

Course Syllabus

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Family and Consumer Sciences

FCS315 - Personal, Family, and Community Health

2 Units

Spring 2020

January 14 - March 3, 2020

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PLNU MISSION

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE DESCRIPTION

Examines a personal approach to healthful living that encompasses physical, mental, emotional, relational, spiritual, and environmental aspects of wellness and self-care. Course topics to include nutrition and exercise, cultivating joy, stress reduction, and gratitude.

GENERAL EDUCATION

This course is one of the components of the General Education Program at Point Loma Nazarene University, under the category of "Exploring an Interdependent World: Physical Fitness and Nutrition." By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collecting and interpreting empirical data for both theoretical and practical purposes.

STUDENT LEARNING OUTCOMES

1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental, and physical aspects of an individual that impact their wellness.
2. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spiritual, mental growth, and environmental responsibility.
3. Apply health concepts in order to change or improve a health-related behavior.

DEPARTMENT STUDENT LEARNING OUTCOMES

1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan.
2. Students will identify appropriate resources to use in application for problem solving.
3. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith.

COURSE STUDENT LEARNING OUTCOMES

1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental and physical aspects of an individual that impact their wellness.
2. Identify behaviors that reduce risk, prevent and control disease, protect against abuse and danger, and decrease harmful stress.

3. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spirituality, mental growth, and environmental responsibility.
4. Apply health concepts in order to change or improve a health-related behavior.

ACADEMY OF NUTRITION AND DIETETIC’S FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD):

1. Interpersonal communication skills. (1d)
2. Role of food in promotion of health lifestyle. (5l)
3. Health promotion and disease prevention theories and guidelines. (6g)

CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2-unit class delivered over 7 weeks.

It is anticipated that students will spend a minimum of 45 participation hours per credit hour on their course work. The time expectations for this course are shown below:

Assignments	Total Hours
Reading	20
Group Discussions	20
Behavioral Change Project	15
Application Exercises	15
Other assignments & learning activities	10
Quizzes & Final Exam	10
TOTAL	90

REQUIRED TEXT

Health & Wellness

by Gordon Edlin & Eric Golanty 12th Edition (the 11th, 12th & 13th editions are acceptable)
Jones & Bartlett Learning

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Gratitude conferences: Students are required to participate in one of the face-to-face live Gratitude conference for full course credit. The conferences will occur on Monday February 24 and Tuesday February 25, 2020 and will be held in the Evans conference room. Be sure to identify your time and resource by February 18! An e-mail will be sent by January 27 for students to sign-up for one of the following time slots with a maximum of 10 students in each group:

February 24, 2020

- 6:00 - 6:55 PM
- 7:00 - 7:55 PM

February 25, 2020

- 7:30 - 8:25 AM

ASSESSMENT AND GRADING

Grades will be posted in the Canvas gradebook no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the feedback provided in the gradebook as these comments are intended to help you improve your work. Final grades will be posted within ten days of the end of the class. Multiple measures of evaluation are used in the course allowing students opportunities to demonstrate their learning in more than one way, and giving consideration to individual learning styles. Course components that will be evaluated include the following:

Graded Course Components

1. **Assignments** are located in each week throughout the course. These assignments will be fundamental to the learning process and are meant to impact your thinking about your own holistic health. **Assignments represent 20% of the overall course grade.**
2. **Application Exercises** are created throughout the course. These exercises are used to measure understanding and to provide you with opportunity to apply and practice skills for improving health. **The Application Exercises represent 20% of the overall course grade.**
3. **Online Discussions** Participation in discussion board forums is intended to promote collaboration between participants as new approaches to holistic health are considered. These online conversations will be based primarily on related assigned readings or content in the course. As a guideline, plan to contribute at least two substantive posts per day during active discussions. A substantive post contains material related to the topic, and/or extends learning in a meaningful way. It is expected that you read all posts in each discussion board group forum. **Discussions represent 30% of the overall course grade.**
4. **Chapter Quizzes** are created throughout the course and are used to ascertain your understanding of the required reading. **Chapter Quizzes represent 10% of your overall course grade.**
5. **Final Application Exercise** occurs at the end of the course as a summative assessment to determine your learning has been complete and you have met the course learning outcomes. **The Final Application Exercise represent 20% of our overall course grade.**

Your final grade is determined using the grading scale below:

Standard Grade Scale Based on Percentage of Points Earned				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

POLICIES AND PROCEDURES

ATTENDANCE

Regular and punctual attendance is considered essential to optimum academic achievement. As a student in this course, you will have a minimum attendance requirement of three days each week. This means you will need to log into Canvas and post an assignment or response on at least three days in each week. Any day missed below this minimum requirement will count as an absence. Students may be dropped from the course if two such absences are recorded during the class and **will be** dropped if four such absences occur or if a student fails to attend class in any given week.

INCOMPLETE AND LATE ASSIGNMENTS

All assignments are to be submitted by the due dates posted. There will be a reduction of possible points for each day an assignment is late at the discretion of the instructor. If missing assignments result in your failure to meet learning outcomes, this instructor may give up to a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. An instructor who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic PoliciesLinks to an external site.](#) for further information.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At PLNU, students must request

academic accommodations by filing documentation with the [Disability Resource Center](#) (DRC) located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student.

SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Spiritual Development Links to an external site](#).web page.

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information.

