

**Department of Health and Human Performance
Prairie View A&M University
Prairie View, Texas 77446**

**HLTH 2003 Health and Wellness
Summer 2008**

Instructor: Dwayne Foster
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Class Location: 10:00a.m. – 11:50a.m. MTWRF – Wool Rm # 109

Course Abbreviation & Number: HLTH – 2003 – Human Sexuality

Course Description: This course is designed to give the student practical knowledge and understanding in a variety of areas of human needs (spiritual, social, emotional, intellectual, physical, occupational and environmental); with the goal of taking that information and using it to make behavioral changes that will have a positive impact on their lives.

Textbook and other required course materials:

Wellness: Concepts and Applications. Anspaugh, D., Hamrick, M., and Rosato, F.
Fifth Edition. McGraw Hill Companies, 2000.
(*Required*)

Access to Learning Resources:

PVAMU Library: phone (936)261-1500;
web: <http://www.tamu.edu/pvamu/library/>

University Bookstore:

phone (936)261-1990;
web: <https://www.bkstr.com/Home/10001-10734-1?demoKey=d>

College of Education Professional Education Unit Model: T—FOLD-P
Teacher as a Facilitator of Learning for Diverse Populations

NCATE Objectives:

1. Prepare students for teaching profession who are problem solvers, critical thinkers, and decision makers.
2. Prepare students for the teaching profession who understand and appreciate human diversity and global awareness.
3. Prepare students for the teaching profession who are reflective and continual learners.
4. Prepare students for the teaching profession who facilitate student growth and development.

ExCET Objectives:

Domain I: Personal Well Being

The course should prepare the student to be able to use a systematic approach for acquiring information, products and services and making decisions related to their own health and well-being. The course should foster awareness of societal influences on health related attitudes and behaviors and help the learner to develop knowledge and skills for critically analyzing various types of social messages (e.g. peers, family, advertising, films). The student will be encouraged to analyze information from diverse sources and perspectives to make responsible choices as consumers of health information, products and services.

Course Objectives: Completion of the course should enable the student to:

- Be familiar with some major theories of health and wellness.
- Understand various concepts and terminology associated with health and wellness.
- Name and explain the common areas of health and wellness that consumers can positively impact and how.
- Identify and utilize information that will help develop skills, attitudes, beliefs and habits that will ultimately result in the highest possible level of health and wellness.
- Demonstrate the use of good decision-making skills in relation to lifestyle activities and becoming a responsible health care consumer.

Teaching/Learning Activities:

1. Lectures
2. Handouts
3. Student presentations
4. Micro Teaching
5. Class Discussion
6. Video Presentation(s)
7. Directed readings and other class assignments to accomplish the stated objectives.

TrueOutcomes – Prairie View A&M University – Electronic Portfolio

TrueOutcomes is a tool that Prairie View A&M University uses for assessment purposes. At least one of your assignments will be considered an “artifact”(an item of coursework that serves as evidence that course objectives are met) and will be loaded into both WebCT and TruOutcomes. The assignment(s) to be used as TrueOutcomes artifacts will be identified by your instructor.

Students are required to complete an electronic portfolio(e-portfolio) in order to complete their program. This document can be used for future employment and/or educational endeavors. More information will be provided during the semester, but for general information, you can visit the TrueOutcomes web site at: www.trueoutcomes.net.

Class Assignments:

Case Study

25 points

Students will complete five case study assignments. Each case study will examine a different component of health and wellness. The first case study the students will develop a family tree and look for any health issues within their family. The second case study students will develop a one month exercise routine and determine their body weight, target heart rate and blood pressure. The third case study will be a summary of the movie “Super Size Me”. The fourth case study will be a one day food assessment using www.mypyramidtracker.gov. The last case study will be an analysis of a health and wellness scenario. A typed explanation of the students’ response is required for each individual case study. [NCATE OBJECTIVE-1-2-3]

Reflection Paper Assignment

25 points

Students will write a minimum two page reflection on various topics. This assignment must be typed double spaced, detailed and demonstrate synthesis of the information. [NCATE OBJECTIVE-1-3]

Micro Teaching Assignment

25 points

Students will be divided into small groups. Each group will be assigned a human sexuality topic from our text to teach to the class. Students will utilize technology. Students will prepare a lesson plan and develop an assessment tool to assess student knowledge. Students will be assessed by their peers as well as the instructor. [NCATE OBJECTIVE-1-2-3-4]

Evaluation/Grading:

Attendance	10%
Assignments	40%
Mid-term	25%
<u>Final</u>	<u>25%</u>
	100%

Evaluation Methods:

1. Examinations (mid-term and final 100 points each)	200 points
2. Case Study Assignment (5 @ 25 points each)	25 points
3. Reflection Paper Assignment (1 @ 25 points)	25 points
4. Micro Teaching Assignment (1 @ 25 points)	25 points
5. Attendance & Class Participation(Impress Me!)	30 points
TOTAL	305points

<u>Grade</u>	<u>Scoring Range</u>	<u>Grading Scale</u>
A	90-100%	275-305 points
B	80-89%	244-274points
C	70-79%	214-243 points
D	60-69%	183-213 points
F	59-0%	182>

Incomplete grades are only given in extraordinary circumstances that are beyond the students' control.

