

**UNIVERSITY OF FLORIDA
COLLEGE OF HEALTH AND HUMAN PERFORMANCE
DEPARTMENT OF HEALTH EDUCATION AND BEHAVIOR**

PERSONAL AND FAMILY HEALTH SYLLABUS

HSC-3102-1983
Spring 2024

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Office: FLG 127

Office Hours: **Monday/Wednesday/Friday** 12:30PM-2:00PM

Phone: 352-294-1805

Class Meeting: Monday, Wednesday, Friday 3:00PM-3:50PM
FLG 0210

COURSE DESCRIPTION:

This course covers human development as a continuous, ongoing process from reproduction to death. Particular emphasis is placed on the young adult years (18-25) to better inform the class audience. Completion of this course can provide a valuable background of information for anyone considering a career within the health care field and/or those interested in basic health information to benefit themselves. Successful completion of this course will result in three general education (S) credits.

REQUIRED BOOKS:

1. Donatelle, R.J. (2023). Health: The Basics Mastering Health Series. 14th edition. Pearsons Education, Inc.

2. Supplemental readings and videos.

COURSE OBJECTIVES:

Upon completion of this course, it is expected that the student will:

1. Understand the concept of personal health and wellness and its relationship to lifestyle;
2. Learn strategies to improve your personal health and well-being;
3. Increase your knowledge, understanding, and skill for addressing common health problems and the prevention of illness.

METHODS OF INSTRUCTION:

1. Lecture.
2. Discussion.
3. Small Group Activities.
4. Films/Videos/Audiotapes.
5. Skills Practice.

6. Journal/Stress Diary.

COURSE CONTENT:

- Assessing Your Health
- Promoting and Preserving Your Psychological Health
- Managing Stress and Coping with Life's Challenges
- Preventing Violence and Injury
- Connecting and Communicating in the Modern World
- Considering Your Reproductive Choices
- Recognizing and Avoiding Addiction and Drug Abuse
- Drinking Alcohol Responsibly and Ending Tobacco Use
- Nutrition: Eating for a Healthier You
- Reaching and Maintaining a Healthy Weight
- Improving Your Personal Fitness
- Reducing Your Risk of Cardiovascular Disease and Cancer
- Protecting against Infectious Diseases and Sexually Transmitted Infections
- Preparing for Aging, Death, and Dying
- Promoting Environmental Health
- Making Smart Health Care Choices

COURSE REQUIREMENTS:

A. Each student is to:

1. Read all chapters assigned before attending class.
2. Constructively participate in class discussions/activities.
3. Participate in course evaluations.
4. Complete all assignments/exams during assigned dates throughout the semester.

B. Evaluation methods:

Participation (In-Class Assignments)	5%
End of Semester Mini Presentations	10%
Pearson Assignments	35%
Examinations	50%

C. The grading scale is as follows:

- 93%-100% = A
90-92%.99% = A-
87%-89.99% = B+
83%-86.99% = B
80%-82.99% = B-
77%-79.99% = C+

73%-76.99% = C
70%-72.99% = C-
67%-69.99% = D+
63%-66.99% = D
60%-62.99% = D-
0%-59.99% = F

UF Grade Points

A=4.0 A-=3.67 B+=3.33 B=3.0 B-=2.67 C+=2.33 C=2.0 D+=1.33 D=1.0 D-=0.67 F=0

UF's grading policy can be found at

<http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html>.

Grades will not be curved (even if you are 1 point away from the next letter grade). Grades will only change if an error was made in the grading process.

ATTENDANCE POLICY:

University of Florida believes that attendance is essential to success in academic courses. The university believes that learning is an interactive process on the part of the students and it is not just a matter of their passive absorption of information. To benefit fully from their respective courses, students need to participate in and contribute constructively to the classroom experience. In fact, the success of any course depends as much on what students contribute to the class as on what the instructor presents.

Participation, which includes both attendance and engagement, accounts for 15% of your final grade.

Student Athletes: Student athletes are required to provide the instructor with written documentation of away games that are in conflict with classes (especially exams) as early in the semester as possible.

SPECIAL ACCOMMODATIONS:

“Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.” I am asking that you email me a copy of the accommodation letter and sent up an online appointment as early in the semester as possible, but ideally by the second week. This will allow us to have an action plan as soon as possible.