***Note:** Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.*

ASSIGNMENTS

COURSE SIGNATURE ASSIGNMENTS		
FCS Department Student Learning Outcomes	Proficiency Level	Course Signature Assignments
1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families and communities throughout the lifespan.	Introduce	<p>Application Exercises</p> <p>This assignment is intended to be the synthesis of information gained from the text and class which is applied not only to each student's life but also to their involvement with their communities and within their families.</p>

2. Students will identify appropriate resources to use in application for problem solving.	Introduce	<p>Behavior Change Project</p> <p>This assignment is designed to give students an opportunity to identify a desired personal behavioral change, develop a plan, access resources, implement the plan, log the progress and reflect on the process of change.</p>
3. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith.	Develop	<p>Discussion Forums</p> <p>These forums are intended to help students wrestle with a wide variety of issues and demonstrate how faith informs their opinions and decision-making process.</p>

Course Summary:

Date	Details
	Assignment Course Orientation
	Assignment Introduce Yourself
Wed Jan 15, 2020	Assignment Preparation for Final Exam
	Assignment Self-care
	Assignment Faith: Joy & Happiness Assessment

Date	Details	
	Assignment	Health & Wellness Assessment
Thu Jan 16, 2020	Assignment	Forgiveness
	Assignment	Quiz: Chapters 1 & 2
	Assignment	Chapter 2 - Application Exercise: Mind-Body Communications Meditation
Fri Jan 17, 2020	Assignment	Chapter 3 - Behaviors that Reduce Stress
	Assignment	How to Make Stress Your Friend
	Assignment	3-Day Food Log....First step
Sat Jan 18, 2020	Assignment	Quiz: Chapters 3 & 4
	Assignment	Attitude, Self-Concept, and Mental Health
Tue Jan 21, 2020	Assignment	Healthiest Plate Contest
	Assignment	3-Day Food Log...turn in
Wed Jan 22, 2020	Assignment	Anonymous Body Image Survey
	Assignment	Incorporating Movement and Meditation
	Assignment	Weight & Body Image
	Assignment	Chapter 1 - Application Exercise: Sleeping Better

Date	Details	
	Assignment	Chapter 6 - Application Exercise: Why Diets Don't Work
Fri Jan 24, 2020	Assignment	Quiz: Chapters 5, 6 & 7
	Assignment	Behavior Change Project - Part 1
Mon Jan 27, 2020	Assignment	Anonymous Sexual Values Survey
	Assignment	Junk Food & Junk Sex
	Assignment	Sexual Objectification
	Assignment	Chapter 9 - Application Exercise: Say NO
Tue Jan 28, 2020	Assignment	Childbirth Safety
Wed Jan 29, 2020	Assignment	Chapter 11 - Application Exercise: Protecting Against STI's & STDs
	Assignment	Contraceptives Research
	Assignment	Quiz: Chapters 8 & 9
	Assignment	Sleep Analysis Worksheet - Turn In
Fri Jan 31, 2020	Assignment	Quiz: Chapters 10 & 11
Mon Feb 3, 2020	Assignment	Battling Bad Science
	Assignment	Chapter 12 - Application Exercise: The Immune System

Date	Details	
Tue Feb 4, 2020	Assignment	Debate on Mandatory Immunization
Wed Feb 5, 2020	Assignment	Ethical Issues
	Assignment	Heart Disease
	Assignment	Quiz: Chapters 12 & 13
	Assignment	Cancer Prevention
Thu Feb 6, 2020	Assignment	Health Benefits of Journaling
	Assignment	Journal Submission - Week 1
Fri Feb 7, 2020	Assignment	Quiz: Chapters 14 & 15
	Assignment	Application Exercise: Family Health History
Mon Feb 10, 2020	Assignment	Drug Use & Abuse
	Assignment	Chapter 16 - Application Exercise: Prescription Drug Abuse
Wed Feb 12, 2020	Assignment	Anonymous Tobacco & Alcohol Survey
	Assignment	Tobacco & Marijuana
Thu Feb 13, 2020	Assignment	Journal Submission - Week 2

Date	Details	
Fri Feb 14, 2020	Assignment	Quiz: Chapters 16, 17 & 18
Mon Feb 17, 2020	Assignment	Healthcare Choices
	Assignment	Chapter 19 - Application Exercise: Online Health Research
Wed Feb 19, 2020	Assignment	Accidents & Injuries
	Assignment	Chapter 21 - Application Exercise: Risk Assessment
	Assignment	End-of-Life Issues
	Assignment	Medicine Research - OTC Drugs vs Natural Alternatives
	Assignment	Quiz: Chapters 19 & 20
	Assignment	Chapter 22 - Application Exercise: How to Live to be 100
Thu Feb 20, 2020	Assignment	Quiz: Chapters 21 & 22
	Assignment	Behavioral Change Project - Part 2
Mon Feb 24, 2020	Assignment	Gratitude Conference (face-to-face)
Tue Feb 25, 2020	Assignment	Chapter 23 - Application Exercise: Protection Against Violence
	Assignment	Chapter 24 - Application Exercise: Environmentally Conscientious

Date	Details
	Assignment Violence in Our Society
	Assignment Final Application Exercise (AKA Final Exam)
	Assignment Journal Submission - Week 4
Wed Feb 26, 2020	Assignment Healthy Environment
	Assignment Quiz: Chapters 23 & 24
Fri Feb 28, 2020	Assignment Behavior Change Project - Part 3 (Follow-up)
Sun Mar 1, 2020	Assignment Academic Honesty Verification Statement
	Assignment Course Evaluation
	Assignment Add your prayer request here