

STUDENT MATERIALS

PHED 1304 Health For Today

Featuring the Series “Journey to Health: Mind ~ Body ~ Spirit”

A DCCCD Tele-Course adapted exclusively
for delivery to the
Navy College Program for Afloat College Education (NCPACE)

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Dallas County Community College District

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The DCCCD is a Service member's Opportunity College – NAVY

The seven member colleges of the DCCCD are independently accredited by the Commission on Colleges of the Southern Association of Colleges and Schools.

Textbook	Hales, Dianne. <i>An Invitation to Health</i> . 12 th ed. Belmont, CA: Wadsworth Thomson Learning, Inc, 2005. ISBN: 0495-01147-9
Telecourse Guide	Richards, Donna Beck. 3rd ed. Belmont, CA: Wadsworth Thomson Learning, 2007. ISBN: 0-495-01551-2
CD/Video Lessons	4 CD-ROMS that contain the 26 Video Lessons

INSTRUCTOR'S LETTER TO THE STUDENT

Dear Student:

First, I would like to thank you for the work you are doing to protect our country and the freedom that we enjoy. Next, congratulations for your decision to continue your education while you are serving in the Navy.

Welcome to this course. You have already traveled some distance on your own "Journey to Health." Where you are now depends largely on what lifestyle habits you practice. Where you go in the future will depend on the decisions you make and the health practices you adopt from now on. You will find that health is a process, not a destination, and that the journey is constant. This course will guide you in this process toward achieving optimal health for yourself, while learning about major health issues in the world today.

I want you to be a success in this course. The design of the Telecourse Guide, the interactive activities, and the materials in the videos will help you understand the material and apply it to your own life. Achieving success in this course will do more than just increase your knowledge; it will help you lead a healthier and more productive life in the future. Good Luck!

– Donna Richards

For questions regarding textbooks, grade requirements, lessons, software issues, etc. contact NCPACE@dccd.edu

INSTRUCTIONS:

Read all information carefully in the Course Syllabus below. The Syllabus serves as the *Orientation* to this course.

COURSE SYLLABUS

OVERVIEW

This course places emphasis on helping you, the student, examine your lifestyle and the things that you are doing to improve your health or detract from it. You will study the major health issues of today, including those related to physical health, emotional well being, sexuality, major diseases, substance abuse, nutrition, aging, environmental health, as well as global health issues. After examining these issues in health, you will be able to make decisions about the lifestyle behaviors that you will practice in the future.

COURSE GOALS

Intellectual Competencies for PHED 1304.

1. Expand knowledge of health and wellness, and the lifestyle behaviors that achieve and support high-level wellness.
2. Develop an understanding of the interaction between mind, body, and spirit in sustaining health.
3. Use critical thinking and problem-solving skills to develop and modify lifestyle to improve quality of life.
4. Relate individual decisions and actions to the well-being and health of the planet.

Exemplary Education Objectives for PHED 1304

Upon successful completion of this course, you should be able to:

- Explain the factors that affect the development of healthy lifestyles.
- Discuss the causes and effects of stress on the individual and healthy stress management techniques.
- Discuss psychological health and methods for achieving psychological well-being.
- Explain the most common mental disorders and their impact on overall health.
- Explain how physical fitness contributes to health across the lifespan.
- Explain how the basic principles of good nutrition affect health across the lifespan.
- Explain strategies for healthy weight management.
- Discuss the characteristics of healthy relationships and the importance of healthy relationships to overall health.
- Discuss human sexuality and how sexual behaviors affect health.
- Discuss the biological, psychological, and social aspects of the reproductive process.
- Discuss why it is important for parents to provide safe, healthy environments for the development of their children.
- Discuss strategies for managing one's health within the health-care delivery systems.
- Explain the role of complementary and alternative medicine in health care.
- Explain the methods of transmission, treatment, control, and prevention of infectious diseases.

- Explain the transmission, prevention, and treatment of sexually transmitted diseases, including the global problems involved with HIV/AIDS.
- Explain the major cardiovascular diseases and how individual health behaviors contribute to cardiovascular health or illness.
- Discuss how cancer develops, and strategies for its prevention and treatment.
- Explain chronic diseases, including individual health behaviors that contribute to prevention and methods of treatment.
- Explain the effects of drug use on individuals, families, and society as a whole.
- Explain the significance of alcohol use on individuals, families, and society as a whole.
- Explain the impact of tobacco use on both the individual and society.
- Explain preventative and emergency procedures that contribute to personal safety.
- Explain factors that affect the aging process and issues facing the elderly.
- Explain factors involved in the process of dying and grieving.
- Explain how environmental conditions influence individual health as well as strategies for preserving the environment.
- Assess the relationship between global health issues and personal health.

Learning Objectives

Specific learning objectives for each lesson are listed within the lessons in the Telecourse Guide.

