



Personal & Community Health Education

HED 2030 - 3 credit hours

Spring 2021

Class Meetings: TR @ 11:30 in GAC 110

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Department of Kinesiology

Email: Inbox in Canvas

University Mission Statement

Harding's mission is to provide a quality education that will lead to an understanding and philosophy of life consistent with Christian ideals. Complete mission statement at <https://www.harding.edu/about/mission>

Department of Kinesiology Mission Statement

The mission of the Department of Kinesiology is to prepare Christian professionals for careers in teaching, coaching, and sport and recreation management.

Catalog Description

Mental and emotional health, drug education, diet, exercise, sexuality, relationships, and diseases. Required of all prospective teachers.

Course Rationale and Integration of Faith

This course will prepare the future health and physical education teachers and coaches by providing an in-depth understanding to personal and community health from the Christian worldview. We will discuss health and safety in the light of a relationship with God and develop a deeper understanding of God's goodness. Students will form their own opinions regarding health issues and learn what it means to stand for their beliefs in a world that does not believe in absolute truth.

Required Course Materials

Lynch, A., Elmore, B., Kotecki, J. (2014) *Health: Making Choices for Life* Pearson Education, Glenview. ISBN: 9780321516411

University Level Outcomes

Written and Oral Communication (ULO 3): Students will demonstrate effective written and oral communication with appropriate consideration for the context and audience, both as a presenter/writer and an observer/evaluator.

Critical Thinking (ULO 4): Students will gather and evaluate available information and make a reasoned argument based on that data.

Collaboration and Teamwork (ULO 5): Students will contribute effectively as a member of a team working toward a shared goal.

Personal Wellness (ULO 9): Students will demonstrate knowledge and skills for nurturing physical and emotional health.

Course Objectives

At the end of each unit, 95% of students will demonstrate an in-depth understanding of the topic by completing a reflection paper.

At the end of the behavior change unit, 85% of students will have completed a behavior change form earning a 100%.

At the end of the stress unit, student will be able to explain the role exercise plays in reducing chronic stress.

At the end of the nutrition unit, all students will be able to argue for a lifestyle of intuitive eating instead of a fad diet approach to nutrition by presenting accurate nutrition information to the class.

At the end of the sexual health unit, student will be able to explain the importance of sex education in K-12th grades.

At the end of the drug education unit, 90% of students will be able to effectively debate the de-criminalization of recreational drugs including various aspects of side effects discussed in class.

Course Grading

Students grades will come from the accumulation of class assignments, discussions, quizzes, exams and a teaching project. The grade will NOT be based on a total number of points but rather will be a weighted grade for each grading category.

Breakdown of Grades:

- Class Participation - online activities if you miss class AND Reflection Papers/course activities if you are in class = 40%
- Final Teaching Session = 20%
- 8 Chapter Online Quizzes = 20%
- 3 Online Unit MC Exams = 10%
- 2 Large Course Activities (Nutrition Assignment & Behavior Change Plan with Journal) = 10%

Grading Scheme:

- A 90-100
- B 80-89
- C 70-79
- D 60-69
- F less than 60

Assessments

Chapter Quizzes

The quizzes are NOT timed. You can take the quizzes as many times as you would like. The quizzes are designed for you to read the chapter in the textbook and then use the textbook to find the quiz answers. If a student misses a quiz for an unexcused reason, the quiz can be made up for ½ credit.

I expect you to only use your book on the chapter quizzes. Using **anything else**, other than your required textbook, is considered academic dishonesty and will be treated so. Refer to the University handbook for consequences of academic dishonesty.

Exams

--Will be given in the classroom through Canvas on the day of the exam. You will need to bring laptop. You will have 3 exams. If you are in quarantine or sick, you will be able to take the exam online. I expect you to NOT use any resources, media devices or anything else, while taking the exams. Just you and the exam screen...that is it! Again, using ANY resource will be treated as academic dishonesty and can result in serious consequences.

The exams can be taken ONE time, are TIMED and are only open for ONE day (5am – Midnight). You are given a short time frame to take the exam so that you only have time to read the question and quickly choose an answer.

You are here to learn the course material, not find the course material through any means and copy the information. Take advantage of the time that you have dedicated to increasing your knowledge of health. The information you learn here will help you throughout the duration of your life. However, if you treat this course as a means to an “A” and cheat your way through it, you are throwing away the gift of knowledge that God wants to give to you. Work hard, study hard, and you will do great in this course! No need to use additional resources during quizzes or exams. I trust you will follow course and university policy, but more importantly Christ-like behaviors.

