



**Personal and Community Health
EXS 301**

Course and Instructor Information	
Course Information	Semester: Summer Session I 2020
	Location: Online
	Virtual office hours- Responses will be provided within 24 hours
Instructor Information	Meir Magal, Ph.D., FACSM
	Phone: 252-985-571
	Email: mmagal@ncwc.edu
Nature of Course Content and Goals	
Course Description	This course will focus on Knowledge and understanding of personal and community health from grades K-12
Course Objectives and Course Topic Sequence	<p>Students who successfully complete this course will be able to:</p> <ol style="list-style-type: none"> 1. Develop an understanding and knowledge of personal and community health issues. 2. Develop knowledge-based decision making skills on personal health issues. <p>Course Topic Sequence</p> <p>Chapter 1: Taking Charge of Your Health Chapter 2: Stress: The Constant Challenge Chapter 3: Psychological Health Chapter 4: Sleep Chapter 5: Intimate Relationships and Communication Chapter 6: Sexuality, Pregnancy, and Childbirth Chapter 7: Contraception and Abortion Chapter 8: Drug Use and Addiction Chapter 9: Alcohol and Tobacco Chapter 10: Nutrition Basics Chapter 11: Exercise for Health and Fitness Chapter 12: Weight Management Chapter 13: Cardiovascular Disease and Cancer Chapter 14: Immunity and Infection Chapter 15: Environmental Health Chapter 16: Conventional and Complementary Medicine Chapter 17: Personal Safety Chapter 18: The Challenge of Aging</p>
Requirements and Policies	
Book:	Required Text(s): Insel, P.M. & Roth, W.T. 2020. Connect Core Concepts in Health (16th ed). McGraw Hill. New York, NY.
Course structure:	This is an online class, in which all postings, quizzes and exams must be completed and communicated via Jenzabar (my.ncwc.edu). If you have any problems or concerns please let me know prior to the close-out time for the submission. An online class is a lot of responsibility and requires that you have the book and access to internet service. You are advised to be on the course page daily, to check for any new information.
Evaluation of Student Learning	
Points and Grading Scale	Four exams (4 @ 50) 200 points
	Weekly Quizzes (8 @ 20) 160 points
	Discussion Board (8 @ 10) 80 points
	Syllabus Statement 10 points
	<u>Reply to welcome announcement</u> 10 points
	Total 460 points

<p>Grading Scale: Graded work will receive a numeric score reflecting the quality of performance as given above. Your overall course grade will be determined according to the following scale:</p> <p>100 – 93% = A 92.99 – 90 % = A- 89.99 – 87% = B+ 86.99 – 83% = B 82.99 – 80 = B- 79.99 – 77% = C+ 76.99 – 73% = C 72.99 – 70% = C- 69.99 – 67% = D+ 66.99 – 60% = D 59 – 0% = F</p>		
Course Schedule		
Dates	Assignments/Tasks	Due Dates and Time
April 27 - May 3	Syllabus Statement of Understanding-due by 4/29 @ 11:55pm. Reply to welcome announcement-due by 4/29 @ 11:55pm. Read Chapters 1 & 2 Discussion Board 1 (1 st response by 4/29 @ 11:55pm and second response by 5/3 @ 11:55pm) Weekly Quiz # 1	May 3 @ 11:55pm
May 4 - 10	Read Chapters 3, 4 and 5 Discussion Board 2 (1 st response by 5/6 @ 11:55pm and second response by 5/10 @ 11:55pm) Weekly Quiz # 2 Exam 1- Chapters 1-5	May 10 @ 11:55pm
May 11 - 17	Read Chapters 6 & 7 Discussion Board 3 (1 st response by 5/13 @ 11:55pm and second response by 5/17 @ 11:55pm) Weekly Quiz # 3	May 17 @ 11:55pm
May 18 - 24	Read Chapters 8 & 9 Discussion Board 4 (1 st response by 5/20 @ 11:55pm and second response by 5/24 @ 11:55pm) Weekly Quiz # 4 Exam 2- Chapters 6-9	May 24 @ 11:55pm
May 25 - 31	Read Chapters 10 & 11 Discussion Board 5 (1 st response by 5/27 @ 11:55pm and second response by 5/31 @ 11:55pm) Weekly Quiz #5	May 31 @ 11:55pm
June 1- 7	Read Chapters 12 & 13 Discussion Board 6 (1 st response by 6/3 @ 11:55pm and second response by 6/7 @ 11:55pm) Weekly Quiz #6 Exam 3- Chapters 10-13	June 7 @ 11:55pm
June 8 - 14	Read Chapters 14, 15 and 16 Discussion Board 7 (1 st response by 6/10 @ 11:55pm and second response by 6/14 @ 11:55pm) Weekly Quiz # 7	June 14 @ 11:55pm
June 15 - 18	Read Chapters 17 & 18 Discussion Board 8 (1 st response by 6/15 @ 11:55pm and second response by 6/17 @ 11:55pm) Weekly Quiz # 8 Exam 4- Chapters 14-18	June 18 @ 11:55pm
June 19	Final Grades Posted	

