

HE250 -- PERSONAL HEALTH TELECOURSE – The Human Condition

INSTRUCTOR: Lynne Weissfeld
PHONE: 463-5570
OFFICE/HOURS: PE 234 / M-TH 8:30-9:00 a.m.
CONTACT: Moodle (<http://moodle.lanec.edu>)
Please log on to Moodle during the first five days of the term. You can access Moodle from the “Quick Links” on the LCC Homepage.

I. INTRODUCTION: Welcome to the Personal Health Telecourse called ***“The Human Condition”***. This course is designed to help students explore the major health concerns and issues that we face at the beginning of the twenty-first century. The course presents the latest information about health, including information about medical technologies and innovative treatments. A major goal of this course is to make students more aware of the various factors, including lifestyle, that affect health. Heart disease, cancer, obesity, hypertension, and diabetes affect the lives of many Americans and are largely the result of lifestyle choices.

II. OBJECTIVES: The Human Condition Telecourse is designed to:

- A. Help stimulate the student’s interest in maintaining or improving his/her own level of health.
- B. Encourage students to take a proactive approach to their physical and mental well-being.
- C. Impart research grounded information on a variety of health topics with the purpose of enhancing the students’ ability to make intelligent lifestyle decisions.
- D. Supply assessment tools for targeting health risk and unhealthy lifestyle behaviors.
- E. Inspire students to maintain healthy lifestyles for the rest of their lives.

III. COURSE COMPONENTS: There are four components to the course.

1. ***The Human Condition Tele-Lessons.*** Students are required to watch a total of twenty tele-lessons during the quarter. Starting with the first week of the term, two 30 minute tele-lessons will be broadcast each week on: Comcast channel 23 and Charter Communications channel 9. See attached schedule.

The tele-lessons are also available for viewing at this location:

LCC Library (main campus) Phone: 463-5220

2. **Textbook:** ***Essential Concepts for Healthy Living*** (5th edition) by Sandra Alters and Wendy Schiff (Jones and Bartlett 2009). The textbook is available at the LCC Bookstore (main campus).

A copy is also on reserve in the LCC Library. You will be required to read up to two chapters a week. The textbook readings are designed to complement the information in the tele-lessons.

3. **Workbook:** *Applying Concepts for Healthy Living – A Critical--Thinking Workbook* (5th edition) by Alters and Schiff (2009).

This workbook will come packaged with your textbook, and correlates with the textbook readings. Please choose any ten assessments that interest you. TEAR OUT OR COPY THE ASSESSMENT, COMPLETE IT, AND THEN WRITE A HALF PAGE REACTION TO EACH ASSESSMENT. Suggestions for your reaction:

- a. How did you score and what did it mean?
- b. Were you surprised? Why or why not?
- c. How might this information affect your health?
- d. What could you do to improve?
- e. Any other feedback or reflection.

Please type your reaction and include your name, L number, my name (Weissfeld) and the name of the course. Please turn in all assessments and reactions at one time. Assessments are due by 4:00 p.m. Friday, September 4. Assessments can be turned in to my mailbox (Rm. 205, Bldg.5, Mon.-Thurs. 8:00am-4:00pm, or anytime in the drop box opposite room 205). You may also mail the assessments to Lynne Weissfeld, PE Department, Lane Community College, 4000 East 30th Ave., Eugene, OR 97405.

4. **Exams:** There will be three exams, each consisting of 65 multiple choice or true and false questions. The questions will pertain to the required textbook chapters and the tele-lessons. The exams will be available on Moodle, which you can access from any computer. You may use your textbook. The exams have a 60 minute time limit. If students exceed the time limit, the exam will automatically close and no points will be earned. Students should only open the exam when they are ready to complete it. Once the exam is opened, the process can't be paused or stopped. Each exam will be open for four days (Thursday thru Sunday) of a specified week. If you wait until the last "minute" to complete the exam, you do so at your own "risk". Students are encouraged to use the "Save Without Submitting" button when taking the exam to periodically save their work. After completing the exam, the results can be immediately reviewed. You may not retake any exams. Exams must be taken on the four days each one is open on Moodle. There are too many telecourse students to accommodate any individual requests for make-ups. Please plan ahead.

