with your Instructor or look in Eagle Online Canvas for the scoring rubrics for assignments, samples of class assignments, and other information to assist you in the course. <https://eagleonline.hccs.edu/login/ldap>

Instructional Materials

Textbook Information



This book is required, however, you can access it at the following libraries: Central, Stafford, Spring Branch and Southeast. There are several other options such as renting, buying online or buying at an HCC Bookstore location.

Textbook: Connect Core Concepts in Health, 16th Brief Ed., ISBN # 9781260074093

Temporary Free Access to E-Book

You will be able to register for free temporary access to the Textbook. You can register through your Canvas course when the course becomes active on the first day of class.

NOTE: This class is an HCC Textbook Savings course, which includes a textbook fee that is lower than national textbook prices. If you opted for Textbook Saving when you enrolled in the course, you **do not have to purchase** the Textbook for access code. You will have access to the course E-Book on the first day of class **through Canvas**.

Other Instructional Resources

There are no additional Instructional Resources for this course.

Tutoring

HCC provides free, confidential, and convenient academic support, including writing critiques, to HCC students in an online environment and on campus. Tutoring is provided by HCC personnel in order to ensure that it is contextual and appropriate. Visit the [HCC Tutoring Services](#) website for services provided.

Libraries

The HCC Library System consists of 9 libraries and 6 Electronic Resource Centers (ERCs) that are inviting places to study and collaborate on projects. Librarians are available both at the libraries and online to show you how to locate and use the resources you need. The libraries maintain a large selection of electronic resources as well as collections of books, magazines, newspapers, and audiovisual materials. The portal to all libraries' resources and services is the HCCS library web page at <http://library.hccs.edu>.

Supplementary Instruction

Supplemental Instruction is an academic enrichment and support program that uses peer-assisted study sessions to improve student retention and success in historically difficult courses. Peer Support is provided by students who have already succeeded in completion of the specified course, and who earned a grade of A or B. Find details at <http://www.hccs.edu/resources-for/current-students/supplemental-instruction/>.

Course Overview

KINE 1304 provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being. This course fulfills the New Core 2014 requirement under the Component Area Option.

Core Curriculum Objectives (CCOs)

KINE 1304 satisfies the Component Area Option requirement in the HCCS core curriculum. The HCCS Kinesiology & Exercise Science Program Committee has specified that the course address the following core objectives:

- **Critical Thinking:** Students will demonstrate the ability to engage in inquiry and

analysis, evaluation and synthesis of information, and creative thinking by completing written assignments and/or essays.

- **Communication Skills:** Students will demonstrate effective development, interpretation and expression of ideas through written, oral, and visual communication by completing written assignments and/or visual presentations.
- **Quantitative and Empirical Literacy:** Students will demonstrate the ability to draw conclusions based on the systematic analysis of topics using observation, experiment, and/or numerical skills by completing textbook reading assignments, completing assignments, and answering questions for this specific assignment.
- **Social Responsibility:** Students will demonstrate cultural self-awareness, intercultural competency, civil knowledge, and the ability to engage effectively in regional, national, and global communities by volunteering in the community and writing an essay on their experience.

Program Student Learning Outcomes (PSLOs)

Can be found at:

<https://www.hccs.edu/programs/areas-of-study/liberal-arts-humanities--education/kinesiology--exercise-science/>

Course Student Learning Outcomes (CSLOs)

The student will be able to:

1. Evaluate the dimensions of health and how they relate to personal and community wellness.
2. Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
3. Describe the leading health problems, trends, and needs of diverse populations.
4. Identify major agencies, foundations, and associations supporting community health at local, state, national and international levels and data tools and resources.
5. Evaluate sources of health information, including the internet, to determine reliability.
6. Develop, and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Learning Objectives

The student will be able to:

- 1.1 Discuss wellness as a health goal.
- 1.2 Describe personal methods for achieving wellness through lifestyle management.
- 1.3 Describe and apply techniques for managing stress.
- 1.4 List common sources of personal stress.
- 1.5 Describe what psychological health means to you.
- 1.6 Describe the types of help available for psychological problems.
- 1.7 Explain elements of healthy and productive communication.
- 1.8 Explain the qualities that help people develop intimate relationships.
- 1.9 List factors that influence your personal wellness.
- 1.10 Discuss approach to personal, responsible contraception.
- 1.11 Discuss how culture/religion play a part in your view of contraception.
- 1.12 Discuss views on when and where contraception should be introduced.
- 1.13 Discuss strategies for protecting yourself from sexually transmitted infections.

