

MERCER COUNTY COMMUNITY COLLEGE
 DIVISION OF SCIENCE AND ALLIED HEALTH
HPE111: LIVING WITH HEALTH
COURSE INFORMATION FOR SUMMER 2010

INSTRUCTOR	OFFICE	SECTION	EXTENSION	e-mail
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Course Description: Living with Health is a telecourse which uses IN-TELE-COM's **The Human Condition Video Programs**. This series is a comprehensive course that features discussions by leading health care experts and several personal case studies to delve into the following recurring and interrelated topics: the biological, social, and economic dimensions of health; the life cycle; the impact of heredity and lifestyle on health; health and chemical substances; promoting well-being through fitness and nutrition; the battle against infectious and chronic diseases; the individual in the health/medical marketplace; and health care and the global community.

Textbooks (3):

1. Alters and Schiff, **Essential Concepts for Healthy Living**. Jones and Bartlett Publishers. Fifth Edition, 2009. ISBN: 978-0-7637-5641-3.
2. Wendy Schiff, **The Human Condition Study Guide**. Jones and Bartlett Publishers. Fifth Edition, 2009. ISBN: 978-0-7637-6376-3
3. Alters and Schiff, **Applying Concepts for Healthy Living, A Critical-Thinking Workbook**. Jones and Bartlett Publishers. 2009. Fifth Edition ISBN: 978-0-7637-5755-7

ISBN for three book package is: 978-0-7637-63787

Video lessons are shown on MCCC's Channel 26; and are able to be signed out from the College Libraries (Both WW and JKC Campuses Programs). *Programs can be purchased from the College Bookstore or from Intelecom at www.intelecom.org (click on student store at top of page.)*

COURSE REQUIREMENTS

Attendance at Orientation	10 Points
Four Unit Tests@ 50 Points Each	200 Points
Final Exam 100 Questions	100 Points
10 Self Assessments (Choose from 23 in workbook) 10 Points each	100 Points
5 Changing Health Habits (choose from 16 in workbook) 10 Points each	50 Points
Course Summary (See page 3)	15 Points
Total	475 Points

NOTE: POINTS WILL BE DEDUCTED FOR FAILURE TO RETURN VIDEOS TO THE LIBRARY ON TIME. GRADES WILL BE WITHHELD FOR OUTSTANDING LIBRARY VIDEOS OR CD'S.

GRADING POLICY :

POINTS	GRADE
441 - 475	A
427 - 440	A-
413 - 426	B+
394 - 412	B
380 - 393	B-
365 - 379	C+
332 - 364	C
285 - 331	D
0 - 284	F

ABOUT THE TESTS: There are four Unit Tests with 50 multiple choice and true/false questions and an accumulative Final Exam with 100 questions. The final exam questions will be selected from the questions used on the four unit tests.

There are five levels of test question used in the exams. Level 1 – Recall Facts; Level 2 – Recall Implications and Interpretations; Level 3 – Apply Facts, Implications, or Interpretations; Level 4 Make Inferences; and Level 5 – Synthesize and Evaluate Information. Most of the questions will be level 1 and level 2 type questions. There are, however, questions from all 5 levels. The higher the level the more difficult the question.

All HPE111 tests are taken in the Academic Testing Center which is located in LB 209 at the WW and in the Learning Center at JKC – KC311. Check the website for operating hours.

All HPE111 telecourse students are expected to follow the General Policies for the Academic Testing Center. You are allowed to take each Unit Test **ONCE**. (Be sure you are properly prepared.) All tests must be completed no later than the established deadline.

COURSE DEADLINES SPRING 2010
TESTS MAY BE TAKEN ANYTIME BEFORE OR ON THE DEADLINE DATE

TESTS & ASSIGNMENTS	DEADLINE DATE
Test 1: Covers Lessons 1 through 6	Tuesday, July 6
Test 2: Lessons 7 through 12	Monday, July 12
Test 3: Lessons 13 through 18	Monday, July 26
Test 4: Lessons 19 through 26	Monday, August 9
Assessments, Changing Habits, and Summary	Monday, August 9
Final Exam: All Lessons	Monday, August 16

HPE 111 SELF ASSESSMENT (10 points each): 30 Self Assessments are found in Sandra Alters and Wendy Schiff's Applying Concepts for Healthy Living, A Workbook. Each student is to complete any 10 of the 30 self-assessments listed in the workbook. Self-Assessments may be hand written or typed. Copied answers are not acceptable. Remove completed Self-Assessments from the workbook, put your name on each one, place in numerical order and fasten together.

Do not turn in any self assessments until ALL written assignments are completed. Turn in all written assignments: (self-assessments, changing health habits, and course summary) as a package. See How To Turn In Written Assignments on pg.4).

