



**NORTHEAST TEXAS**  
COMMUNITY COLLEGE

## **PHED 1304 – Community and Personal Health**

Course Syllabus: Summer I 2026

*“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”*

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<b>Weekday</b>	<b>Office Hours</b>
Monday	Online
Tuesday	Online
Wednesday	Online
Thursday	Online
Friday	Online

**This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.**

This course will be 100% online.

### **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.

Prerequisite(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:**

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 Family tree project will go back to a minimum of the Great Grand Parents and must include Birth year, death year (if deceased), and cause of death (accident, heart attack, cancer, etc.). Complete a week-long food journal and activity log.

*Semester grades will be earned as follows*

Points	Letter Grade
630-700	A
560-629	B
490-559	C
420-489	D
419 and below	F

Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester. The average shown in Bb will determine the final course grade, and no additional work is possible.

### **Required Instructional Materials:**

Choosing Health 3rd Edition, Lynch, Smith, & Kotecki

**Publisher: Pearson**

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

### **Optional Instructional Materials:**

None

### **Minimum Technology Requirements:**

Computer or tablet with daily high speed internet access.

### **Required Computer Literacy Skills:**

Basic computer usage skills and email skills.

### **Course Structure and Overview:**

Regular attendance will be monitored the amount of time you spend in the class by you logging into Blackboard, spirited and appropriate discussion and thoughtful questions will help to raise the student's grade. This course is five weeks during the Summer I semester. The course allows for students to work ahead at their own pace but with due dates for completion of the work assigned.

### **Communications:**

All communications should be through NTCC Email or Microsoft Teams. My preferred method is through official school email.

### **Institutional/Course Policy:**

All courses require the timely completion of assignments, many of which are due on a weekly basis. Adherence to the course schedule is essential for academic success. Students are expected to manage their personal schedules

effectively to meet all reading and assignment deadlines. Late work will not be accepted under any circumstances; therefore, careful planning is required. All assignments must be submitted electronically through Blackboard Learn.

## **Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements:**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

## **Statement Regarding the Use of Artificial Intelligence (AI) Technology:**

Employees and students shall be permitted to explore artificial intelligence (AI) and implement its use in and out of the classroom in accordance with policy and administrative regulations. The use of AI shall only be as a support tool to enhance student outcomes or as necessary to engage in research and shall never take the place of faculty, staff, and student decision-making. Any use of AI must comply with law, policy, and administrative regulations relating to student and employee privacy and data security. A student shall only use AI tools with faculty permission and shall be expected to produce original work and properly credit sources, including AI tools used in creating the work.

Example:

APA (7th edition)

OpenAI. (2026). ChatGPT (March 25 version) [Large language model]. <https://chat.openai.com/>

MLA (9th edition)

OpenAI. ChatGPT. 25 Mar. 2026, <https://chat.openai.com/>.

Employees or students who use AI tools to deceptively harm, bully, or harass others shall be disciplined in accordance with policy. [See DH, DIA series, FFD series, FFE, FLB, and the FM series] AI Use by Employees and Students. Northeast Texas Community College 225500 TECHNOLOGY RESOURCES CRB ARTIFICIAL INTELLIGENCE (LOCAL) DATE ISSUED: 12/8/2025 1 of 1 UPDATE 50 CRB(LOCAL)-AJC Adopted: 12/16/2025

## **NTCC Academic Honesty/Ethics Statement:**

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

## **ADA Statement:**

It is the policy of NTCC to provide reasonable accommodation 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 accommodation as required to afford equal educational opportunity. It is the student's responsibility to request accommodation. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

## **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.

## **Tentative Course Schedule:**

<b>Date</b>	<b>Content/Chapters</b>
June 8th- June 14th	Chapters 1-4
June 15th-22 <sup>nd</sup>	Chapters 5-8 Food Journal/Activity Log due
June 21 <sup>st</sup> -June 28th	Chapter 9-12/ Drug/Alcohol/Tobacco Awareness Flyer Due
June 28th-July 9th	Chapter 13-17
July 6th	Family Tree Due

Test 1 Due June 14th at 11:59pm (Sunday)

Test 2 Due June 22nd at 11:59pm (Monday) Day after Father's Day

Test 3 Due June 28th at 11:59pm (Sunday)

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

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

Drug/Alcohol/Tobacco Awareness Flyer Due June 28th by 11:59pm

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