- 2.1 Explain the components of an active-lifestyle.
- 2.2 Define physical fitness.
- 2.3 Explain strategies for staying on track with an exercise program.
- 2.4 Describe the benefits of exercise.
- 2.5 Discuss methods of assessing body weight and body composition.
- 2.6 Describe lifestyle factors associated with successful weight management.
- 2.7 List the steps you can take to protect yourself against cardiovascular disease.
- 2.8 Explain how to make informed choices about foods.
- 2.9 List the components of a healthy diet.
- 2.10 Analyze your personal caloric intake and caloric expenditure.
- 2.11 Explain how current lifestyle choices will impact your future health.
- 2.12 Identify strategies for healthy aging.
- 2.13 Identify challenges that may accompany aging and how you can best address them.
- 3.1 Discuss the practices of Conventional medicines vs Complementary medicine.
- 3.2 Present leading health problems.
- 3.3 Discuss health trends.
- 3.4 Identify needs of diverse populations.
- 4.1 Discuss the social issues/needs of organizations in your community that need help.
- 4.2 Identify the broader impact of the issues organizations face regionally, nationally and /or globally.
- 4.3 Explain experiences/understandings of other cultures within the community.
- 4.4 Describe personal experiences of working with other cultures that expand your awareness of the elements and biases in your own culture.
- 4.5 Explore an approved community organization as a volunteer/participant.
- 4.6 Create a picture collage of your experience at the approved community organization.
- 5.1 Assess sources of reliable health information.
- 5.2 Determine reliability of health sources within the internet.
- 6.1 Describe personal considerations in planning for imminent death.
- 6.2 Identify the concept of environmental health and how it has developed.
- 6.3 Identify how population growth affects the earth's environment.
- 6.4 Describe the causes of air and water pollution.
- 6.5 Identify the concept of noise pollution and its impacts.
- 6.6 Describe and discuss a plan of healthy behavior to meet personal and community needs.

Student Success

Expect to spend at least twice as many hours per week outside of class as you do in class studying the course content. Additional time will be required for written assignments. The assignments provided will help you use your study hours wisely. Successful completion of this course requires a combination of the following:

- Reading the textbook
- Attending class in person and/or online
- Completing assignments
- Participating in class activities

There is no short cut for success in this course; it requires reading (and probably re-reading) and studying the material using the course objectives as a guide.

Instructor and Student Responsibilities

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through learner-centered instructional techniques
- Provide a description of any special projects or assignments
- Inform students of policies such as attendance, withdrawal, tardiness, and making up assignments
- Provide the course outline and class calendar that will include a description of any special projects or assignments
- Arrange to meet with individual students before and after class as required

As a student, it is your responsibility to:

- Attend class in person and/or online
- Participate actively by reviewing course material, interacting with classmates, and responding promptly in your communication with me
- Read and comprehend the textbook
- Complete the required assignments and exams
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts, and all assignments
- Be aware of and comply with academic honesty policies in the HCCS Student Handbook

Assignments, Exams, and Activities

Written Assignments

There will be five written assignments submitted online (one of which is the Final Exam Essay). All written assignments are specific to Core Requirements: Dimensions of Health/Wellness, Community Outreach Project, Quantitative-Empirical Essay/Fitness Analysis, and Oral Presentation. Each written assignment, including the Final Exam Essay, is worth 100 points (total of 500 points).

Exams

There are 4 online exams that cover 18 chapters and are worth 100 points each (total of 400 points).

In-Class Activities

Start Here Activities:

There are two activities that need to be completed within the Start Here module (For Online Courses).

