

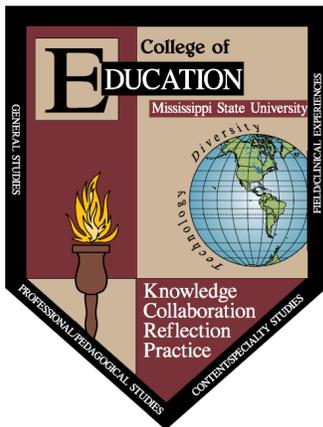
**MISSISSIPPI STATE UNIVERSITY
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY
COURSE SYLLABUS**

Course Prefix & Number: KI 1803
Course Title: Health Trends and Topics
Credit Hours: Three (3) semester hours
Course Type: Lecture

Catalog Description: An introductory survey of the multiple dimensions of health. Focus is upon healthy behaviors across the lifespan as well as environmental and social influences.

College of Education Conceptual Framework:



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

Course Objectives:

1. Explain the concept of holistic health. **InTASC #9; CFPO #3.**
2. Differentiate among the levels of prevention of disease. **InTASC #9; CFPO #3.**
3. Explain the relationship of lifestyle to chronic disease. **InTASC #9; CFPO #3.**
4. Identify factors affecting individual mental health. **InTASC #9; CFPO #3.**
5. Distinguish between positive and negative forms of stress. **InTASC #9; CFPO #3.**
6. Describe common methods of stress management. **InTASC #9; CFPO #3.**
7. Discuss the components of health related physical fitness. **InTASC #9; CFPO #3.**
8. Identify the major nutrients included in a healthy diet. **InTASC #9; CFPO #3.**
9. Describe the factors that influence the energy needs of the body. **InTASC #9; CFPO #3.**
10. Accurately read and interpret a food product label. **InTASC #9; CFPO #3.**
11. Explain the difference between the terms overweight and obesity. **InTASC #9; CFPO #3.**
12. Define primary, secondary, and tertiary prevention. **InTASC #9; CFPO #3.**
13. Describe psychosocial factors related to dependence. **InTASC #9; CFPO #3.**
14. Compare the physiological factors of dependence in cigarette smoking and in smokeless tobacco **InTASC #9; CFPO #3.**
15. Describe reasons for use of tobacco, alcohol, and other drugs. **InTASC #9; CFPO #3.**
16. Discuss the physiological effects of use of tobacco, alcohol, and other drugs. **InTASC #9; CFPO #3.**
17. Describe risk factors for cardiovascular disease. **InTASC #9; CFPO #3.**
18. Distinguish between communicable and non-communicable diseases. **InTASC #9; CFPO #3.**
19. Describe effective methods for early detection for various types of cancer. **InTASC #9; CFPO #3.**
20. Describe the methods of early detection for various types of cancer. **InTASC #9; CFPO #3.**
21. Describe common theories of aging. **InTASC #9; CFPO #3.**
22. Discuss social and cultural factors associated with aging. **InTASC #9; CFPO #3.**
23. Identify stages of death. **InTASC #9; CFPO #3.**
24. Identify causes and prevention of sexually transmitted diseases. **InTASC #9; CFPO #3.**
25. Identify forms of birth control and their effectiveness. **InTASC #9; CFPO #3.**

Topics to Be Covered:

1. Finding the right balance (6 hours)
 - Assessing your health
 - Promoting and preserving your psychological health
 - Managing stress and coping with life challenges
2. Creating healthy and caring relationships (6 hours)
 - Building healthy relationships and communicating effectively
 - Understanding your sexuality
 - Considering your reproductive choices

3. Building healthy lifestyles (6 hours)
 - Eating for a healthier you
 - Reaching and maintaining a healthy weight
 - Improving your physical fitness
4. Avoiding risks from harmful habits (18 hours)
 - Recognizing and avoiding addiction
 - Drinking alcohol responsibly
 - Ending tobacco use
 - Avoiding drug misuse and abuse
5. Preventing and fighting disease (9 hours)
 - Protecting against infectious diseases and sexually transmitted infections
 - Preventing cardiovascular disease
 - Reducing cancer risk
 - Reducing risk and coping with chronic conditions

Required Text:

Donatelle, R. J. (2008). *Access to health* (12th ed.). Pearson Education, Incorporated: San Francisco, CA.