NOTE: Missed exams and assignments CAN NOT be made-up unless permission is granted by the instructor prior to the exam, assignments, or quiz.

Additionally, after the student has seen his/her grade, the professor reserves the right to retain all assignments and examinations completed by the student. All papers will be retained until 30 days after grades have been posted. After this time, papers will be destroyed.

Course Procedures

Formatting Documents:

Microsoft word is the standard word processing tool used at PVAMU. If you're using other word processors, be sure to use the "save as" tool and save the document in either the Microsoft Word, Rich-Text, or plain text format.

Exam Policy:

Exams should be taken as scheduled. No makeup examinations will be allowed except under documented emergencies(See Student Handbook)

Attendance Policies & Classroom Management:

Class Attendance Policy

Prairie View A&M University requires regular class attendance. Attending all classes support full academic development of each learner whether classes are taught with the instructor physically present or via distance learning technologies such as interactive video. Excessive absenteeism whether excused or unexcused, may result in a student's course grade being reduced or resulting in a grade of "F". Absences are accumulated beginning the first day of class during regular semesters and summer terms.

Students will not be permitted to enter class beyond 15 minutes after the hour. It is extremely disruptive and interferes with the learning process.

Attendance is required at each class meeting. Absences due to illness, attendance at university approved activities, and family or other emergencies constitute EXCUSED ABSENCES and must be supported by documentation presented to the instructor prior to or immediately upon the student's return to class. It is recognized that personal difficulties/conflicts arise and allowances will be considered on an individual basis.

Cell Phone & Other Electronic Device Policy

NO CELL PHONES ARE TO BE USED IN CLASS!!!

It is important to respect each other in class. No fighting, profanity or euphemisms will be tolerated during class time. Hats, doo rags, and sun shade eye wear are not permitted in class. Additionally, no cell phone use will be permitted during the class period including text messaging, games, checking voice mail, etc. In addition, mp3 players, head phones/ear pieces and other related electronic devices are not permitted in class. Students failing to adhere to this policy may be asked to leave to decrease disruption during the learning process.

Disabled Student Policy(See Student Handbook)

Students with disabilities, including learning disabilities, who wish to request accommodations in class, should register with the Services for Students with Disabilities(SSD) or Office of Disability Services at (936)857-2610/2620, early in the semester so that appropriate arrangements may be made. In accordance with federal laws, a student requesting special accommodations must provide documentation of their disability to the SSD coordinator.

Late Work & Extra Credit Policy

No late work will be accepted! Since course requirements are assigned well in advance, all assignments must be handed in on or before the due date. Absence is not an excuse for missing submission dates for any assignment. The instructor is not required to accept assignments as part of the course requirement when the student's absence is unexcused. Extra credit will not be given in this course!

Academic Misconduct(See Student Handbook)

You are expected to practice academic honesty in every aspect of this course and all other courses. Make sure you are familiar with your Student Handbook, especially the section on academic misconduct. Students who engage in academic misconduct are subject to university disciplinary procedures.

Forms of academic dishonesty:

1. **Cheating:** deception in which a student misrepresents that he/she has mastered information on an academic exercise that he/she has not mastered; giving or receiving aid unauthorized by the instructor on assignments or examinations.
2. **Academic misconduct:** tampering with grades or taking part in obtaining or distributing any part of a scheduled test.
3. **Fabrication:** use of invented information or falsified research.
4. **Plagiarism:** unacknowledged quotation and/or paraphrase of someone else's words, ideas, or data as one's own in work submitted for credit. Failure to

identify information or essays from the Internet and submitting them as one's own work also constitutes plagiarism.

Nonacademic Misconduct(See Student Handbook)

The university respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either(1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjusted by the Dean of Students under nonacademic procedures.

Sexual Misconduct(See Student Handbook)

Sexual harassment of students and employers at Prairie View A&M University is unacceptable and will not be tolerated. Any member of the university community violating this policy will be subject to disciplinary action.