LESSONS

There are 26 video lessons that support the Learning Objectives in the textbook and telecourse guide. **See the textbook and telecourse guide for a description of the lesson contents.**

COURSE MATERIALS

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Telecourse Guide	Richards, Donna Beck. 3rd ed. Belmont, CA: Wadsworth Thomson <i>Student(Telecourse) Guide for Journey to Health: Mind~Body~Spirit</i> . Learning, 2007. ISBN: 0-495-01551-2
CD/Video Lessons	4 CD-ROMS that contain the 26 Video Lessons

Substitutions to course materials are not permitted.

Important Notes About the Course Text, CD_ROMS, and Telecourse Guide

The **Telecourse Guide** is essential for successful completion of this course. It provides important information about each lesson and correlates the reading assignments with the video programs. The Telecourse Guide also directs the student to corresponding textbook chapters (chapters may be different than the numbered lessons). In addition, each lesson offers several Enrichment Activities designed to provide the student with practical application of the material presented. The student will select and complete one activity from each lesson (26 total) as part of the course grade. Focus Points in each lesson guide the students' study, and a Practice Test gives the student an opportunity to prepare for the actual test on the material.

The **Textbook** provides the basis for the course and is the primary source for test questions. It contains extensive information about health, wellness, and challenges to health. To achieve success in the course you **must** study the appropriate textbook assignments as indicated in each lesson in the **Telecourse Guide**.

The 26 Video Programs contained on the **CD-ROMs** provide visual and narrative information that illustrate important health topics and offer you the expertise of some of the nation's leading medical and health experts. Much of the information in the video programs is not contained in the textbook. It is essential that you thoroughly view the video programs as they will provide the secondary source for test questions and will help you to successfully complete the course.

COURSE GUIDELINES

A list of the course guidelines is located at the front of the Telecourse Guide and consist of the following components: Overview, Lesson Goal, Lesson Learning Objectives, Lesson Assignment and Focus Points, Enrichment Activities, Practice Test, and Answer Key. They are designed to help you navigate this course to a successful completion. Before you begin each weeks work, review the lesson Guidelines in order to clarify what you are expected to learn from each lesson.

EVALUATION AND GRADING

Examinations: There are *four written tests* (worth 100 points each). Each test will cover 6-7 lessons and are composed of forty multiple-choice and short answer questions (worth two points each) and two essay questions (worth 10 points each).

Enrichment Activities: You will select and complete any *one* activity of your choice from the "Enrichment Activities" listed in *each* lesson of the Telecourse Guide. Therefore, you will submit 26 "Enrichment Activities." The Enrichment Activity will count as 20% (100 points) of your total grade. Guidelines for completing these assignments are as follows.

- If you complete a self-survey or self-assessment, do not submit the survey itself. Summarize what you learned about yourself from the survey.

- Assignments must be neat and legible. Typed assignments are preferred.
- Give attention to spelling, grammar, and punctuation.
- Each activity will be approximately half a page, no longer than a page.

Tests/Units	Assessment	Points
Test 1	Forty multiple choice and short answer questions	80
Lessons 1-7	Two essay questions	20
Test 2	Forty multiple choice and short answer questions	80
Lessons 8-13	Two essay questions	20
Test 3	Forty multiple choice and short answer questions	80
Lessons 14-20	Two essay questions	20
Test 4	Forty multiple choice and short answer questions	80
Lessons 21-26	Two essay questions	20
Lessons 1 -26	26 Enrichment Activity	100
TOTAL		500

Your final Course Grade will be issued based on total points accumulated as follows:

- A = 500- 450(100-90%)
- B = 449 - 400 (89-80%)
- C = 399 - 350 (79-70%)
- D = 349 - 300 (69-60%)
- F = 299 or less (<60%)

ACADEMIC HONESTY

All course work in this class is undertaken with the understanding that academic honesty is the only acceptable behavior. Further, it is understood that the instructor sets the standards of academic honesty in the class, determines when these standards have been violated, and determines the consequences of that behavior by the student. The following instances of academic dishonesty will not be tolerated and if committed, will result in a grade of “F” in the course. Suggestion: include specific penalties for dishonesty so students will know exactly what to expect if caught cheating in this course. For example, “If you copy another student’s work and submit it as your own, both students will receive a zero on the assignment and/or a failing course grade.” The “and/or” gives the Instructor the right to make a more costly decision regarding cheating.

- a. Cheating – intentionally using or attempting to use unauthorized materials, information or student aids in any academic exercise. Specifically
 1. Copying from another student’s test paper or case problem.
 2. Using test materials not authorized by the person administering the test.
 3. Collaborating with or seeking aid from another student during a test without permission from the test administrator.
 4. Knowingly using, buying, selling, stealing, or soliciting, in whole or in part, the contents of an unadministered test.