Discussions:

There will be five online discussion questions throughout this course. They are worth 20 points each (total of 100 points).

Final Exam

There is no Final Exam. Instead you will be required to write a Final Essay. You will develop and implement a plan of healthy behavior to meet personal and community needs to enhance

quality of life. You will use the information you have collected from the following projects: Community Outreach Project, Quantitative/Empirical Essay, and Oral Presentation to create a minimum of 1000 word essay. Specific directions will be provide in Canvas.

Grading Formula

| | |
|---------------------------|---------------------|
| Start Here Activities (2) | Complete/Incomplete |
| Assignments (5) | 500 points |
| Discussions (5) | 100 points |
| Exams (4) | 400 points |

| Grade | Total Points |
|-------|--------------|
| A | 900+ |
| B | 800-899 |
| C | 700-799 |
| D | 600-699 |
| F | <600 |

Incomplete Policy:

In order to receive a grade of Incomplete ("I"), a student must have completed at least 85% of the work in the course. In all cases, the instructor reserves the right to decline a student's request to receive a grade of Incomplete.

HCC Grading Scale can be found on this site under Academic Information:
<http://www.hccs.edu/resources-for/current-students/student-handbook/>

Course Calendar

September:

- 04:** Introduction to Course, Syllabus, Online class orientation, get to know your classmate activities (in class)
- 09:** Continue: Intro. to Course, get to know your classmates activities (in class)
- 11:** Chapter 1 – Taking Charge of Your Health
- 16:** Chapter 2 - Stress: The Constant Challenge
***Wellness Goals Discussion - due by 11:30 pm**
- 18:** Chapter 3 – Psychological Health
- 23:** Chapter 4 - Sleep
 Chapter 5 - Intimate Relationships and Communication
***Dimensions of Health/Wellness Essay - due by 11:30 pm**
- 25: EXAMS-Chapters 1, 2, 3, 4, and 5**
 (Exams online – Due by 11:30pm)
- 30:** Chapter 6 – Sexuality, Pregnancy, and Childbirth

October:

- 02:** Chapter 7 – Contraception and Abortion
- 07:** Chapter 8 – Drug Use and Addiction
 Chapter 9 – Alcohol and Tobacco
***Views on Contraception Discussion - due by 11:30 pm**
- 09: EXAMS – Chapters 6, 7, 8, and 9**
 (Exams online - Due by 11:30pm)

- 14:** Chapter 10 - Nutrition Basics
- 16:** Chapter 11 – Exercise for Health and Fitness
- 21:** Chapter 12 – Weight Management
 - *Community Outreach Project - due by 11:30pm**
- 23:** Chapter 13 – Cardiovascular Health and Cancer
 - *Components of an Active Lifestyle Discussion - due by 11:30pm**
- 28:** Chapter 14 - Immunity and Infection
 - *Quantitative Assignment - due by 11:30pm**
- 30: EXAMS – Chapters 10, 11, 12, and 13**
(Exams online - Due by 11:30pm)

November:

- 04:** Chapter 15 - Environmental Health
 - *Sexually Transmitted Infections Discussion - due by 11:30pm**
- 06:** Chapter 16 – Conventional and Complementary Medicine
- 11:** Chapter 17 - Personal Safety
 - *Conventional/Complimentary Medicine Discussion - due by 11:30pm**
- 13:** Chapter 18 – The Challenge of Aging
- 18: EXAMS – Chapters 14, 15, 16, 17, and 18**
(Exams online - Due by 11:30pm)
- 20:** Oral Presentations – Health Topic
- 25:** Oral Presentations – Health Topic
- 27:** Oral Presentations – Health Topic

December:

- 02:** Oral Presentations – Health Topic
- 04:** Oral Presentations – Health Topic
- 09: Final Essay – due by 11:30 pm**

Syllabus Modifications

The instructor reserves the right to modify the syllabus at any time during the semester and will promptly notify students in writing, typically by e-mail and/or posting in Canvas, of any such changes.

