# HPR 203
# Health and Safety
Fall 2020

**Class Time and Location:** Online
**Instructor**: Jerod McCormick, M.Ed. – Physical Education, B.S. Wellness Science
**Office:** Weight Room Facility
**Office Hours:** By Appointment
**Office Phone** 479-394-6825
**Cell Phone:** 479-234-8231
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**Prerequisite:** none

**Required materials:**
Book – *Choosing Health* by A. Lynch, B. Elmore, J. Kotecki

**Course Description:**
The meaning of general health, personality, mental health, mental illness, drug abuse, family life, disease, nutrition, growth, and fitness is surveyed in this course. This course satisfies the requirement for teacher certification in Arkansas public schools. This course requires at least one paper using a documentation format.

**Program Outcomes:**
- Communicate effectively through written and oral communication with developed listening, reading, writing, and speaking skills
- Understand and appreciate the importance of factors that contribute to personal health and wellness
- Apply both rational and empirical methods of inquiry to the ways in which the environment influences individuals, organizations, and societies as well as personal and societal goals

**Rationale:**
- Students will complete Review Article Assignments over health topics of their choice. Communicating effectively through written and oral communication is mandatory.
- Majority of Health & Safety is making the students aware of the different factors that contribute to personal health and wellness.
- In Health and Wellness, students are taught that people are solely responsible for the decisions we make. However, those decisions are influenced by the environment, other individuals, organizations, and societies.

**Course Objectives:**

- Students will develop an understanding of risk factors related to his/her health.
- Students will develop the ability to research and evaluate health-related information presented in the media.
- Students will learn and apply concepts used in achieving psychological health and managing stressors in their environment.
- Students will become aware of the importance of good nutrition and how to apply principles to their daily lives.
- Students will learn resources that are helpful in making informed healthcare decisions including consumer and safety issues. They will learn the difference between research based peer reviewed material and general information
- Students will learn fitness concepts and the importance of fitness in maintaining health.
- Students will research the dangers of tobacco, drug, and alcohol abuse.

# Fall 2020 Calendar

| | |
|---|---|
| **August 24th – 30th** | Syllabus Quiz<br>Chapter 1 Homework/Quiz |
| **August 31st – Sept. 6th** | Chapter 2 Homework/Quiz<br>Review Article #1 |
| **Sept. 7th – 13th** | Chapter 3 Homework/Quiz |
| **Sept. 14th – 20th** | Chapter 4 Homework/Quiz |
| **Sept. 21st – 27th** | Chapter 5 Homework/Quiz<br>Review Article #2 |
| **Sept. 28th – Oct. 4th** | Chapter 6 Homework/Quiz |
| **October 5th – 11th** | Chapter 7 Homework/Quiz |
| **October 12th – 18th** | Midterm Exam (5%) – Chapters 1-7<br>Review Article #3 |
| **October 19th – 25th** | Chapter 8 Homework/Quiz |
| **Oct. 26th – Nov. 1st** | Chapter 9 Homework/Quiz |
| **November 2nd – 8th** | Chapter 10 Homework/Quiz<br>Review Article #4 |
| **November 9th – 15th** | Chapter 13 Homework/Quiz |
| **November 16th – 22nd** | Chapter 14 Homework/Quiz |
| **Nov. 30th – Dec. 6th** | Chapter 15 Homework/Quiz<br>Review Article #5 |
| **December 7th – 9th** | Final Exam (5%) – Chapters 8-10, 13-15 |

**Course Conduct:**
This course is conducted through weekly reading and quizzes. Each chapter will have its own homework and quiz. There will also be Review Articles completed over various health topics.

**Credit Hours Syllabus Statement**
For every course credit hour, the typical student should expect to spend at least three clock hours per week of concentrated attention on course related work, including but not limited to time attending class, as well as out-of-class time spent reading, reviewing, organizing notes, preparing for upcoming quizzes/exams, problem solving, developing and completing projects, and other activities that enhance learning. Thus, for a three hour course, a typical student should expect to spend at least nine hours per week dedicated to the course.

