Personal & Community Health
HPR 1213VT
Online Course Syllabus

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Course Description:
Focus on Health is a text that assists in providing an understanding of the health issues that we are faced with daily that are most important to the students.

Instructional Techniques:
The methods of instruction will be online asynchronous discussions, self-paced learning.

Course Outline:

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Discussion Board</td>
<td>25</td>
</tr>
<tr>
<td>Pre-Test</td>
<td>20</td>
</tr>
<tr>
<td>Post-Test</td>
<td>20</td>
</tr>
<tr>
<td>3 Unit Test</td>
<td>378</td>
</tr>
<tr>
<td>1 Proctored Test</td>
<td>240</td>
</tr>
<tr>
<td>12 Comprehensive Assessments</td>
<td>120</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>803</strong></td>
</tr>
</tbody>
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Grading scale:


Testing:
Students will complete quizzes/exams online. They may use their notes and textbooks. There will be at least 1 (one) proctored exam where no outside materials will be allowed. Proctored exams must be scheduled through “SmarterProctoring”. The link to “SmarterProctoring” is located on the menu on the left when logged into the course.

Prerequisites:
There are no prerequisites for this course.

Assessment Projects:

There are (12) comprehensive health assessments projects below. The projects are mandatory.
1. Social and Occupational Health on page 19
2. Social and Psychological Health on page 20
3. Stress Management on page 21
4. Fitness on page 21
5. Nutrition and Weight Management on page 22
6. Alcohol, Tobacco and other Drug Use on page 23
7. Disease Prevention on page 24
8. Sexual Health on page 25
10. Rate Your Plate page 123
11. Body love Body Hate page 153
12. What is your risk of contracting sexually transmitted diseases page 301
Important Points to Remember:

1. The textbook used for this course is Focus on Health by Wayne A. Payne, Dale B. Hahn and Ellen B. Lucas ninth edition. All of your assessment activities come from this text.
2. Review the quizzes for each chapter.
3. Complete all the comprehensive assessments for the assigned weeks.
4. This course is designed to help you as an individual and in hopes that you will make healthier lifetime decisions.
5. STUDY HARD FOR ALL TESTS!!

Academic Honesty
MSVCC Honesty Policy
A hallmark of any profession is integrity and honesty. Academic honesty is expected of all students; therefore, each student is expected to accomplish his/her own work. Academic misconduct includes, but is not limited to, deceptive acts such as the following:

a. plagiarizing from any source
b. cheating in any manner on tests, papers, reports, etc.
c. turning in work as their own when, in fact, it was not their work
d. improperly using technology
e. stealing, buying, or selling course materials
f. either impersonating another student during a test or having another person assume ones identity during a test
g. deliberately conveying false or misleading information

When academic misconduct has occurred, the instructor has the responsibility of assigning an appropriate penalty in accordance with the instructor’s institutional policy. This may include failure of the assignment, failure of the course, or dismissal from the institution.

ADA STATEMENT:

If you are a student that has a disability which qualifies under the Americans with Disabilities Act (ADA) and requires accommodations, you should contact the Office of Disability Support Services on your campus. Disability Support Services contacts on all campuses are as follows:

Natchez Campus – Zach Moulds
Phone: (601) 446-1205
Email: zach.moulds@colin.edu

Simpson County Center – Michelle Crace
Phone: (601) 849-0121
Email: michelle.crace@colin.edu

Wesson Campus – Beverly B. Barnes
Phone: 601-643-8397
Email: Beverly.barnes@colin.edu