



PHED 1304 Personal/Community Health

Course Syllabus: Summer I 2025

"Northeast Texas Community College exists to provide responsible, exemplary learning opportunities."

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	By Appointment	By Appointment	By Appointment	By Appointment	By Appointment	Everyday

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

Catalog Course Description: This Course provides instruction to the fundamental 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.

Required Textbook(s): Choosing Health 3rd Edition, Lynch, Smith, & Kotecki

Publisher: Pearson

ISBN Number: 978-0-134-49367-1

Recommended Reading(s): None

Student Learning Outcomes:

1. Students will understand the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
2. Students will identify the leading health problems, trends, and needs of diverse populations.
3. Students will examine the effects of substance abuse on health and performance.
4. Students will learn about sexual attitudes & behaviors and recognition of healthy relationships.
5. After researching one's own family history, the student will understand the impact of hereditary has on a person's health.

Evaluation/Grading Policy:

The final grade will be determined as follows:

For your final grade:

Exams: Four (4) exams will be worth 100 points each. Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & Power Point Presentations.

Course Readings: To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are required to help facilitate class discussion topics. Assignments are due on Sunday's by 11:59pm. See course schedule for due dates.

Presentations: There will be a poster presentation on Drugs, Alcohol, & Tobacco awareness that will account for 100 points of your grade and a Family Tree project that will be 100 points of your grade. The Drug, Alcohol/Tobacco Awareness Poster will be done in a Flyer format, aimed at College Aged persons. The

Exam/Quiz Make-Up Policy: If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged ONLY if the reason is legitimate, and the instructor is notified IN ADVANCE of the time the exam/quiz is scheduled (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of "0" for the exam missed.** There will be no exceptions.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

Family Educational Rights And Privacy Act (Ferpa):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

COURSE SCHEDULE

<u>DATE</u>	<u>CHAPTERS</u>
June 9th- June 16th	Chapters 1-4
June 16^h-22nd	Chapters 5-8 Food Journal/Activity Log due
June 22nd-June 29th	Chapter 9-12/ Drug/Alcohol/Tobacco Awareness Flyer Due
June 29th-July 9th July 6th	Chapter 13-17 / Family Tree Due

Test 1 Due June 16th at 11:59pm (Monday) Day after Fathers Day

Test 2 Due June 22nd at 11:59pm (Sunday)

Test 3 Due June 29th at 11:59pm (Sunday)

Test 4 Due July 9th at 11:59pm (Wednesday)

Food Journal/Activity Log due June 22nd 11:59pm

Drug/Alcohol/Tobacco Awareness Flyer Due June 29th by 11:59pm

Family Tree Project due July 6th by 11:59pm (Sunday)