GRAYSON COLLEGE

Please Note: Due to extenuating circumstances, including public health issues, course and testing delivery methods, instructional schedules, housing contracts, campus procedures and/or operating hours may be altered, interrupted and/or ceased for a limited or extended period of time. Such changes will be posted on the College website.

Course Information
Personal & Community Health PHED 1304

Professor Contact Information
Scott Monarch
(414)828-6760
monarchs@grayson.edu
Office location/hours; SRS #106 / by appointment

Course Pre-requisites, Co-requisites, and/or Other Restrictions
There are no prerequisites for this course

Course Description –
This course 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.

Student Learning Outcomes
Upon successful completion of this course, students will be able:

Evaluate the dimensions of health and how they relate to personal and/or community wellness.

Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.

Describe the leading health problems, trends, and needs of diverse populations.

Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.

Evaluate sources of health information, including the internet, to determine reliability.

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Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Required Textbooks (ISBN # included) and Materials
An Invitation to Health, Hales, ISBN: 9781337392891, 18th Edition

Suggested Course Materials
Reliable internet access.

Required Assignments & Academic Calendar
(Topics, Reading Assignments, Due Dates, Exam Dates and where/how exams will be administered)

In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, student must log onto their Canvas accounts for directions on where or how to continue their coursework.

List the agenda for the semester including when and where the final exam will be held. Indicate the schedule is subject to change with fair notice and how the notice will be made available.

Table 1 Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1		Introduction Discussion Discussion 1 Assignment 1 Quiz 1 Exam 1
2		Discussion 2 Assignment 2 Quiz 2 Exam 2
3		Discussion 3 Assignment 3 Quiz 3 Exam 3

4		Mid-Term Paper Discussion 4 Assignmnet 4
5		Discussion 5

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		Quiz 5 Discussion 6 Exam 5
6		Discussion 7 Assignmnet5
7		Discussion 8 Quiz 7 Discussion 9
8		Final Essay Final Quiz

Methods of Evaluation/Grading
Grading is based on total points of each assignment. Your grade will be a percentage of the class's total points.
Grades will be posted in canvas.

Grading

A : 90-100

B : 80-89

C : 70-79

D : 60-69

F : 0 - 59

Descriptions of:
   Late Work Policy: Late work will not be accepted, try to work ahead and plan your 8 week course carefully.
   Quizzes & Final exam: Must be completed by each respective due date for credit. Class

Participation: Will be measured through replies to other students on discussion questions. You must reply to 2 other students with a thought out meaningful reply, the only discussion you do not have to reply to other students is the introduction discussion.

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Methods of Instruction
This is 100% online course, therefore all instruction will be virtual. I will post the information you need for each chapter we cover via powerpoints, lecture outlines, chapter discussions, written assignments, quizzes, mid-term and a final exam.

Computer Hardware and Software Requirements
Students are required to have access to a computer with internet access and a canvas account. It is highly recommended to use Google chrome or firefox browsers and not internet explorer. Students need to back any work that needs to be added, i.e. written assignments to a usb drive as well as your computer.

Students will also need to have a Grayson email account.
Canvas support link if you ever have a problem with your account.
https://www.google.com/url?client=internal-element cse&cx=000151471922757043049:2_890c9cxx4&q=https://www.grayson.edu/employee resources/teaching-and learning/Services/syllabus.html&sa=U&ved=2ahUKEwiDsaaYxtDtAhUOP6wKHYhkB68QFjADegQI B xAB&usg=AOvVaw1fXG3fjPmx5ITSP3vUHiuh

Course & Instructor Policies
Makeup is ONLY available on an individual basis as determined by the instructor. No late work is accepted. Module dates overlap so you can finish one module early and get started on the next when it opens so get ahead of the due dates early on and then if something "comes up" you won't have a due date get by without your submission.
There will be no extra credit in this course so please stay on top of due dates. Class attendance is taken by your submission of work. If you miss a full week of not logging in then I have to mark you as absent and that could be problematic for state financial aid is you are receiving it.

Class Attendance and Participation
Attendance and Participation Academic success is closely associated with regular class attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following

their faculty' instructions. Students taking courses during compressed semester time frames such as mini-mester, summer sessions, and 8-week courses should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. Instructors are required to include in their syllabi the attendance policy for the courses(s) they teach. The college considers absences equal to or greater than 15% of the course's requirements to be excessive.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used: • Physical attendance in class with an opportunity for

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instructor and student interaction • Submission of an academic assignment • Completion of an exam, interactive tutorial, or computer-assisted instruction • Attendance at a study group assigned by the faculty • Participation in an online discussion in the class • Contact with a faculty member to ask a question

Student Conduct & Discipline
Since this course is 100% online this will not be an issue, however you need to be aware of netiquette.

1.Netiquette, or Internet etiquette, are procedures for sustaining polite, professional and effective communication in an online environment and e-mail exchanges. Instructors and learners will exhibit appropriate netiquette when interacting with each other. Written communication will be conducted using standard corporate English.
2.Here are some basic rules:
•Keep questions and comments relevant to the discussion topic. If another participant posts a comment or question off topic, do not reply. The instructor will reply privately to the participant. •Treat others in the forum in a courteous and respectful manner. Model the same standards of behavior online that you would follow in a face-to-face discussion.
•Avoid "net speak/text speak," i.e.: "u," "r," "omg," and "lol."
•Do not use ALL CAPS when posting as this is considered, "shouting." Do not "flame" others in the forums. Flaming is the "act of responding in a highly critical, sarcastic, or ridiculing manner."

An **explanation** of

(1) How the instructor will communicate with the students and how the students will communicate with each other;
Communication between the instructor and students will primarily be through the course site in GC Canvas. Frequent announcements, comments in the course discussions, responses to email, as well as feedback on homework assignments will be provided regularly. Students will primarily communicate with one another through the course discussions tool. In addition, students have the option to use Canvas mail and the discussion board to talk to each other within the course shell.

