

McLennan
C O M M U N I T Y
COLLEGE

WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

CONTEMPORARY HEALTH

PHED 1118.XX

ROBERT AMMON

NOTE: This is a 16-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website on any changes to these guidelines.

CONTEMPORARY HEALTH

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Course Description:

Emphasizes current health-related issues.

Topics include stress management, emotional health, aging, death, sexually transmitted diseases, birth control, marriage, nutrition, fitness, alcoholism, drugs, and concepts in health care.

Semester Hours 1 (3 lab).

Prerequisites and/or Corequisites:

None

Course Notes and Instructor Recommendations:

Install Mozilla Firefox as your browser: www.mozilla.com

Instructor Information:

Instructor Name: Bob Ammon

MCC E-mail: rammon@mclennan.edu

Office Phone Number: 299-8803

Office Location: HPE 111

Conference Hours: By Appointment.

Required Text & Materials:

No book required

MCC Bookstore Website: <http://www.mclennan.edu/bookstore/>

Student Support/Resources:

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources, we encourage you to contact a success coach by calling (254) 299-8226. Students can visit the Completion Center Monday-Friday from 8:00 a.m.-5:00 p.m. to meet with a success coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) is open 12:00 p.m.-1:00 p.m., Monday-Friday, without an appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found [here](https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf) (https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf).

Minimum Technical Skills:

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:

In the event MCC's technology systems are down, you will be contacted/notified through your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

*** [Click Here for the Minimum System Requirements to Utilize MCC's D2L|Brightspace](https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html)**

(<https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html>)

Click on the link above for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with her/his students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

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Email on Mobile Devices:

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Forwarding Emails:

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Methods of Teaching and Learning:

Research/Discussion Board

Examples: Discussion Board, research specific topics weekly, written mid-term paper and written final exam paper.

All Assignments Must Be Submitted in a Word Document or a Rich Text Format document only!

I. Introduction

Contemporary Health, PHED 1118, emphasizes current health-related issues. These issues will change from time to time. Topics such as sexually transmitted diseases, fitness, nutrition, alcohol and drugs, reproductive health, emotional health, marriage and other timely health-related issues will be discussed.

II. Rationale

Information related to "Contemporary Health" is constantly evolving. Important health information is updated on a continual basis. The goal of understanding contemporary health issues and how to access this information is key. An individual informed can be healthier.

III. Objectives

- Students will be exposed to important contemporary health issues.
- Students will learn how to access accurate information-relating to contemporary health issues.
- Students will learn to do in-depth study of current health issues.

IV. Prerequisites

None

V. Outline

Assignment 1

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Assignment 2

Assignment 3

Assignment 4

Assignment 5

Assignment 6 - Mid Term Paper

Assignment 7

Assignment 8

Assignment 9

Assignment 10

Assignment 11

Assignment 12 - Final Paper

VI. Grading

- Two written projects. MIDTERM and FINAL Exam projects. These projects will be a more in-depth analysis of a contemporary issue.
- Students will be required to research 2 articles concerning the specific contemporary health topic of the week for each ASSIGNMENT. The assignment topic will be outlined in the assignment section. Students must submit a one-page summary with a bibliography for each article read.
- All grades are of equal value--Late work may not receive full credit.
- Discussion Board: Each week an article will be featured relevant to the current assignment. Read the article and post your comments in the Discussion Board.
- All of the assignments are designed to give you the knowledge to move your conditioning to the realm you desire. There will be written tests, pre and post measurements, and the use of MYFITNESSPAL to track your exercise and eating. The majority of "fun" in this class will be the workouts. Keep accurate records at MYFITNESSPAL- from time to time you will send "reports" to me- enjoy your progress! The major emphasis in figure and weight control will be the workouts and proper eating. Please be aware of the MCC Attendance Policy (B-II). The reports (from myfitnesspal) and measurements are required to satisfy the MCC attendance policy.
- You will be expected to complete 2 strength training workouts per week.
- You will be expected to complete 4 aerobic workouts per week.
- PROCTOR: You must have a proctor observe all of your measurements, fitness tests, and written tests. The proctor can be an educator, professional in the health or fitness field, someone with similar credentials or a

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parent, spouse or responsible person.

YOU MUST have the proctor email me that they agreed to perform these duties. Their email should include their name, title, and email address. Your proctor must email me during the first week of school at rammon@mclennan.edu.

Late Work, Attendance, and Make Up Work Policies:

LATE WORK MAY NOT RECEIVE FULL CREDIT

Student Behavioral Expectations or Conduct Policy:

Students are expected to follow MCC conduct policy.

*** [Click Here for the MCC Academic Integrity Statement](#)**

(www.mclennan.edu/academic-integrity)

The link above will provide you with information about academic integrity, dishonesty, and cheating.

[Click Here for the MCC Attendance/Absences Policy](#)

(<https://www.mclennan.edu/highlander-guide/policies.html>)

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

* *You will need to access each link separately through your Web browser (for example: Internet Explorer, Mozilla, Chrome, or Safari) to print each link's information.*

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ACADEMIC RESOURCES/POLICIES

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MCC Academic Integrity Statement:

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Accommodations/ADA Statement:

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu

254-299-8122

Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.