



Mercer County Community College
Division of Science and Health Professions
Course Syllabus

Course number	HPE111
Course title	Living With Health
Course type	Telecourse (TV or DVD)
Credit hours	3 credits
Prerequisites	None
Department location	MS building
Division web page	www.mccc.edu/shp
Revised	Spring 2011

Instructor(s) Information	
Instructor	Robert (Bob) Pugh
Title	Faculty, Coordinator Health & Physical Education
Office location	MS147, & PE115
Office telephone	609.586.4800 extension 3743
Office hours	By appointment
Email	pughb@mccc.edu
Instructor	John Kalinowski
Title	Faculty, Coordinator Exercise Science
Office location	PE119
Office telephone	609.586.4800 extension 3675
Office hours	By appointment
Email	kalinowj@mccc.edu
Instructor	Jackie Franz
Title	Adjunct Faculty, Health & Physical Education
Office location	PE109
Office telephone	Use department phone number
Office hours	By appointment
Email	franzj@mccc.edu

Course Description: This course explores the most recent, scientifically-based personal health information relevant to the entire lifespan. Students critically review health information from various sources and gain skill in analyzing their own health-related behaviors and attitudes. In the process, students learn strategies, techniques, and behaviors to optimize their own well-being and the well-being of their families.

Organization: This is a telecourse which utilizes the video series, **The Human Condition** by Intelligent Communications. The student will be required to view the videos, complete text reading, written assignments, take unit test and a final exam. The videos are available via television or DVD. Videos are aired on MCCC's channel on Cablevision and Comcast channel 26 or Verizon FIOS channel 20. The broadcast schedule is found elsewhere in this document. The DVD's are available from the college library or the distributors web site (see Textbooks and Optional Materials).

About Telecourses: Telecourses may not be for everyone. HPE111 is **not** an "easy A". A's are currently earned by about 1/4 of the students who complete the course; but, they work very hard to earn their "A's". To be successful in a telecourse you must be a self-starter, who can establish course milestones and achieve them. You must be able to meet all deadlines. If you are a procrastinator by nature and need the motivation of an instructor, you may not want to enroll in a telecourse.

Textbooks and Optional Materials:

1. Alters and Schiff, **Essential Concepts for Healthy Living**. Jones and Bartlett Publishers. Fifth Edition Update (Includes Workbook), 2010. ISBN: 978-0-7637-8975-6.
2. Optional: Wendy Schiff, **The Human Condition Study Guide**. Jones and Bartlett Publishers. Fifth Edition, 2009. ISBN: 978-0-7637-6376-3
3. Optional: **The Human Condition** video lessons available through the bookstore or www.intelecom.org (click on the student store for special rates).

Grading Plan:

Coursework will be weighted as follows:

Category (quantity)	Points
1. Attendance at Orientation	10
2. Unit Tests (4 @ 50 points each)	200
3. Final Exam (100 questions)	100
4. Self Assessments (10 @ 10 points each)	100
5. Changing Health Habits (5 @ 10 points each)	50
6. Course Summary	15
Total Points	475

Course Grade	
A	441-475
A-	427-440
B+	413-426
B	394-412
B-	380-393
C+	365-379
C	332-364
D	285-331
F	0-284

Note: Points will be deducted for failure to return videos to the library on time and/or handing in assignments late. Grades will be withheld for outstanding library accounts.

Orientation: There are at least two orientations scheduled. Students need only to attend one. The orientation is designed to answer any questions or concerns the student may have about the course before the course begins. It will give a clear understanding of the course requirements. A copy of the syllabus is given and reviewed.

Unit Tests: There are four Unit Tests with 50 questions each. There are five levels of test question used in the exams. Level 1 – Recall Facts; Level 2 – Recall Implications and Interpretations; Level 3 – Apply Facts, Implications, or Interpretations; Level 4 Make Inferences; and Level 5 – Synthesize and Evaluate Information. The higher level questions are more difficult. There are questions from all five levels; however, most of the questions will be level 1 and level 2 type questions. All students must take all Unit Tests by the schedule due date. All Unit Tests will be taken at the Academic Testing Center (see below).

Final Exam: The Final Exam consists of 100 questions. The final exam questions will be selected from the questions used on the four unit tests. All students must take the Final Exam by the scheduled due date. The Final Exam will be taken at the Academic Testing Center (see below).

