

**Linfield College**  
DEPARTMENT OF HEALTH, HUMAN PERFORMANCE AND ATHLETICS  
**Course Syllabus**  
Summer 2008

**Course: HHPA 180: Personal Health Promotion**  
**Credit Hours: 2**  
**Instructor: Jay Swenberger**

**Location: ONLINE**  
**Email: [jswenbe@linfield.edu](mailto:jswenbe@linfield.edu)**

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**Prerequisites:** None

**Course Description:**

This course will introduce the many facets that encompass personal health. The focus will be on self-evaluation and reflection. We will cover the physical, intellectual, emotional, environmental, spiritual and social aspects that comprise the wellness continuum. Topics include nutrition, exercise, stress, sexuality, drugs, disease, aging, personal safety and health care.

**Course Objectives:**

The primary course objectives include:

1. demonstrate knowledge of the comprehensive nature of health that involves physical, psychological, social, spiritual, and intellectual aspects
2. develop the understanding that throughout an individual's lifecycle, a continuing relationship exists between personal behavior and well-being.
3. develop health promoting beliefs/attitudes toward healthier lifestyle
4. demonstrate selective practices in choosing and using health information, products and services
5. use self-evaluations and learned information to analyze and potentially improve various aspects of their own health

**Required Text and supplies:** 

Required Text: Insel, P.M. & Roth, W.T. (2008). Core Concepts in Health, Brief Update. 10<sup>th</sup> edition. McGraw Hill, Boston. ISBN: 978-007-352964-6. Available in the bookstore.

**Special Accommodations:** Students with documented disabilities who may need accommodations, who have any emergency medical information the instructor should know of, or who need special arrangements in the event of evacuation, should make an appointment with the instructor as early as possible, no later than the first week of the term.

**Academic Honesty:** Linfield College has a policy regarding academic honesty. All students enrolled in this course are expected to follow it. The policy can be found in the Student Handbook and Planner. If unsure about whether your work reflects an appropriate level of "*academic honesty*" do not hesitate to discuss the matter with the instructor before the work is started.

**Assignments**  (for full details, please see Blackboard)

**Discussion Board:** Each week students will respond to the discussion topic posted by the instructor. In addition, students will be required to respond to at least one of their classmates' responses. Discussion entries are due by Midnight on Sunday, each week.

**Online quizzes:** Each week there will be an online quiz covering the reading and lecture material for that week. All quizzes will be due by midnight on Sunday of the week. Late quizzes will not be accepted.

**Open door policy:** I encourage you to talk with me if you are having trouble with the class, need some guidance with assignments/studying or just want to chat.

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**Make-up Exams**

You **will not be allowed** to make up a missed quiz or assignments. Exams can be made up in the case of documented illness or emergency. It is your responsibility to contact me to make alternate arrangements **before** the exam if you have a scheduling conflict (ie: campus athletic team traveling or other activity). Make-up exams may be all essay and may have points deducted. The final exam must be taken by the scheduled time.

**Grade Scale:**

<b>Grade Scale</b>			
Grade	Percent	Grade	Percent
A	> 93	C+	77 – 79.9
A-	90 – 92.9	C	73 – 76.9
B+	87 – 89.9	C-	70 – 72.9
B	83 – 86.9	D+	67 – 69.9
B-	80 – 82.9	D	60 – 66.9
		F	< 60

**Assignment format:**

1. All assignments will be posted electronically to the digital drop box and must include a title page with the following info: student name(s) and email, title and course number of the class, assignment title, your title, date and instructor name. The assignment should be saved using the following naming format: assignment title - Last name -. For example, and assignment based on Wellness Worksheet1 would be saved as WW1-Swenberger.
2. Assignments must be typed, double-spaced (unless otherwise specified), with 1-inch margins, proofread and professional in appearance and content. Don't just run spell check and assume everything is all right.
3. Assignments are due by 11:59pm of the assigned date. Late assignments will result in a lower grade. Late assignment grades will be reduced by 10% per day late. **Assignments will not be accepted more than one week late. No exceptions.** Assignments will not be accepted after August 21st at 5pm.
4. Plagiarized material will not be accepted and will result in a failing grade in the COURSE. Work which has been submitted for other courses is unacceptable.
5. All assignments will be graded for grammar and spelling. This accounts for 10% of the assignment grade.

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HHP 180 – Personal Health Promotion - ***Tentative Course Outline***

<b>Date</b>	<b>Material Covered</b>	<b>Readings</b>	<b>Assignments*</b>
Week 1 Jun 16 – Jun 22	Introduction Taking Charge of Your Health	Ch 1	Quiz 1 - Discussion 1
Week 2 June 23 – July 29	Stress Psychological Health	Ch 2 & 3	Quiz 2 – Discussion 2
Week 3 June 30 – July 6	Intimate Relationships Sexuality	Ch 4, 5 & 6	Quiz 3 – Discussion 3
Week 4 July 7 – July 13	Psychoactive Drugs Alcohol and Tobacco	Ch 7 & 8	Quiz 4 – Discussion 4
Week 5 July 14 – July 20	Nutrition	Ch 9	Quiz 5- Discussion 5
Week 6 July 21 – July 27	Exercise Weight Management	Ch 10 & 11	Quiz 6 – Discussion 6
Week 7 July 28 – Aug 3	Cardiovascular Disease Immunity and Infection	Ch 12 & 13	Quiz 7 – Discussion 7
Week 8 Aug 4 – Aug 10	Aging	Ch 14	Quiz 8 – Discussion 8
Week 9 Aug 11 – Aug 17	Personal Safety Environmental Health	Ch 16-17	Quiz 9 – Discussion 9
Week 10 Aug 18 – Aug 21	Conventional and Complementary Medicine	Ch 15	Quiz 10 – Discussion 10

\* All assignments are due by Sunday night at 11:59pm (PST) - unless otherwise noted.

Schedule may change.