Participation Policy:	<p>Course participation will be monitored and verified for all students during the semester. Each student is expected to meet course expectations by completing the coursework required and on time!</p> <p>Active participation and staying abreast of the material is essential to success in the class. Study after study has linked successful academic performance with good class participation. Students who assume positions of responsibility must “show up” in order to be effective. Students are expected to be attentive to the course content by completing assigned readings, and submitting all work on course assignments in a complete and timely fashion.</p> <p>To succeed in this class, you must be a good manager of your time. Students who fall behind in this class, struggle to catch up and often receive a failing grade in the end.</p>
Discussion Board	<p>At the beginning of each week I will submit a discussion board question that each student must respond to with a substantial reply. Each student must submit a quality response to the question by Wednesday of that week. Additionally, each student must respond to two different student’s post by Sunday at 11:55 pm. The initial response to the question and the responses to the other posts must be significant and more than stating that you agree or disagree. Typically the initial post and subsequent responses should be at least a few sentences long! Each one of the responses will be worth 20 points for a total of 60 points. For a grading purposes, the discussion board weekly point count will be divided by six for a max of 10 points ($60/6=10$). There will be no late submissions on the responses. Further criteria for the responses can be found in the handouts section of the class page under the title: “Discussion Rubric”. In addition, on the first week each student will have to reply to my welcome announcement and introduction. This activity will be worth an additional 10 points.</p>
Quizzes	<p>Each week there will be an online quiz worth 20 points (20 multiple choice questions). The quizzes are directly driven from the reading assignments of each week (see above). Based on the schedule above, each week you will have seven days to take the quiz. The following are some key facts about the online quizzes:</p> <ul style="list-style-type: none"> • Please read the chapters before taking the online quiz since you will be allowed only one attempt! • Per week and for each student, quiz questions will be different! The computer chooses a different set of questions for each student from a pool of questions. • You will be allowed <u>only 30 minutes</u> per quiz. When the 30 minutes are up, the quiz will be submitted automatically for grading.
Exams	<p>Every other week there will be an online exam worth 50 points (50 multiple choice questions). Each exam will cover four or five chapters. Based on the schedule above, you will have seven days to take each exam. The following are some key facts about the online exams:</p> <ul style="list-style-type: none"> • Please read the chapters before taking the online exam since you will be allowed only one attempt! • Per exam and for each students, exam questions will be different! The computer chooses a different set of questions for each student from a pool of questions. <p>You will be allowed <u>only 60 minutes</u> per exam. When the 60 minutes are up, the test will be submitted automatically for grading.</p>
my.ncwc.edu and Online Gradebook	<p>my.ncwc.edu will be used for this course. Therefore, students should check the announcement site daily for additional information and discussion board entries. In addition, discussion board, quiz and exam grades for this course will be posted via the online grade book and thus are accessible to each student at all times.</p>
Disability Support Services	<p>North Carolina Wesleyan College seeks to fully comply with the American Disability Act (ADA). Students with disabilities who believe that they may need accommodations in this class are encouraged to contact the Office of Counseling & Disability Services at 985-5216 as soon as possible to coordinate and implement accommodations in a timely fashion. The office is located in the Pearsall Classroom Building. Students requesting accommodations based on a covered disability must go to the Counseling & Disability Services Office to verify the disability before any accommodations can occur. This is the student’s responsibility.</p>
Plagiarism and Cheating	<p>You are expected to do your own work in this course. If you are caught cheating or plagiarizing another individual’s work you will receive an “F” for the work in question and possibly for the final grade as well. Appropriate College administration will also be notified of the dishonesty, according to NCWC catalog (2019-2020) on pages 88-89.</p>

Links to Support:	Library: 985-5250; http://annex.ncwc.edu/Library/ Writing Center: 985-5325; http://annex.ncwc.edu/writing_lab IS: Helpdesk@ncwc.edu Or phone: Ext 5000 (from off campus, 252-984-5000) http://www.ncwc.edu/information-systems/
Bookmarks and Handouts	There are several helpful YouTube videos and handouts: <ul style="list-style-type: none"> • Library Resources: NCWC Library Online Resources, NCWC Plagiarism, NCWC Understanding Internet Sources • Helpful Handouts: Smarthinking Video Tutorial, Smarthinking Handout, Online 24-7 Tech Support, Discussion rubric-grading

Email the following statement to Dr. Meir Magal (mmagal@ncwc.edu): I have read the syllabus in its entirety and understand the requirements for EXS 301 during Summer Session I 2020 taught by Dr. Magal. Please send the email by April 29th at 11:55pm.

Syllabus Disclaimer: This syllabus is intended as a set of guidelines for this course and the instructor reserves the right to make modifications in content, schedule, and requirements as necessary to promote the best education possible within conditions affecting this course. Any changes to the syllabus will be discussed with the students.