Instructor’s Practices and Procedures

Missed Assignments

Make-up assignments/tests are not provided. However, for an unforeseen extenuating circumstance, you must explain why and request a make-up test **in writing**, through the Canvas Inbox. You will receive a score of zero for an unexplained or unexcused missed assignment/test, and I reserve the right to disqualify your excuse.

Makeup assignments/tests are given **only** in cases of documented illness, legal cases, or other extenuating circumstances, **not** just because you haven't studied. Makeup assignments/tests **must** be arranged by you, and you should contact me **through the Canvas Inbox** to document your absence, **no later than** the next week day after the assignment/test deadline or at the end of your emergency.

Academic Integrity

HCC expects all students to conduct themselves with honor and integrity in fulfilling course requirements. Proceedings may be initiated by instructors, department chairs, and/or instructional deans against a student accused of a violation of academic integrity. "Scholastic Dishonesty" includes but is not limited to cheating, plagiarism, and collusion. Discretion is given to the instructor as to the administration of consequences for academic integrity violations at the classroom level, subject to any rules imposed by the relevant program/division/center of excellence. Consequences might include such penalties as a 0 on the particular assignment, a mandatory retaking or redoing of the assignment in question, a significant deduction from the final overall course grade, dismissal from the course (if prior to the date of last withdrawal) or failure of the entire course.

<https://www.hccs.edu/media/houston-community-college/district/pdf/2018-2019-Student-Code-of-Conduct.pdf>

Scholastic Dishonesty may result in a referral to the Dean of Student Services. Here's the link to the HCC information about academic integrity (Scholastic Dishonesty and Violation of Academic Scholastic Dishonesty and Grievance):

<http://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-procedures/>

Attendance Procedures

It is imperative that you attend class in order to be successful. You are expected to attend all scheduled classes. Although ***it is your responsibility to drop a course for nonattendance***, the instructor has the authority to drop you for excessive absences. You may be dropped from a course prior to the college drop deadline (see academic calendar) once you accumulate absences in excess of 12.5 percent of the total hours of instruction (lecture and lab). For a 3 credit hour lecture class meeting 3 hours per week like this one (48 hours of instruction), you can be dropped after **6 hours of absence (after missing more than 3 classes)**. The 6 hours may include accumulated minutes for arriving late to class and leaving class early and lab time missed.

In an online class, the equivalent would be failing to participate and/or turn in assignments for two weeks. Be aware that students can be dropped from an online class due to nonparticipation. Note the following statement from the HCC Online Course Requirements Webpage:

"All students are expected to attend classes regularly, thus online students must login to their course(s) on a regular basis. Online students who do not login and actively participate before the Official Day of Record may be automatically withdrawn for non-attendance. An automatic withdrawal from a course does not erase the course from your record or excuse you from paying for the courses" (<https://www.hccs.edu/online/student-support/>).

Student Conduct

"According to its policy on student conduct, the Houston Community College views college-level students as adults who subscribe to a basic standard of conduct... Moreover, a student's membership in the community of scholars is a privilege and carries with it obligations to participate in and contribute to the educational mission of the college and to avoid any behavior that is contrary to that mission. Therefore, no student may disrupt or otherwise interfere with any educational activity being performed by a member of the college district. In

addition, no student may interfere with his/her fellow students' right to pursue their academic goals to the fullest in an atmosphere appropriate to a community of scholars." <https://www.hccs.edu/media/houston-community-college/district/pdf/2018-2019-Student-Code-of-Conduct.pdf>

Electronic Devices

Students are expected to maintain a state of technical compliance, including (but not limited to):

- Up-to-date software as required by the instructor;
- A stable Internet connection;
- Use of the Firefox or Chrome browser is highly suggested when using Canvas.

The instructor is NOT required to give consideration for lost/missing/unacceptable work stemming from technical non-compliance and/or end-user technical issues.