Academic Testing Center: All Unit Tests and the Final Exam are taken in the Academic Testing Center which is located in LB209 at the WW and in the Learning Center at JKC – KC311. Students are expected to follow the General Policies for the Academic Testing Center, including the hours of operation. Each test may be taken ONCE. All test must be completed by the scheduled due date. Do not wait until the last minute -- you are permitted, and encouraged to take the test early. If you miss a test, contact your instructor.

Self Assessments: There are 30 Self Assessments in the required workbook. Each student is required to complete any 10 of the 30 Self Assessments. Self Assessments may be hand written or typed. Photocopied answers will not be accepted. Remove completed Self Assessments from the workbook, put your name on each one, place in numerical order and fasten together. These will be handed in with your Assignment Packet (see below).

Changing Health Habits: There are 16 Changing Health Habits in the required workbook. Each student is required to complete any 5 of the 16 Changing Health Habits. Complete the entire Deciding to Change section and items 1 through 3 in the Implementing the Change section. You do not need to complete items 5 and 6 in the Implementing the Change section. Attach a separate sheet of paper if necessary to thoroughly answer all required questions. Changing Health Habits may be hand written or typed. Photocopied answers will not be accepted. Remove completed Changing Health Habits from the workbook, put your name on each one, place in numerical order and fasten together. These will be handed in with your Assignment Packet (see below).

Course Summary: The Course Summary is a paper that is to be **two or more type written pages** answering the following:

- A. Based in the information contained in this course, describe health habits you may need to change.
- B. Sometimes habits are hard to change. Do you think you will be able to change the habits?
- C. Which of the Self Assessments did you find to be the most beneficial? Why did you find them to be beneficial?
- D. Describe the five most important concepts that you learned/studied in this course.
- E. Did you find the course to be beneficial? How would you describe the course to a friend?
- F. What did you like best about the course?
- G. What changes do you suggest to make Living with Health a better course?
- H. Overall, how would you rate the course: Excellent, Good, Fair, Poor, Unacceptable



Assignment Packet: Once you have completed ALL written assignments (Self Assessments, Changing Health Habits and Course Summary) you must submit them to your instructor as a packet. Assignment Packets must be turned in by the scheduled due date. **They can be dropped off in MS128 or mailed to: PO Box B, Trenton, NJ 08690. Make sure your name and your instructor's name is on the packet.**

HOW TO STUDY FOR THIS COURSE



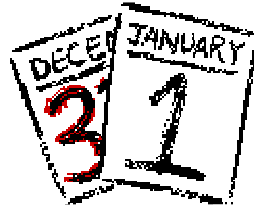
1. DO NOT FALL BEHIND ON COURSE WORK. Do the same number of lessons each week as there are video lessons scheduled... During a regular 15-week semester there are two video lessons scheduled each week. Complete two lessons from the study guide each week. In the summer there are four lessons each week.
2. Read and complete all assignments lesson in **The Human Condition Study Guide.** Start with the lesson overview.
3. Read and follow the assignments in each lesson.
4. Before watching the video read the video viewing questions.
5. Complete the textbook assignments as listed in the study guide.
6. Learn the vocabulary in the study guide lessons.
7. DO THE SELF-TESTS IN THE STUDY GUIDE. At the end of each lesson in the study guide is a self-test. Complete each test and check your answers. Notice that the answer key (located in rear of workbook) for each test gives the page number of the text or the videotape from which the question was written. If you are not familiar with the material on which the question is based, review the text or video.
8. BEFORE TAKING THE TEST, REVIEW THE APPROPRIATE STUDY GUIDE QUIZZES. Reviewing the Study Guide quizzes is a good way to help you recall the material you studied from the lessons.
9. DO NOT FALL BEHIND. Most students who have difficulty do so because they do not study until the day or two before the test deadline. There is too much material covered on each test to learn in a day or two. (Notice: There are 110 pages of the textbook covered in test one.)
10. If you are doing all the things listed above and still having trouble, **contact your course instructor immediately.**

