

Course Syllabus

Course Description



This course is designed to familiarize students with the topics of health, including personal health, consumer and community health, injury prevention and safety, alcohol, tobacco, and other drugs, physical activity and nutrition, environmental health, family living, individual growth and development, and communicable and chronic disease. This course is directly related to students' lives and the changes, challenges, and lifestyle habits they will face.

Learning Outcomes, Content Standards and Text:

At the completion of Health, the student will be able to:

- Comprehend concepts related to health promotion and disease prevention.
- Demonstrate their ability to access valid health information and health-promoting products and services.
- Demonstrate their ability to practice health-enhancing behaviors and reduce health risks.
- Analyze the influence of culture, media, technology, and other factors on health.
- Demonstrate their ability to use interpersonal communication skills to enhance health.
- Demonstrate their ability to use goal-setting and decision-making skills to enhance health.
- Demonstrate their ability to advocate for personal, family, and community health.

Content Standards:

Health is written to the content standards adopted by [National Health Education Standards](#).

Required Text:

Publisher: Glencoe/McGraw-Hill

Title: Health

Author(s): Bronson, M. and Merki, D.

Year published: 2005

Student edition text: ISBN 007861211X

Course Methodology:

- This is an inquiry-based course. Students will generate knowledge through online readings, synchronous chats, and asynchronous discussions with students and their instructor, interactions with online tutorials, online and hands-on simulations, and virtual classroom chats.
- A semester project developed by each student will be used to demonstrate knowledge and understanding of the material in the course.
- The instructor will act as a guide, a facilitator, an events planner, and a resource advisor. He/she will always be available through e-mail.
- The student must actively construct and acquire knowledge by being intrinsically motivated to succeed. To succeed, students must participate and complete all readings and activities. This course requires the student's active participation.
- Both formal and informal assessment methods will be used in the course. Informal assessment will include an evaluation of the quality and timeliness of participation in class activities. Formal assessment may include multiple-choice quizzes, tests, discussion board participation, and written assignments. A final exam will be given at the end of the course.

Unit	Topics	Assignments	Links	Resources
1	Health Influences Setting your Personal Health Goal Raising Awareness of Public Health Programs	<ul style="list-style-type: none"> Read chapters 1-3, pages 2-68 Unit Exploration Assignments: 1A-1c Threaded Discussions: Student Lounge & 1A-1C Unit Quiz 1 	Health Inventory	Chapters 1-3
2	Starting a Physical Activity Program Reducing your Intake of Fats A Letter to a Friend	<ul style="list-style-type: none"> Read chapters 4-6, pages 72-164 Unit Exploration Assignments: 2A-2C Threaded Discussions: 2A-2D Unit Quiz 2 	McDonald's Carl's Jr Jack in the Box Food Finder Anorexia Nervosa Bulimia Nervosa	Chapters 4-6
3	Managing Anger Time Management Evaluating Sources of Self Help	<ul style="list-style-type: none"> Read Chapters 7-9, pages 168-242 Unit Exploration Assignments: 3A-3C Threaded Discussions: 3A-3C Unit Quiz 3 	Time Management Graph	Chapters 7-9
4	Making Time for your family Assert Yourself Friendship	<ul style="list-style-type: none"> Read Chapters 10-13, pages 246-359 Unit Exploration Assignments: 4A-4C Threaded Discussion: 4A-4C Unit Quiz 4 	Quiz Friendship	Chapters 10-13
5	Training Safety Checklist Avoiding Stress for Healthy Decision	<ul style="list-style-type: none"> Chapters 14-18, pages 358-480 Unit Exploration Assignments: 5A-5B Threaded Discussion: 5A-5D Unit Quiz 5 		Chapters 14-18
6	Tips for a Health Pregnancy Government Spending for Health Research	<ul style="list-style-type: none"> Chapters 19-20 & 27-28, pages 484-534 & 704-760 Unit Exploration Assignments: 6A-6B Threaded Discussion: 6A-6C Unit Quiz 6 Final Project Topic and 	Brochure	Chapters 19-20, 27-28