Method of Instruction:

Students are responsible for completing two assignments per week dealing with the topics above; some of the information is dealing with personal self-evaluations on aspects of health. Carts, tables, mathematical equations, and self-diagnosis are used. Each assignment will open up for students to view at the beginning of the week and have until Thursday at midnight to complete.

Suggested Student Activities:

1. Students will develop an annotated bibliography of readings related to the course. Obj 1-25
2. Students will serve on one or more panels during the course. Obj 1-25
3. Students will initiate a project to improve their knowledge and level of health. Obj 1-25

MSU Honor Code:

Upon accepting admission to Mississippi State University, a student immediately assumes a commitment to uphold the Honor Code, to accept responsibility for learning, and to follow the philosophy and rules of the Honor Code. Students will be required to state their commitment on examinations, research papers, and other academic work. Ignorance of the rules does not exclude any member of the MSU community from the requirements or the processes of the Honor Code. For additional information please visit: www.msstate.edu/dept/audit/PDF/1207.pdf

"As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do."

Technology:

Not an aspect of this course

Diversity:

It is important to help students understand the significance of the diverse learner. We will address professionalism and how to help individuals or groups who are diverse in age, disability, ethnicity, gender, race, sexual orientation, socioeconomic class, and other characteristics. We will address these issues in our topics to be covered.

Disability:

Mississippi State University is committed to providing equal educational opportunities to all students and assisting students in making their college experiences successful and positive. Recognizing that at times generalized student services are inadequate for meeting the unique needs of students with disabilities, and to comply with federal and state laws, regulations, and guidelines, the university has established Student Support Services (325-3335) to provide supportive services for its students with disabilities. Please notify the instructor if you have a disability.

Field Component:

The students are not required to complete any tasks outside the classroom.

Evaluation of Student Progress:

There will be a series of four tests administered throughout the semester (three chapter tests and the final exam). There will also be four quizzes throughout the semester via myCourses. Each test will be composed of material pertaining to class discussion, class notes, and text reading.

You are required to read all chapters covered throughout the semester since pertinent information from the text will be included on test.

Grading System Scale

Test (3 Chapter Tests)	300
Final Exam	100
4 Quizzes (25 pts each)	100
myCourses (20 assignments 20 pts each)	400

Final Grading Scale

900 - 820	= A
820 - 740	= B
740 - 660	= C
660 - 580	=D
Below 580	= F

Total 900 pts.

Attendance:

1. All students will be expected to receive assignments on the day they are administered and turn those assignments in on the scheduled due date.
2. **Late assignments will not be accepted by an unexcused student.** It is the responsibility of the student, **not the instructor**, to maintain a record of all missed work.
3. An athlete participating in a University athletic event must turn in those assignments prior to or on the day of the assignment due dates.
4. Students **may not** make up tests if a University Excuse does not apply to their absence.
5. A University-approved excuse includes proof of death/series illness in immediate family, proof of personal medical emergency, and proof of personal illness or to one dependent on you, religious holy day, required military duties, required participation in a university-wide event, and mandatory admission interviews from professional/graduate school that cannot be rescheduled.
6. If a student does have a University Excuse, that student is required to make up any missed work within one week upon returning to the class.
7. Any person scheduled to miss class due to an official MSU event (athletes, band members, cheerleaders, student workshops, etc) who misses a test or assignment due to that event will have **two class periods** to take the missed test upon returning to class. The student is responsible for rescheduling the makeup test with the instructor. **The instructor is not responsible for reminding students to make up missed work!**

Additional Information:

- Rules and regulations concerning Academic Misconduct (cheating) will be adhered to strictly. Information regarding Academic Misconduct may be retrieved through the Mississippi State University website (<http://www.msstate.edu>).
- No cell phones are allowed in the classroom. Emergencies arise, but those can be dealt with in our main office if someone needs to contact you (662-325-2963).
- If a cellular phone is brought to the classroom, you will be asked to leave and considered absent.

Bibliography:

Divine, J. (2006). *Action Plan for High Blood Pressure*. Human Kinetics, Champagne, IL.

Donatelle, R. J. (2008). *Access to health* (12th ed.). Pearson Education, Incorporated: San Francisco, CA.

Signorile, J. (2011). *Bending the Aging Curve: The Complete Exercise Guide for Older Adults*. Human Kinetics, Champagne, IL.

Woods, R. & Jordan, C. (2010). *Energy Every Day*. Human Kinetics, Champagne, IL.