



WACO, TEXAS

**COURSE SYLLABUS
AND
INSTRUCTOR PLAN
CONTEMPORARY HEALTH
PHED 1118.XX**

ROBERT AMMON

**NOTE: This is a 16-week course.
Online course**

CONTEMPORARY HEALTH

PHED 1118.XX

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:

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Minimum Technical Skills:

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Backup Plan for Technology:

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*** 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>)

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.

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Instructional Uses of Email:

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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

CONTEMPORARY HEALTH

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Assignment 1

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.

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- **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 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](http://www.mclennan.edu/academic-integrity)**

(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)

(<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.*

Updated 07/18/2023



ACADEMIC RESOURCES/POLICIES

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 2542998122 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 acting Title IX Coordinator at titleix@mclennan.edu or by calling, Dr. Claudette Jackson, (Accommodations/Title IX) at (254) 299-8465. MCC employees are mandatory reporters and must report incidents immediately to the Title IX Coordinator. Individuals may also contact the MCC Police Department at (254) 299-8911 or the MCC Student Counseling Center 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.

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Academic Support and Tutoring is here to help students with all their course-related needs. Specializing in one-on-one tutoring, developing study skills, and effectively writing essays. Academic Support and Tutoring can be found in the Library and main floor of the Learning Commons. This service is available to students in person or through Zoom. You can contact the Academic Support and Tutoring team via Zoom or email (ast@mclennan.edu) by going to our website (<https://www.mclennan.edu/academic-support-and-tutoring/>).

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact either MCC CREW – Campus Resources Education Web by calling (254) 299-8561 or by emailing crew@mclennan.edu or a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Both are located in the Completion Center located on the second floor of the Student Services Center (SSC) which is open Monday-Friday from 8 a.m.-5 p.m.

Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff. To schedule an appointment, go to https://mclennan.co1.qualtrics.com/jfe/form/SV_07byXd7eB8iTqJg. Both the Completion Center and Paulanne's Pantry are located on the second floor of the Student Services Center (SSC).

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MCC Academic Integrity Statement:

Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating. The unauthorized use of artificial intelligence (AI) for classwork can be a violation of the College's General Conduct Policy. Whether AI is authorized in a course and the parameters in which AI can be used in a course will be outlined by each instructor.

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You can find help on the McLennan website about connecting your McLennan email account to your mobile device:

- [Email Setup for iPhones and iPads](#)
- [Email Setup for Androids](#)

Forwarding Emails:

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For more helpful information about technology at MCC, go to [MCC's Tech Support Cheat Sheet](#) or email helpdesk@mclennan.edu.

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.