IV. COURSE REQUIREMENTS:

1. Read and study the textbook chapters assigned in the syllabus.
2. View all 20 tele-lessons as scheduled (see viewing schedule). If you miss a tele-lesson on TV at home, you can view it on the video equipment in the main campus library during regular hours, or check it out. The library phone number is 463-5220.
3. Complete any ten self-assessments in your workbook, (*Applying Concepts for Healthy Living-A Critical-Thinking Workbook*). Write a half page reaction to each assessment. Turn in all assessments and reactions by 4:00 p.m. Friday, September 4.

4. Take three examinations (week 4, week 8 and week 11). Each exam will consist of 65 multiple choice or true and false questions, and will cover information from the assigned textbook chapters and from the tele-lessons. Please take your exams on Moodle during the specified times. Sorry no make-ups.

Test 1 opens Thursday, July 16 closes Sunday, July 19 @ midnight

Test 2 opens Thursday, August 13 closes Sunday, August 16 @ midnight

Test 3 opens Thursday, September 3 closes Sunday, September 6 @ midnight

V. GRADING SCALE

The conventional evaluation system of A, B, C, D, and F grades will be awarded based upon the total percentage earned on the exams and homework assessments. Exams will have both Multiple Choice and True and False questions.

Examination #1	65 points
Examination #2	65 points
Examination #3	<u>65 points</u>
Total Exam Points =	195 POINTS

Ten Assessments 20 points

****TOTAL COURSE POINTS = 215**

VI. IMPORTANT PHONE NUMBERS

- * Lynne Weissfeld, Instructor: If you have any questions regarding course content, please call me at 463-5570 or write me on Moodle.
- * Audrey Mills, Administrative & Technical Questions – 463-5368
- * LCC Library (Main Campus) – 463-5220
- * Trouble phone for cable viewing – 463-5319

STUDENT CALENDAR

PERSONAL HEALTH TELECOURSE: THE HUMAN CONDITION

WK	Tele-Lesson (Name and Number)	Healthy Living Textbook
UNIT ONE		
1	Fabric of Health (1)	Ch. 1
	In Human Terms (2)	None
2	State of Mind (3)	Ch. 2
	Lives in Balance (4)	Ch. 3
3	Behind Closed Doors (5)	Ch. 4
	It's Personal (6)	Ch. 6
Test 1 - Opens Thursday, July 16 closes Sunday, July 19 @ midnight		
UNIT TWO		
4	Risky Business (7)	Ch. 5
	The Code (8)	Ch. 14
5	Germ Warfare (17)	Ch. 14
	The Modern Plague (18)	Ch. 14
6	Web of Addiction (11)	Ch. 7
	Feels so Good (Hurts so Bad) (12)	Ch. 8
7	What You Don't Know (13)	Ch. 16
	Working it Out (16)	Ch. 11
Test 2 - Opens Thursday, Aug. 13 closes Sunday, Aug. 16 @ midnight		
UNIT THREE		
8	Food for Thought (14)	Ch. 9
	Weighing In (15)	Ch. 10
9	Heart of the Matter (19)	Ch. 12
	Brain Attack (20)	Ch. 12
10	Diagnosis: Cancer (21)	Ch. 13
	Living with Cancer (22)	Ch. 13
11	Test 3 - Opens Thursday, Sept. 3 closes Sunday, Sept. 6 @ midnight	

Personal Health - HE250
 Human Condition MV# 2130
 Lane Community College
 Comcast channel 23 & Charter Communications channel 9
 Summer Term 2009
 30-minute programs