Student Academic Appeals Process

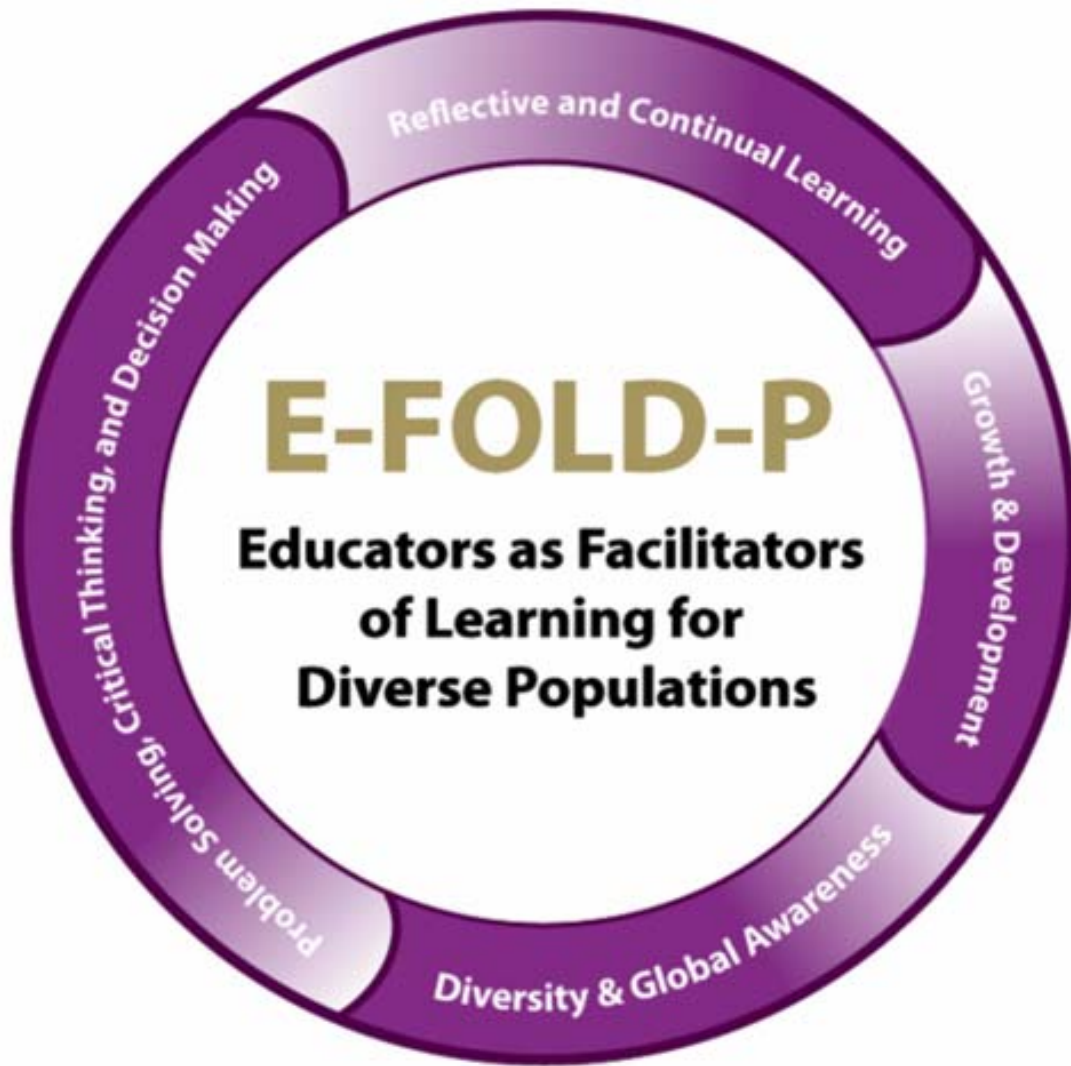
Authority and responsibility for assigning grades to students rests with the faculty. However, in those instances where students believe that miscommunication, errors, or unfairness of any kind may have adversely affected the instructor's assessment of their academic performance, the student has a right to appeal by the procedure listed in the Undergraduate Catalog and by doing so within thirty days of receiving the grade or experiencing any other problematic academic event that prompted the complaint.

Tentative Course Calendar:

The following plan of action is to keep us on tract; it does, however, require flexibility to suit the needs and interests of the students. Please be advised: The instructor has the right to modify this syllabus, without notice, due to emergencies or an expressed interest of the students to discuss topics in greater detail. It is in the best interest of each student to regularly attend class. Each week students will receive a detailed calendar of assignments to follow regarding assigned readings, due dates of assignments, test dates and other work pertaining to the class.

Each student is responsible for all work that is covered in class whether the student is present or not.

Professional Education Unit Conceptual Framework



The conceptual framework for both the basic and advanced programs at Prairie View A&M University has evolved over the last fourteen years to view educators as facilitators of learning for diverse populations. The conceptual Framework was developed by the Unit faculty after extensive review of the literature in education and guidelines of learned societies. The conceptual framework is based upon current issues such as changes in demographics, global perspectives, importance of problem solving, critical thinking and decision-making skills, technological demands, and the need for life-long learning. This new visual depiction of the conceptual framework with no changes in the wording was adopted by the Teacher Education faculty, in February 2008. The framework consists of four major goals anchored by technology.