Kinesiology & Exercise Science Program Information

For more information about our degree: <https://www.hccs.edu/finder/programs/associate-of-arts-in-multidisciplinary-studies---kinesiology--exercise-science-major/>

HCC Policies

Here's the link to the HCC Student Handbook <http://www.hccs.edu/resources-for/current-students/student-handbook/> In it you will find information about the following:

- Academic Information
- Academic Support
- Attendance, Repeating Courses, and Withdrawal
- Career Planning and Job Search
- Childcare
- disAbility Support Services
- Electronic Devices
- Equal Educational Opportunity
- Financial Aid TV (FATV)
- General Student Complaints
- Grade of FX
- Incomplete Grades
- International Student Services
- Health Awareness
- Libraries/Bookstore
- Police Services & Campus Safety
- Student Life at HCC
- Student Rights and Responsibilities
- Student Services
- Testing
- Transfer Planning
- Veteran Services

EGLS³

The EGLS³ ([Evaluation for Greater Learning Student Survey System](#)) will be available for most courses near the end of the term until finals start. This brief survey will give invaluable information to your faculty about their teaching. Results are anonymous and will be available to faculty and division chairs after the end of the term. EGLS³ surveys are only available for the Fall and Spring semesters. -EGLS3 surveys are not offered during the Summer semester due to logistical constraints.

<http://www.hccs.edu/resources-for/current-students/epls3-evaluate-your-professors/>

Campus Carry Link

Here's the link to the HCC information about Campus Carry:

<http://www.hccs.edu/departments/police/campus-carry/>

HCC Email Policy

When communicating via email, HCC requires students to communicate only through the HCC email system to protect your privacy. If you have not activated your HCC student email account, you can go [to HCC Eagle ID](#) and activate it now. You may also use Canvas Inbox to communicate.

Housing and Food Assistance for Students

Any student who faces challenges securing their foods or housing and believes this may affect their performance in the course is urged to contact the Dean of Students at their college for support. Furthermore, please notify the professor if you are comfortable in doing so.

This will enable HCC to provide any resources that HCC may possess.

Office of Institutional Equity

Use the link below to access the HCC Office of Institutional Equity, Inclusion, and Engagement (<http://www.hccs.edu/departments/institutional-equity/>)

disAbility Services

HCC strives to make all learning experiences as accessible as possible. If you anticipate or experience academic barriers based on your disability (including long and short term conditions, mental health, chronic or temporary medical conditions), please meet with a campus Abilities Counselor as soon as possible in order to establish reasonable accommodations. Reasonable accommodations are established through an interactive process between you, your instructor(s) and Ability Services. It is the policy and practice of HCC to create inclusive and accessible learning environments consistent with federal and state law. For more information, please go to <http://www.hccs.edu/support-services/disability-services/>

Title IX

Houston Community College is committed to cultivating an environment free from inappropriate conduct of a sexual or gender-based nature including sex discrimination, sexual assault, sexual harassment, and sexual violence. Sex discrimination includes all forms of sexual and gender-based misconduct and violates an individual's fundamental rights and personal dignity. Title IX prohibits discrimination on the basis of sex-including pregnancy and

parental status in educational programs and activities. If you require an accommodation due to pregnancy please contact an Abilities Services Counselor. The Director of EEO/Compliance is designated as the Title IX Coordinator and Section 504 Coordinator. All inquiries concerning HCC policies, compliance with applicable laws, statutes, and regulations (such as Title VI, Title IX, and Section 504), and complaints may be directed to:

David Cross
Director EEO/Compliance
Office of Institutional Equity & Diversity
3100 Main
(713) 718-8271
Houston, TX 77266-7517 or Institutional.Equity@hccs.edu
<http://www.hccs.edu/departments/institutional-equity/title-ix-know-your-rights/>

Office of the Dean of Students

Contact the office of the Dean of Students to seek assistance in determining the correct complaint procedure to follow or to identify the appropriate academic dean or supervisor for informal resolution of complaints.

<https://www.hccs.edu/about-hcc/procedures/student-rights-policies--procedures/student-complaints/speak-with-the-dean-of-students/>

Department Chair Contact Information

Saran Winters, M.Ed., saran.winters@hccs.edu, 713-718-6237