		Outline Due	
7	Help a Friend STOP using Tobacco	<ul style="list-style-type: none"> Chapters 21-23, pages 538-616 Unit Exploration Assignments: 7A Threaded Discussion: 7A-7E Unit Quiz 7 Preliminary Final Project to Discussion Board Feedback to Two Classmates 	Chapters 21-23
8	Benefits of Abstinence Lines of Defense Start a Healthy Habit	<ul style="list-style-type: none"> Chapters 24-26, pages 620-700 Unit Exploration Projects: 8A-8C Threaded Discussion: 8A-8D Final Project to Instructor Final Exam 	Chapters 24-26 STOP Guidelines

Assessment and Grading:

Assessment:

Activity	Points Possible
Discussion Forums (30)	5 points each
Unit Exploration Assignments (20)	10 points each
Quizzes (7)	15 points each unit
Semester Project (1)	105 points
Final Exam – Unit 8 (1)	50 points
Live Chats (?)	TBD by Instructor

Grading Scale:

Letter Grade	Percentage Earned
A	90% - 100%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	59% and lower

Student's Expectations:

**Role and
Responsibility in this
Course:**

Students are expected to conduct themselves in a responsible manner that reflects sound ethics, honor, and good citizenship. It is the student's responsibility to maintain academic honesty and integrity and to manifest their commitment to the goals of NUVHS through their conduct and behavior. Students are expected to abide by all NUVHS policies and regulations. Any form of academic dishonesty, or inappropriate conduct by students or applicants may result in penalties ranging from warning to dismissal, as deemed appropriate by NUVHS.

Communication:

Throughout this course students will need to be in close contact with their instructor and fellow students. Students are expected to communicate via email and electronic discussion boards. Therefore, students should plan on checking email at least three times a week and participate in the discussion boards during the weeks they are live.

Instructors strongly encourage and welcome open communication. Clear, consistent, and proactive communication will ensure a successful experience in this course. It is the student's responsibility to notify the instructor immediately if and when a personal situation occurs that affects his/her performance in this class. Being proactive with communication will result in a quick solution to any problems that may occur.

Technical Support is offered through Spectrum Pacific Learning Company (SPLC). Should a student need any technical assistance, he/she is to email the Help Desk as soon as possible at helpdesk@myonlinellogin.com or call 1-877-533-4733. SPLC will help resolve technical problems and walk through the solution with students. If a problem persists for more than 48 hours, the student must also notify their teacher and NUVHS.

Time Required For This Course:

To complete this course in eight weeks, students should plan to allocate at least 12-15 hours a week on assigned readings, assignments, discussions (asynchronous and synchronous), quizzes, and exams. It is highly recommended that students organize themselves around the course schedule.

NUVHS wishes every student great success in their online class. Please contact us at 1.866.366.8847 if any questions arise.

**NUVHS
Expected
Schoolwide
Learning
Results
(ESLRs)**

NUVHS Expected Schoolwide Learning Results (ESLRs):

It is anticipated that NUVHS students will be:

Engaged Learners

1. Demonstrate self-directed learning skills such as time management, and personal responsibility through the completion of course requirements
2. Develop an understanding of their own preferred learning styles to enhance their overall academic potential
3. Incorporate effective and relevant internet and multimedia resources in their learning process to broaden their knowledge base

Critical Thinkers

1. Effectively analyze and articulate sound opinions on a variety of complex concepts
2. Illustrate a variety of problem-solving strategies that strengthen college preparation and workforce readiness
3. Formulate a framework for applying a variety of technology and internet-based research to enhance

information literacy and collaborative thinking

Effective Communicators

1. Demonstrate awareness and sensitivity to tone and voice in multiple forms of communication
2. Express concepts and ideas in a variety of forms
3. Enhance communication skills through the use of media rich or other technology resources

Global Citizens

1. Appreciate the value of diversity
 2. Understand the range of local and international issues facing today's global community
 3. Demonstrate awareness of the importance of cultural sensitivity and social responsibility in the 21st century
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