| **Credit Hour Requirement Calculator** | | | | |
|---|---|---|---|---|
| | | | | |
| **Course Information** | | | | |
| Department, Course Number | HPR 203 | | | |
| Course Title | Health and Safety | | | |
| Credit Hours | 3 | | | |
| Mode of Delivery | Traditional | | | |
| Weeks in Part of Term | 15 | | | |
| Level of Reading Material | Advanced/Scientific/Technical (2) | | | 2 |
| Reading Level of Students | Average Student (2) | | | 2 |
| Average Pages per Hour | 11 | | | |
| | | | | |
| | | *Enter either week or term, not both* | | |
| **Contact Hours** | | **Hours/Week** | **Hours/Term** | **Total Hours** |
| Lecture/Recitation | | 2.5 | | 37.5 |
| | | | | |
| | **Pages Asg'd** | **Hours/Week** | **Hours/Term** | |
| **Syllabus Items** | | | | |
| Chapter Readings w/ Homework (13 Chapters) | | 2 | | 45 |
| Daily Quizzes (13) | | 2 | 26 | 26 |
| Review Article (3 Articles) | | 3 | 9 | 9 |
| Comprehensive Exams (2) | | 6 | 12 | 12 |
| **Total Hours** | | | | 129.5 |

**Assessment:**
**Weekly Quizzes (10 highest count)** = 60%
**Chapter Homework** = 15%
**Review Articles** = 15%
**Comprehensive Exams** = 10%

**Total = 100%**

**If do not complete/attempt the Chapter Homework, the highest grade awarded will be a "C".**

Grading Scale:

A = 89.5 to 100
B = 79.5 to 89.4
C = 69.5 to 79.4
D = 59.5 to 69.4
F = 59.4 or below

**Class Procedures/Student Requirements:**
The nature of this course is chapter readings, homework, & quizzes. Students will complete weekly homework/quizzes followed by 2 comprehensive exams. Review Article assignments will be completed as well over various research topics

Please remember that I cannot give your class information on any email but the RMCC emails. If you email via Yahoo, Gmail, or another service, I will not give you the information you have requested. I am always available via email or through my office phone.

**Attendance and Make-Up Policy:**
The worst thing a student can do is stop participating in the class without telling the instructor. Being this is an online class, the students will be responsible for doing their work and using their time management skills. Communication with the instructor from the student is key!

Above is the semester calendar. If you have to miss any assignments, you will know what assignments should be due. These assignments must be completed no later than the following week to receive credit. Making up assignments is the student's responsibility, not the instructors. Quizzes CANNOT be made up. There are 14 quizzes for the semester with only 10 counting toward your final grade. NO EXCEPTIONS!

**Plagiarism/Cheating**
Plagiarism will not be tolerated in this class. The work from previous semesters is kept and reviewed if it is felt that the assignment was duplicated. This is an online class; however, I have the ability to review each quiz attempt that you take. If I notice that start/end times and time taken match up with another classmate, both could be suspect to have cheated. Both would result in 'zeros' for the quiz. If repeated offenses occur, there is the possibility of being removed from the class.

**ADA Statement**
It is the policy of UA Rich Mountain to accommodate students with disabilities, pursuant to state and federal law. Any student with a disability who needs accommodations should contact the Vice Chancellor for Students Affairs Office, 394-7622 Ext. 1400.

**Arkansas Clean Air Act:**
In compliance with the Arkansas Clean Air Act, UA Rich Mountain is a smoke and tobacco free facility. Students and guest are to refrain from the use of all tobacco products while on campus.

**Student Misconduct:**
Students committing misconduct are subject to disciplinary sanction(s) and or restrictions. Misconduct or prohibited behavior includes, but is not limited to endangerment, harassment, disruption, sexual misconduct, dishonesty illegal drugs and/or alcohol, fire or safety issues, gambling, property violations, computer violations or other violations as listed in detail in the UA Rich Mountain catalog.

**Mission Statement**
UA Rich Mountain provides transformative education to all learners.

**Your Name Here**

# Health and Safety

## Review Article Assignment

**Title of the Article**: (2 point)

How to Complete a Review Article

**Author**: (1 point)

Author of the Articles Name…Not your name!

**Summary**: (12 points)

The purpose of the Review Article Assignment is to practice your research and writing skills. Throughout the class, we will cover various health topics that may be of interest to you. So, you can use these research review article assignments to increase your knowledge of those topics. These articles should be Peer Reviewed Journal Articles. To research these articles, you should use the RMCC website and click on library. Academic Search Elite is the best source in my opinion. The review of the article should be submitted in the format that you are currently viewing. Please choose a font that is legible and format it currently. The review should be in paragraph form. Grammar, punctuation, formatting, etc. does count in the grade. If you do not give me the citation below, it is an automatic zero, because I can't go and view the article to know if you actually read the article and didn't copy/paste. If you have any further questions, please let me know.

**Where did you find the article**: (5 points) (works cited in MLA format)

McCormick, Jerod. "How to complete a review article." *Journal of Health/Safety* 20.2 (2015): 200-202. Academic Search Elite. Jan 2015.