CHANGING HEALTH HABITS (10 points each): Select any 5 of 16 Changing Health Habits and complete the Deciding to Change section in each of the five selected. In addition, complete items 1 through 3 in the Implementing the Change section. You do not need to complete items 5 and 6 in the Implementing the Change section. Attach a separate sheet of paper if necessary to thoroughly answer the questions. Changing Health Habits may be hand written or typed. Remove completed Changing Health Habits from the workbook. Place your name on each one. Put them in numerical order and fasten together. **Copied answers are not acceptable.**

COURSE SUMMARY: (15 Points). The Course Summary is a paper that is to be two or more type written pages briefly answering the following:

- A. Based in the information contained in this course, describe health habits you may need to change.
- B. Sometimes habits are hard to change. Do you think you will be able to change the habits?
- C. Which of the Self Assessments did you find to be the most beneficial? Why did you find them to be beneficial?
- D. Describe the five most important concepts that you learned/studied in this course.
- E. Did you find the course to be beneficial? How would you describe the course to a friend?
- F. What did you like best about the course?
- G. What changes do you suggest to make Living with Health a better course?
- H. Overall, how would you rate the course: Excellent, Good, Fair, Poor, Unacceptable



HOW TO TURN IN WRITTEN ASSIGNMENTS: (Self Assessments, Changing Health Habits, Course Summary) May be handed in anytime before the due date. See page 6 of this syllabus for the due date.

- 1) Please do not submit any material until all written assignments are completed. Hand all materials in as one package.
- 2) See Table below for drop off location or mailing address

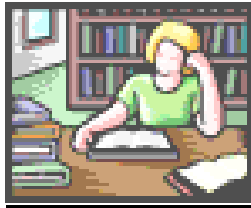
INSTRUCTOR	DROP OFF LOCATION	OFFICE LOCATION	OR MAIL TO:
PUGH	MS 128	MS 147	PO BOX B TRENTON, NJ 08690
KALINOWSKI	MS 128 or PE109	PE 109	SAME AS ABOVE
FRANZ	MS 128 or PE109	PE 109	SAME AS ABOVE
DROP OFF AFTER HOURS	Use box outside MS 128		

GENERAL COURSE INFORMATION

About Telecourses: Telecourses may not be for everyone. HPE 111 is not an “easy A”. A’s are currently earned by about ¼ of the students who complete the course; but, they work very hard to earn their “A’s”. To be successful in a telecourse you must be a self-starter, who can establish course milestones and achieve them. You must be able to meet all deadlines. If you are a procrastinator by nature and need the motivation of an instructor, you may not want to enroll in a telecourse.

WITHDRAWAL DEADLINE IS July 16, 2010

HOW TO STUDY FOR THIS COURSE:



1. **DO NOT FALL BEHIND ON COURSE WORK.** Do the same number of lessons each week as there are video lessons scheduled... During a regular 15-week semester there are two video lessons scheduled each week. Complete two lessons from the study guide each week. In the summer there are four lessons each week.
2. **READ AND COMPLETE ALL ASSIGNMENTS LESSON IN **THE HUMAN CONDITION STUDY GUIDE.** START WITH THE LESSON OVERVIEW.**
3. **READ AND FOLLOW THE ASSIGNMENTS IN EACH LESSON.**
4. **BEFORE WATCHING THE VIDEO READ THE VIDEO VIEWING QUESTIONS.**
5. **COMPLETE THE TEXTBOOK ASSIGNMENTS AS LISTED IN THE STUDY GUIDE.**
6. **LEARN THE VOCABULARY IN THE STUDY GUIDE LESSONS.**
7. **DO THE SELF-TESTS IN THE STUDY GUIDE.** At the end of each lesson in the study guide is a self-test. Complete each test and check your answers. Notice that the answer key (located in rear of workbook) for each test gives the page number of the text or the videotape from which the question was written. If you are not familiar with the material on which the question is based, review the text or video.
8. **BEFORE TAKING THE TEST, REVIEW THE APPROPRIATE STUDY GUIDE QUIZZES.** Reviewing the Study Guide quizzes is a good way to help you recall the material you studied from the lessons.
9. **DO NOT FALL BEHIND.** Most students who have difficulty do so because they do not study until the day or two before the test deadline. There is too much material covered on each test to learn in a day or two. (Notice: There are 110 pages of the textbook covered in test one.)
10. **IF YOU ARE DOING ALL THE THINGS LISTED ABOVE AND STILL HAVING TROUBLE, CONTACT YOUR COURSE INSTRUCTOR IMMEDIATELY.**

IMPORTANT SUMMER 2010 DATES

PLACE THIS WHERE YOU WILL SEE IT EVERYDAY
And place the following dates on your calendar.