HPE111: UNITS OF STUDY

LESSON NUMBER	VIDEO PROGRAM TITLE THE HUMAN CONDITION	READING ASSIGNMENT
1	The Fabric Of Health	Chapter 1 – Health: The Foundation for Life
2	In Human Terms	VIDEO ONLY
3	State Of Mind	Chapter 2 – Psychological Health
4	Lives In Balance	Chapter 3 – Stress and Its Management
5	Behind Closed Doors	Chapter 4 – Violence and Abuse
6	It's Personal	Chapter 6 – Relationships and Sexuality
END OF UNIT 1: TAKE UNIT 1 TEST		
7	Risky Business	Chapter 5 – Reproductive Health Chapter 14 – Infection, Immunity, and Noninfections Disease (pp 398-417) Chapter 6 – Review (pp 138-141)
8	The Code	Chapter 14 (pp 379-384 & 414-415)
9	Haley Or Matthew's Story	Chapter 9 - Nutrition (pp 248-251)
10	The Growing Years	VIDEO ONLY
11	Web Of Addiction	Chapter 7 – Drug Use and Abuse
12	Feels So Good...Hurts So Bad	Chapter 8 – Alcohol and Tobacco
END OF UNIT 2: TAKE UNIT 2 TEST		
13	What You Don't Know...	Chapter 16 – Environmental Health
14	Food For Thought	Chapter 9 – Nutrition
15	Weighing In	Chapter 10 – Body Weight and Its Management
16	Working It Out	Chapter 11 – Physical Fitness
17	Germ Warfare	Chapter 14 – Infection, Immunity, and Noninfectious Disease
18	The Modern Plague	VIDEO ONLY
END OF UNIT 3: TAKE UNIT 3 TEST		
19	Heart Of The Matter	Chapter 12 – Cardiovascular Health
20	Brain Attack	VIDEO ONLY
21	Diagnosis: Cancer	Chapter 13 – Cancer
22	Living With Cancer	VIDEO ONLY
23	Age Happens	Chapter 15 – Aging, Dying, and Death
24	Final Chapter	VIDEO ONLY
25	The Medical Marketplace	Lesson 25 Overview Study Guide
26	What Price?	Lesson 26 Overview Study Guide
END OF UNIT 4: TAKE UNIT 4 TEST & FINAL EXAM		

HPE111 – Living with Health IMPORTANT DATES – Spring 2011

PLACE THIS WHERE YOU WILL SEE IT EVERYDAY



Monday, February 21st – TEST 1

Monday, March 21st – TEST 2

Friday, April 8th – Course withdrawal deadline

Monday, April 11th – TEST 3

Monday, May 9th – TEST 4 and ASSIGNMENT
PACKAGE DUE

Monday, May 16th – FINAL EXAM

MCCC Cable Broadcast Schedule—Spring 2011

(Lessons can be viewed on Cablevision and Comcast channel 26 and Verizon FIOS channel 20)

HPE 111 Living with Health

TV Series: The Human Condition

Tuesday & Thursday – 8:00am, 12:00pm or 6:00pm

Saturday – 8:30am to 9:30am

Week #	Lesson #	Date	Program #	Title
1	1	2/01/11	1	The Fabric of Health
	2	2/03/11	2	In Human Terms
2	1	2/08/11	3	State of Mind
	2	2/10/11	4	Lives in Balance
3	1	2/15/11	5	Behind Closed Doors
	2	2/17/11	6	It's Personal
4	1	2/22/11	7	Risky Business
	2	2/24/11	8	The Code
5	1	3/01/11	9	Haley or Matthew's Story
	2	3/03/11	10	The Growing Years
6	1	3/08/11	11	Web of Addiction
	2	3/10/11	12	Feels So Good (Hurts So Bad)
7	1	3/15/11	13	What You Don't Know...
	2	3/17/11	14	Food For Thought
The lesson for week 7 will repeat on 3/22/10 and 3/24/10 due to Spring Break				
8	1	3/29/11	15	Weighing In
	2	3/31/11	16	Working It Out
9	1	4/05/11	17	Germ Warfare
	2	4/07/11	18	The Modern Plague
10	1	4/12/11	19	Heart of the Matter
	2	4/14/11	20	Brain Attack
11	1	4/19/11	21	Diagnosis: Cancer
	2	4/21/11	22	Living With Cancer
12	1	4/26/11	23	Age Happens
	2	4/28/11	24	Final Chapter
13	1	5/03/11	25	The Medical Marketplace
	2	5/05/11	26	What Price?

***Listing is only for the first day of broadcast for each lesson.**