

PHED 1304

Personal Community Health

Western Texas College

- I. Course Description
 - A. This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being.
 - B. Prerequisites – None

- II. Methods of Instruction
 - A. Discussions/Forums
 - B. Tests
 - C. Assignments

- III. Textbook
 - A. *An Introduction to Community Health (9th Edition)* by McKenzie, James; Pinger, Robert; and Kotecki, Jerome
ISBN# 978-0-7637-5365-8

- IV. Student Learning Outcomes
 - A. Upon successful completion of the course the student will:
 - 1. Evaluate the dimensions of health and how they relate to personal and/or community wellness.
 - 2. Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
 - 3. Describe the leading health problems, trends, and needs of diverse populations.
 - 4. Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.
 - 5. Evaluate sources of health information, including the internet, to determine reliability.
 - 6. Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

- V. Grade Categories
 - A. Questions: 20 points each
 - B. Test: 100 points each

- C. Forums 20 points each
- D. Articles 10 points each
- E. Papers/Assignments 50 points each

VI. Course Requirements

A. Questions

Each chapter will have a course question. There will be one or more questions due each week during the course. Each written summary is to be at least one to two paragraphs over what the question covers, and your thoughts on the topic covered.

B. Test

There will be a test over each chapter for the course.

C. Forums

There will be discussion forums throughout this course.

D. Article

For this assignment you will find a current health news article. There will be one article due each week during the course. You may find this article online. I have posted an example on Moodle. Each written summary of the article is to be at least one paragraph over what the article covers, and your thoughts on the article.

E. Papers/Assignments

The course will have papers and assignments that are due throughout the course.

VII. Late Work Policy

All work is due on dates assigned if student wishes to receive full credit. However, I do realize there are some circumstances that can lead to assignments being late. I have therefore have come up with the following policy for all late work.

VIII. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:

- A. Campus Calendar
- B. Final Exam schedule
- C. How to drop a class

- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

IX. Course Organization & Tentative Schedule*

Week 1	Chapters 1	Question/Article/Forum
Week 2	Chapters 2	Question/Article/Forum
Week 3	Chapters 3	Question/Article/Forum/Paper
Week 4	Chapters 4	Question/Article/Forum/Test
Week 5	Chapter 5	Question/Article/Forum
Week 6	Chapters 6	Question/Article/Forum
Week 7	Chapters 7	Question/Article/Forum
Week 8	Chapters 8	Question/Article/Forum/Test
Week 9	Chapters 9	Question/Article/Forum
Week 10	Chapters 10	Question/Article/Forum/Paper
Week 11	Chapters 11	Question/Article/Forum
Week 12	Chapters 12	Question/Article/Forum/Test
Week 13	Chapters 13-14	Question/Article/Forum
Week 14	Chapters 15	Question/Article/Forum
Week 15	Chapters 16	
Week 16	Final	Final Test

The above schedule, policies, procedures, and assignments in this course are subject to change.