TV PROGRAMS: Programs are aired on Tuesdays and Thursdays beginning on Tuesday, June 22nd. Both programs for the week are repeated on Saturdays starting at 8:30 am.

TEST 1 DEADLINE: Tuesday, July 6th

TEST 2 DEADLINE: Monday, July 12th

TEST 3 DEADLINE: Monday, July 26th

TEST 4 DEADLINE: Monday, August 9th

FINAL EXAM DEADLINE: Monday, August 16th

MONDAY, August 9th, Package containing: Self Assessments, Changing Health Habits & Course Summary.

UNITS OF STUDY FOR THE HUMAN CONDITION

LESSON NUMBER	VIDEO PROGRAM TITLE THE HUMAN CONDITION	READING ASSIGNMENT CHAPTER, PAGES
1	THE FABRIC OF HEALTH	Chapter 1
2	IN HUMAN TERMS	VIDEO ONLY
3	STATE OF MIND	Chapter 2
4	LIVES IN BALANCE	Chapter 3 & Review Page 40
5	BEHIND CLOSED DOORS	Chapter 4
6	IT'S PERSONAL	Chapter 6
END OF UNIT 1	UNIT ONE TEST	TOTAL OF 90 TEXTBOOK PAGES
7	RISKY BUSINESS	Chapter 5 & Pages 398-417 C14 Review Chapter 6 pp 138-141
8	THE CODE	Chapter 14 Pages 379-384 & 414-415
9	HALEY OR MATHEW'S STORY	Chapter 5, pages 104-113 & Chapter 9, pages 248-251
10	THE GROWING YEARS	VIDEO ONLY
11	WEBB OF ADDICTION	Chapter 7
12	FEELS SO GOOD	Chapter 8
END OF UNIT 2	UNIT 2 TEST	TOTAL OF 135 PAGES
13	WHAT YOU DON'T KNOW	Chapter 16
14	FOOD FOR THOUGHT	Chapter 9
15	WEIGHING IN	Chapter 10
16	WORKING IT OUT	Chapter 11
17	GERM WARFARE	Chapter 14
18	THE MODERN PLAGUE	Review Chapter 14, pages 399-404
END OF UNIT 3	UNIT 3 TEST	TOTAL OF 161 PAGES
19	HEART OF THE MATTER	Chapter 12
20	BRAIN ATTACK	Review Chapter 12
21	DIAGNOSIS: CANCER	Chapter 13
22	LIVING WITH CANCER	Review Chapter 13
23	AGE HAPPENS	Chapter 15
24	FINAL CHAPTER	Review Chapter 15 pp. 436-447
25	MEDICAL MARKETPLACE	LESSON 25 OVERVIEW STUDY GUIDE
26	WHAT PRICE	LESSON 26 OVERVIEW SG
END OF UNIT 4	UNIT 4 TEST	TOTAL OF 84 PAGES



Cable TV Channel 26/FIOS Channel 20 Broadcast Schedule – Summer 2010

HPE 111 Living with Health
TV Series: The Human Condition

Tuesday & Thursday – 8:00am, 12:00pm or 6:00pm
Saturday – 8:00am to 10:00am

Week #	Lesson #	Date	Program #	Title
1	1	6/22/10	1	The Fabric of Health
	2	6/22/10	2	In Human Terms
	3	6/24/10	3	State of Mind
	4	6/24/10	4	Lives in Balance
2	1	6/29/10	5	Behind Closed Doors
	2	6/29/10	6	It's Personal
	3	7/1/10	7	Risky Business
	4	7/1/10	8	The Code
3	1	7/6/10	9	Haley or Matthew's Story
	2	7/6/10	10	The Growing Years
	3	7/8/10	11	Web of Addiction
	4	7/8/10	12	Feels So Good (Hurts So Bad)
4	1	7/13/10	13	What You Don't Know...
	2	7/13/10	14	Food For Thought
	3	7/15/10	15	Weighing In
	4	7/15/10	16	Working It Out
5	1	7/20/10	17	Germ Warfare
	2	7/20/10	18	The Modern Plague
	3	7/22/10	19	Heart of the Matter
	4	7/22/10	20	Brain Attack
6	1	7/27/10	21	Diagnosis: Cancer
	2	7/27/10	22	Living With Cancer
	3	7/29/10	23	Age Happens
	4	7/29/10	24	Final Chapter
7	1	8/3/10	25	The Medical Marketplace
	2	8/3/10	26	What Price?

*Listing is only for the first day of broadcast for each lesson.

5/3/10