Communication

Our primary communication will be through the Canvas Inbox. On your Canvas account, the 5th icon down in your main menu is Inbox. Here you can message me just like email format. Please **allow 24 hrs** for me to respond to you during the week. If you email me on Friday afternoon or during the weekend, you can expect an email **by Monday afternoon**.

I will have on campus and online office hours that will be by appointment. If you want to visit with me during office hours, you will need to schedule an appt.

Online Protocols

Amount of time you work in the course translated from Face to Face to Online

Keep in mind that in a regular classroom, you are required to spend 2 hours and 30 minutes IN the classroom and another 3 hours working on the course. For a 3 hour online course, you are expected to spend 5 hours and 30 minutes a week doing work for this one class. Don't panic, but do go into this with the mindset that you will be spending a great deal of time researching, reading, studying and working on projects.

Echo 360

The plan and desire is for every class session to be recorded with Echo 360. This will allow every student to experience the face-to-face class sessions after they occur. The recordings should be posted within 5 hours of the class meeting. Watching the Recording will not be a requirement but it will enhance the learning experience of the student and the student better understand the course content if they watch the recording before/while doing the online course work. The plan is for the daily online coursework to match the face-to-face sessions. If that happens the recordings on Echo 360 will more fully explain the required online work for that day. However, ECHO 360 did not work in the classroom last semester, I hope it will this semester. Also, the in classroom work will NOT perfectly align with the online work, I will do my best to have it closely align but it will not be catered to the online version of this course. If the recordings are available, they should be regarded as an additional resource to the topic.

University Policies

1. Academic Honor Code

Honesty and integrity are characteristics that should describe each one of us as servants of Jesus Christ. As your instructor, I pledge that I will strive for honesty and integrity in how I handle the content of this course and in how I interact with each of you. I ask that you join me in pledging to do the same.

Academic dishonesty will result in penalties up to and including dismissal from the class with a failing grade and will be reported to the Director of Academic Affairs. All instances of dishonesty will be handled according to the procedures delineated in the Harding University catalog.

2. Students with Disabilities

It is the policy for Harding University to accommodate students with disabilities, pursuant to federal and state law. Therefore, any student with a documented disability condition (e.g. physical, learning, or psychological) who needs to arrange reasonable accommodations must contact the instructor and the Office of Disability Services and Educational Access at the beginning of each semester. If the diagnosis of the disability occurs during the academic year, the student must self-identify with the Office of Disability Services and Educational Access as soon as possible in order to get academic accommodations in place for the remainder of the semester. The Office of Disability Services and Educational Access is located in Room 226 in the Student Center, telephone, (501) 279-4019.

3. Registrar and Financial Information

Refunds: Students are granted admission with the understanding that they are to remain for a full term. A student who enrolls in a class but does not attend or stops attending and does not officially withdraw may not receive a refund. An official withdrawal from the University begins in the Student Life Office. A refund of tuition will be made based on the following schedule. (Days indicated are days of the term, excluding Saturday and Sunday.)

Spring 2021 REFUND SCHEDULE ALL PARTS C

PART OF TERM 1	January 11 – May 7	16 Weeks
January 11 – 15		100% Refund
January 16 – 22		80% Refund
January 23 - 29		60% Refund
January 30 – February 5		40% Refund
February 6 – 12		20% Refund
After February 12		No Refund
Final Drop Date – April 21		

4. COVID-19 Statement

Our goal is to provide a safe and positive learning environment for all of our students. As a faith-based university, we have a responsibility to care for one another. The current COVID-19 pandemic gives us a good opportunity to do so, by following the guidelines to minimize transmission of the novel coronavirus. Every precaution will be taken to be sure that class is conducted in a way that is safe and in compliance with state and university guidelines. If you feel a situation needs to be addressed in the classroom environment, please speak with me as soon as possible so that the situation can be improved.

Due to the uncertain and unusual climate during which this course is being offered, certain adjustments may have to be made including changes to meeting times, modalities and work assignments. Every effort will be made to notify students of any change as soon as possible. Because this course may be meeting using video conferencing, students are expected to find a safe, secure and reliable internet connection in order to participate in virtual meetings at the required level.