HPR 203
Health and Safety
Spring 2023

Class Time and Location: Online
Instructor: Jerod McCormick, M.Ed. – Physical Education, B.S. Wellness Science
Office: Bucks Training Center
Office Hours: By Appointment
Office Phone 479-394-6825
Cell Phone: 479-234-8231
Email: jmccormick@uarichmountain.edu

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.
- Students will increase their understanding of basic principles and their application in the field of health and wellness.
- Students will increase their technological and research skills.

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.

Spring 2023 Calendar

Semester Assignments with Due Dates

Week 1	**January 18th – 20th**	**Syllabus Quiz**
		Chapter 1 Quiz
		Chapter 2 Quiz
	January 20th	Chapter 1 Homework
		Chapter 2 Homework
Week 2	**January 25th – 27th**	**Chapter 3 Quiz**
		Chapter 4 Quiz
	January 27th	Chapter 3 Homework
		Chapter 4 Homework
		Review Article #1
Week 3	**February 1st – 3rd**	**Chapter 5 Quiz**
		Chapter 6 Quiz
	February 3rd	Chapter 5 Homework
		Chapter 6 Homework
Week 4	**February 8th – 10th**	**Chapter 7 Quiz**
		Midterm Exam (5%) – Chapters 1-7
	February 10th	Chapter 7 Homework
Week 5	**February 15th – 17th**	**Chapter 8 Quiz**
		Chapter 9 Quiz
	February 17th	Chapter 8 Homework
		Chapter 9 Homework
		Review Article #2
Week 6	**February 22nd – 24th**	**Chapter 10 Quiz**
		Chapter 13 Quiz
	February 24th	Chapter 10 Homework
		Chapter 13 Homework
Week 7	**March 1st – 3rd**	**Chapter 14 Quiz**
		Chapter 15 Quiz
	March 3rd	Chapter 14 Homework
		Chapter 15 Homework
Week 8	**March 8th – 10th**	**Final Exam (5%) – Chapters 8-10, 13-15**
	March 10th	Review Article #3

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	8			
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		5		37.5
	Pages Asg'd	**Hours/Week**	**Hours/Term**	
Syllabus Items				
Chapter Readings w/ Homework (13 Chapters)		4		45
Daily Quizzes (13)		4	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) = 70%
Chapter Homework = 10%
Review Articles = 10%
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:
It is the student's responsibility to immediately contact the instructor if they will miss an extended period of time in the class. Isolation or Quarantine does not automatically exempt a student from completing the work when assigned. You must communicate with the instructor.

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 (including the midterm and final). 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.

Title IX Sexual Harassment:
If there is an issue of this nature, it should be reported immediately to the Title IX Director, Terry Francis at (479) 394-7622, Ext. 1460. To report a concern, or to learn more about UA RICH MOUNTAIN's Title IX and Non-Discrimination Policies, visit https://www.uarichmountain.edu/title-ix-policy

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
The University of Arkansas Rich Mountain provides transformative education to all learners.