5. The unauthorized transporting or removal, in whole or in part, of the contents of the unadministered test.
 6. Substituting for another student, or permitting another student to substitute for one's self, to take a test.
 7. Bribing another person to obtain an unadministered test or information about an unadministrated test.
- b. Collusion – unauthorized collaboration with another person in preparing work offered for credit i.e., providing exam information to another students, working collectively on assignments intended as individual tasks.
 - c. Fabrication – intentional and unauthorized falsification or invention of any information in an academic exercise.
 - d. Plagiarism – intentionally representing the words or ideas of another as one's own in any academic exercise.

Assignment Sheet

In the NCPACE program each command determines its own NCPACE term dates, therefore, it is not feasible to give due dates. In addition, NCPACE courses are designed to be self-paced because each sailor knows his/her schedule best and is expected to complete the course at his/her personal comfort level so long as it falls between the term dates set by the command. However, in order to complete assignments in a timely manner, it is recommended that you follow the schedule of assignments outlined below:

Week	Telecourse Guide Lessons	Tests or Other Requirements
<i>Refer to Telecourse Guide for specific textbook reading assignments, video viewing assignments, and Enrichment Activities.</i>		
1	Complete 1, 2, and begin 3	
2	Complete 3, 4, 5	
3	Complete 6,7	Test 1 (Lessons 1-7) Enrichment Activities 1-7
4	Complete 8, 9 and begin 10	
5	Complete 10, 11, 12	
6	Complete 13	Test 2 (Lessons 8-13) Enrichment Activities 8-13
7	Complete 14, 15 and begin 16	
8	Complete 16, 17, 18	
9	Complete 19, 20	Test 3 (Lessons 14-20) Enrichment Activities 14-20
10	Complete 21, 22	
11	Complete 23, 24	
12	Complete 25, 26	Test 4 (Lessons 21-26) Enrichment Activities 21-26

NCPACE COURSE PLANNER

It is crucial to plan out the time you have to complete your NCPACE course effectively so that you have ample time to do all the required assignments for the course. When you attend a course on a campus, the professor usually supplies each student with a copy of a course syllabus that outlines what material will be covered in the class and what the student is expected to do to complete the course successfully. The TeleCourse Study Guide and this NCPACE Student Materials are your syllabus. They will take you step by step through the course for which you enrolled.

Please contact your NCPACE Point of Contact (POC) on board for your current semester dates.

Semester 1: Start Date _____ End Date _____

Semester 2: Start Date _____ End Date _____

Below is a list all of the assignments required for this course. It is recommended that you take this time to determine when you would like to have each of the requirements completed. By doing this simple exercise, it will be easier to remain on tack through the semester.

Test # 1 _____ Enrichment Activities 1-7 _____

Test # 2 _____ Enrichment Activities 8-13 _____

Test # 3 _____ Enrichment Activities 14-20 _____

Test # 4 _____ Enrichment Activities 21-26 _____

It is recommended that you make a copy of this page for your NCPACE POC so he/she can see that you have planned ahead and get an idea of when he/she will need to proctor exams. Please remember to schedule each exam with your NCPACE POC a few days prior to the actual date you wish to take the exam. The dates you determine are not fixed, but as stated above are flexible so long as the course requirements are completed by the end of the semester.

COURSE ASSIGNMENT CHECKLIST

PHED 1304: Journey to Health

EXAMINATIONS:

- Proctored Test # 1
- Proctored Test # 2
- Proctored Test # 3
- Proctored Test # 4

ENRICHMENT ACTIVITIES (26 total):

- Lessons 1, 2, 3, 4, 5, 6, 7
- Lessons 8, 9, 10, 11, 12, 13
- Lessons 14, 15, 16, 17, 18, 19, 20
- Lessons 21, 22, 23, 24, 25, 26

**NCPACE Video CDs from Dallas TeleLearning for
“Journey to Health” video lessons**

CDs that are labeled V2.0 ©2005 contain individual video lessons in Windows Media Video format. These CDs require Microsoft’s Windows Media Player to view the videos. This set of CDs consists of 4 discs.

To view the videos:

1. Right click the mouse over the Start Button on the Task Bar.
2. Use the left button on the mouse and click on Explore
3. Under My Computer locate the letter that designates your CD player. Usually it is D: but it can be E: or another letter
4. Click on the letter designating your CD Player
5. A Window on the right side of your screen will display the contents of the CD.
6. Find the appropriate video lesson and double-click on the video file to view it.

Video Lesson Breakdown:

CD 1 – Lessons 1-7, video files JTH01.wmv - JTH07.wmv

CD 2 – Lessons 8-14, video files JTH08.wmv - JTH14.wmv

CD 3 – Lessons 15-20, video files JTH15.wmv - JTH20.wmv

CD 4 – Lessons 21-26, video files JTH21.wmv - JTH26.wmv

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