Tuesday	June	23	1:00pm	Fabric of Health (Program 1)
			1:30pm	In Human Terms (Program 2)
Thursday	June	25	8:00am	Repeat - Program 1
			8:30am	Repeat - Program 2
Friday	June	26	9:00pm	Repeat - Program 1
			9:30pm	Repeat - Program 2
Sunday	June	28	4:00pm	Repeat - Program 1
			4:30pm	Repeat - Program 2
Tuesday	June	30	1:00pm	State of Mind (Program 3)
			1:30pm	Lives in Balance (Program 4)
Thursday	July	2	8:00am	Repeat - Program 3
			8:30am	Repeat - Program 4
Friday	July	3	9:00pm	Repeat - Program 3
			9:30pm	Repeat - Program 4
Sunday	July	5	4:00pm	Repeat - Program 3
			4:30pm	Repeat - Program 4
Tuesday	July	7	1:00pm	Behind Closed Doors (Program 5)
			1:30pm	It's Personal (Program 6)
Thursday	July	9	8:00am	Repeat - Program 5
			8:30am	Repeat - Program 6
Friday	July	10	9:00pm	Repeat - Program 5
			9:30pm	Repeat - Program 6
Sunday	July	12	4:00pm	Repeat - Program 5
			4:30pm	Repeat - Program 6
Tuesday	July	14	1:00pm	Risky Business (Program 7)
			1:30pm	The Code (Program 8)
Thursday	July	16	8:00am	Repeat - Program 7
			8:30am	Repeat - Program 8
Friday	July	17	9:00pm	Repeat - Program 7
			9:30pm	Repeat - Program 8
Sunday	July	19	4:00pm	Repeat - Program 7
			4:30pm	Repeat - Program 8
Tuesday	July	21	1:00pm	Germ Warfare (Program 17)
			1:30pm	The Modern Plague (Program 18)
Thursday	July	23	8:00am	Repeat - Program 17
			8:30am	Repeat - Program 18
Friday	July	24	9:00pm	Repeat - Program 17
			9:30pm	Repeat - Program 18
Sunday	July	26	4:00pm	Repeat - Program 17
			4:30pm	Repeat - Program 18
Tuesday	July	28	1:00pm	Web of Addiction (Program 11)
			1:30pm	Feels so Good (Hurts so Bad) (Program 12)
Thursday	July	30	8:00am	Repeat - Program 11
			8:30am	Repeat - Program 12
Friday	July	31	9:00pm	Repeat - Program 11
			9:30pm	Repeat - Program 12
Sunday	August	2	4:00pm	Repeat - Program 11
			4:30pm	Repeat - Program 12

Tuesday	August	4	1:00pm	What You Don't Know (Program 13)
			1:30pm	Working It Out (Program 16)
Thursday	August	6	8:00am	Repeat - Program 13
			8:30am	Repeat - Program 16
Friday	August	7	9:00pm	Repeat - Program 13
			9:30pm	Repeat - Program 16
Sunday	August	9	4:00pm	Repeat - Program 13
			4:30pm	Repeat - Program 16
Tuesday	August	11	1:00pm	Food for Thought (Program 14)
			1:30pm	Weighing In (Program 15)
Thursday	August	13	8:00am	Repeat - Program 14
			8:30am	Repeat - Program 15
Friday	August	14	9:00pm	Repeat - Program 14
			9:30pm	Repeat - Program 15
Sunday	August	16	4:00pm	Repeat - Program 14
			4:30pm	Repeat - Program 15
Tuesday	August	18	1:00pm	Heart of the Matter (Program 19)
			1:30pm	Brain Attack (Program 20)
Thursday	August	20	8:00am	Repeat - Program 19
			8:30am	Repeat - Program 20
Friday	August	21	9:00pm	Repeat - Program 19
			9:30pm	Repeat - Program 20
Sunday	August	23	4:00pm	Repeat - Program 19
			4:30pm	Repeat - Program 20
Tuesday	August	25	1:00pm	Diagnosis: Cancer (Program 21)
			1:30pm	Living with Cancer (Program 22)
Thursday	August	27	8:00am	Repeat - Program 21
			8:30am	Repeat - Program 22
Friday	August	28	9:00pm	Repeat - Program 21
			9:30pm	Repeat - Program 22
Sunday	August	30	4:00pm	Repeat - Program 21
			4:30pm	Repeat - Program 22

SUMMER TERM 2009 TELECOURSE DETAILS

Important Dates:

College is open Monday through Thursday, June 22 through August 28.