(2) How online participation will be assessed and graded;
In an online course, regular routine participation is extremely important. Online participation is assessed through a variety of methods including timely submission of assignments as well as logging in and checking the course site regularly. In addition, active participation in the course discussions is required. Generally, you should plan to check the course site, review new course materials, and participate in the discussions, numerous times per week.

(3) How the instructor will **monitor the online activities** of the students; Online course activities will be monitored through a variety of methods including active participation by the instructor in various course areas. Included but not limited to; responding to

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students posts on the discussion board, regular announcements for class, as well as emailing as needed.

(4) How the **standards of appropriate online behavior** will be maintained; The instructor will monitor discussion boards and posts and will model appropriate behavior and provide feedback to students. Netiquette has been mentioned earlier in the syllabus.

(5) The level of **technical competence** required of the students;
Students are expected to have a basic understanding of personal computers, internet browsing, desktop applications such as PowerPoint, Canvas navigation, Email access, Microsoft Word, and file management(uploading, downloading, or sending files).

(6) What the minimum **computer hardware and software requirements** are for the class, and what department or college facilities are available to support these requirements for students who cannot afford to buy the technology;
Generally, personal computers purchased in the last three years should be adequate to access GC Canvas. Software requirements include Microsoft Internet Explorer 7.xor higher (www.microsoft.com), the latest version of Sun JAVA (www.java.com), the latest updates to your operating system (Microsoft Windows XP or higher or Apple MAC OS X or higher), word processing program and the latest updates to your antivirus And spyware protection. Students needing assistance with accessing instructional technology should contact the GC Help Desk. For more information, visit www.grayson.edu and select the Help Desk link.

(7) The **alternative procedures for submitting** work in the event of technical breakdowns;
Please do not wait until the last minute to submit assignments! Allow enough time before the due date and time to submit your assignments. Should there be a technical problem, immediately notify the instructor via external email or internal Canvas messages. Computer labs on campus and public libraries can be alternative sites. Alternative arrangements, if permitted, will be discussed at that time.

(8) The **on-campus meeting requirements**, if any;
There are none for this course

(9) How **academic honesty** will be enforced.
Papers may be submitted to turnitin.com or another plagiarisms tool to verify your work
is your own. If you get caught plagiarizing, a 0 will be your grade on the plagiarized
work.

Academic Integrity
The faculty expects from its students a high level of responsibility and academic honesty.
Because the value of an academic degree depends upon the absolute integrity of the work done
by the student for that degree, it is imperative that a student demonstrate a high standard of
individual honor in his or her scholastic work.

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Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the
submission for credit of any work or materials that are attributable in whole or in part to another
person, taking an examination for another person, any act designed to give unfair advantage to a
student or the attempt to commit such acts. Plagiarism, especially from the web, from portions
of papers for other classes, and from any other source is unacceptable and will be dealt with
under the college's policy on plagiarism (see GC Student Handbook for details). Grayson
College subscribes to turnitin.com, which allows faculty to search the web and identify
plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation
of someone else's ideas or words as the student's original work. Plagiarism can be
intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may
include minor instances where an attempt to acknowledge the source exists but is incorrect or
insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists
in the following forms:
- Turning in someone else's work as the student's own (such as buying a paper and
  submitting it, exchanging papers or collaborating on a paper with someone else without
  permission, or paying someone else to write or translate a paper)
- Recycling in whole or in part previously submitted or published work or concurrently
  submitting the same written work where the expectation for current original work exists,
  including agreeing to write or sell one's own work to someone else
- Quoting or copy/pasting phrases of three words or more from someone else without
  citation, • Paraphrasing ideas without citation or paraphrasing incompletely, with or
  without correct citation, where the material too closely matches the wording or structure
  of the original
- Submitting an assignment with a majority of quoted or paraphrased material from other
  sources
- Copying images or media and inserting them into a presentation or video without citation,
- Using copyrighted soundtracks or video and inserting them into a presentation or video
  without citation
- Giving incorrect or nonexistent source information or inventing source information
- Performing a copyrighted piece of music in a public setting without permission •

Composing music based heavily on someone else's musical composition.

Finish with actions or penalties for plagiarism for your course. (and use of Turn-it-in) This course has a no tolerance policy; anyone found cheating will be punished to the fullest extent.

- Don't cheat, lie, or steal. Plagiarism is all three. The bottom line on plagiarism is this--if the IDEA (not the words used to express it, but the idea) is not yours or is not common knowledge, you must identify the source. If in doubt, identify the source.
- The first offense will result in a ZERO (0) on the assessment and a formal notification to University (see Incident Report form for more details).
- The second offense will result in removal from the class and a failing grade assigned.

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Student Responsibility
You have already made the decision to go to college; now the follow-up decisions on whether to commit to doing the work could very well determine whether you end up working at a good paying job in a field you enjoy or working at minimum wage for the rest of your life. Education involves a partnership that requires both students and instructors to do their parts. By entering into this partnership, you have a responsibility to show up for class, do the assignments and reading, be engaged and pay attention in class, follow directions, and put your best effort into it. You will get out of your experience here exactly what you put into it – nothing more and nothing less.

TITLE IX

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

- Dr. Molly M. Harris, Title IX Coordinator (903)463-8714
- Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753 •

Website: http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html
- GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
- GC Counseling Center: (903) 463-8730
- For Any On-campus Emergencies: 911

**Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

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**These descriptions and timelines are subject to change at the discretion of the Professor. **
Grayson College campus-wide student policies may be found at the following URL on the College website:
https://www.grayson.edu/currentstudents/Academic%20Resources/index.html

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