Monday, June 22	Summer term classes begin
Saturday, July 18	4-week session ends
Saturday, August 1	6-week session ends
Saturday, August 15	8-week session ends
Monday, September 7	Labor Day, college closed
Saturday, September 12	12-week session ends

Lane Community College's Administrative Withdrawal Policy:

Telecourse students must obtain the telecourse syllabus and complete a blue student information card before the end of the first week of the term. The college may withdraw students who fail to follow this procedure. Students unable to attend the telecourse orientation may purchase the syllabus and complete a blue student information card at the college Bookstore. It is a student's responsibility to use ExpressLane to drop any classes in which they do not want to be enrolled. Students should not assume that the instructor will withdraw them for not completing the blue card. Students are responsible for all charges for classes not dropped by the full refund deadline. **After SUNDAY, June 28, at midnight, no tuition or fees will be refunded.** Students withdrawing from a course after the refund period is over will NOT receive a refund. For college policy regarding refunds, see Lane's website or the current Aspire Magazine.

Grade Reports/Transcripts:

Students can obtain unofficial transcripts with their grades from ExpressLane the Wednesday following the end of the course session (4, 6, 8 and 12 week sessions). Grade reports are not mailed. Official transcripts are also available from ExpressLane for \$5.

Disability Resources Statement:

If you need support or assistance because of a disability, you may be eligible for academic accommodations. Contact Disability Services at (541) 463-5150, or TTY 463-3079, or stop by Bldg.1, Room 218.

Student Activity Fee, And Photo I.D. Information:

Students only enrolled in distance learning courses (no on-campus courses) are not charged the ASLCC STUDENT ACTIVITY FEE. An LCC photo ID is not required to attend Lane. It is available to all currently registered students as an alternate form of photo identification. A card may be purchased at a cost of \$5 through Enrollment Services, Building 1 or the Downtown Center. Distance Learning students who wish to check materials (videotapes/books etc.) out of the main library will need to show a driver's license, passport, high school ID, Lane ID or any other type of legitimate photo ID.

Main Campus Bookstore Hours: ;

June 22 & 23, 8am - 7:30pm; June 24 and 25, 8am – 4:30pm. June 29 through August 18, 8am – 4:30pm. Closed Tuesday, June 30, and Fridays during summer term. For details, call the LCC Bookstore, (541) 463-5676, or email bollenbaughp@lanecc.edu. Last day to return books for full refund is Monday, June 29. Details for students using CreditLine may be found at <http://www.lanecc.edu/bookstore/purchasing/charging.htm>

Main Campus Library Hours:

All telecourses may be viewed in the library on the main campus. The Library is open June 22– August 27, Mondays through Thursdays, 8am - 5pm. Closed Friday through Sunday. For magazine articles, books, newspapers and other Internet resources, visit the library home page at <http://www.lanecc.edu/library/>

Main Campus Computer Lab, Student Help Desk (SHeD) and Computer Access:

Building 4, Room 201 (PCs and Macs) June 22 - September 10

Monday through Thursday - 8 am to 7 pm; Friday through Sunday – Closed

Closed July 3 and September 7

NOTE: Lab hours are subject to change. For lab hour information, visit www.lanecc.edu/icl/labhours.htm.

Laptop computers are available for 2-hour checkout in the Lane Library and may be used anywhere inside the Library.

Proctored Exams With Off Campus Proctors:

If you live a distance from the college (outside Lane County) and must take your exams off campus you will need to make special arrangements and find an approved proctor. For details please see the distance learning website: www.lanecc.edu/distance/testing.htm

Distance Learning Department:

Distance Learning is located in the Workforce Training Building 19, room 253A. Students may call 541-463-5893 for assistance with technical difficulties.

Please use the MV Number when requesting Telecourse programs from the Library:

BI101J - GENERAL BIOLOGY: Unseen Life on Earth	MV# 2108
BI101J - GENERAL BIOLOGY: Unseen Life on Earth: Intimate Strangers	MVP# 870
CG140 - CAREER LIFE PLANNING: Career Advantage	MV# 2112
CG213 - IMPROVING PARENT/CHILD RELATIONSHIPS	MV# 2121
GS142 - EARTH SCIENCE: Earth Revealed	MV# 2070
HE250 - PERSONAL HEALTH: Human Condition	MV# 2130
HO100 - MEDICAL TERMINOLOGY	MV# 2110