SEMESTER: Fall 2017
SCHOOL: Health and Sports Science
DEPARTMENT: Kinesiology

FACULTY:
Melissa Thomas, Ed. D, ATC
Office: Weaver 214 C
Email: mthomas@umobile.edu
Office Hours:
  Mon 1:30-3
  Tue 10:00-11 and 12:00-2
  Wed 11:00-12 and 1:30-3:00
  Thur 10:00-2

COURSE: KIN 212 Personal and Community Hygiene
CREDIT: 3 SEMESTER HOURS

DEFINITION OF CREDIT HOUR:
One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery of concepts through assessments, which are appropriately mapped to course learning outcomes.

PREREQUISITE (if any): None

COURSE DESCRIPTION:
This course facilitates an understanding of the general nature of personal hygiene and community health. This course is especially designed to be of value to teachers and social workers regardless of their age or level of instruction.

COURSE OBJECTIVES:

1. Describe in general the structure and function of the human body
2. Identify community health problems and be able to recognize potential health problems as they relate to their community and area of employment.

3. Identify problems relating to mental health and be able to recognize potential health problems in this area.

4. Identify problems relating to deviant sexual behavior and suggest the proper course of action to take when such problems arise.

5. Demonstrate practical application of the information contained in this course.

6. Identify the basic signs and symptoms of mental disorder, emotional disorders, or personal/social conflict, the contemporary personal, school, and community health agencies, such as community-based psychological and social support services that treat these conditions and the appropriate referral procedures for accessing these health service agencies.

7. Describe the general principles of health maintenance and personal hygiene, including skin care, dental hygiene, sanitation,immunizations, and avoidance of infectious and contagious diseases, diet, rest, exercise, and weight control.

8. Identify the components for self-identification for the warning signs of cancer.

9. Identify and know when to refer common cancers.

10. Describe the basic concepts and practice of wellness screening.

11. Describe the anatomical and physiological growth and development characteristics as well as gender differences across the lifespan.

12. Explain the psychosocial requirements of various activities that relate to the readiness of the injured or ill individual to resume participation.

13. Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.

14. Describe the basic principles of general personality traits, associated trait anxiety, locus of control, and patient and social environment interactions.

15. Explain the importance of providing health care information to patients, patients/guardians, and others regarding the psychological and emotional well being of the patient.

16. Describe the roles and functions of various community-based care providers and the accepted protocols that govern the referral of patients to these professionals.

17. Explain the basic principles of counseling and the various strategies that teachers, social workers and certified athletic trainers may employ to avoid and resolve conflicts among superiors, peers, and subordinates.

18. Identify the signs and symptoms of common eating disorders and the psychological and sociocultural factors associated with these disorders.

19. Identify and describe the sociological, biological, and psychological influences toward substance abuse, addictive personality traits, the commonly abused substances, the signs and symptoms associated with the abuse of these substances, and their impact on an individual’s health and physical performance.

20. Describe the basic signs and symptoms of mental disorders, emotional disorders, or personal/social conflict, the contemporary/personal, school, and community health service agencies, such as community-based psychological and social support services that treat these conditions and the appropriate referral procedures for accessing these health service agencies.

21. Describe the acceptance and grieving processes that follow a catastrophic event and the need for a psychological intervention and referral plan for all parties affected by the event.
22. Explain the potential need for psychosocial intervention and referral when dealing with populations requiring consideration.

23. Describe personal health habits and their role in enhancing performance, preventing injury and illness, and maintaining a healthy lifestyle.

24. Describe the USDA’s My Pyramid and explain how this can be used in performing a basic dietary analysis and creating a dietary plan for a patient.

25. Identify and describe primary nutritional organizations responsible for public and professional nutritional information.

26. Describe common illnesses that are attributed to poor nutrition.

27. Explain energy and nutritional demands of specific activities and the nutritional demands placed on the patient.

28. Explain principles of nutrition as they relate to the dietary and nutritional needs of the patient.

29. Describe the principles, advantages, and disadvantages of ergogenic aids and dietary supplements used in an effort to improve physical performance.

30. Explain implications of FDA regulation of nutritional products.

31. Identify and interpret pertinent scientific nutritional comments or position papers.

32. Explain principles of weight control for safe weight loss and weight gain, and explain common misconceptions regarding the use of foods, fluids, and nutritional supplements in weight control.

33. Explain the consequences of improper fluid replacement.

34. Describe disordered eating and eating disorders.

35. Identify effects of macronutrients on performance, health, and disease.

36. Describe signs, symptoms, and physiological effects of mineral deficiency and identify foods high in specific mineral content.

37. Identify and explain food label Daily Value recommendations and common food sources of essential vitamins and minerals in using current USDA Dietary Guidelines.

38. Describe the principles and methods of body composition assessment to assess a patient’s health status and to monitor progress in a weight loss or weight gain program for patients of all ages in a variety of settings.

39. Explain the relationship between basal metabolic rate, caloric intake, and energy expenditure in the use of the Food Pyramid Guidelines.

40. Identify the nutritional benefits and costs of popular dietary regiment for weight gain, weight loss, and performance enhancement.

***EVERYONE MUST HAVE ACCESS TO THEIR RAMSMAIL ACCOUNT FOR THIS COURSE!!!!

TEXTBOOK(S) AND OTHER MATERIALS:


** Access to Canvas and MYUM

** Access to ramsmail @ [http://mail.rams.umobile.edu/](http://mail.rams.umobile.edu/)
REQUIRED ACTIVITIES:

**Assignments open up every Monday at 8 am and will close Sundays at 11:55 pm. After that date, no assignments will be accepted - regardless of the excuse.**

**You will have from Monday - Sunday to complete an assignment for full credit.**

**Please do not wait until the last minute to complete and/or upload assignments. Technology is known to malfunction at times but last minute technical issues will not excuse late or missing assignments.**

**If you do not understand how to do an assignment please contact me via email or come by my office to speak with me.**

**We will cover 2 chapters each week from the book.**

**Please submit all coursework through file exchange do not email me assignments.**

**If I cannot open an assignment due to incompatibility then you will receive a 0 for the assignment.**

This is NOT the complete list of required activities for this course. Assignments will be released on a weekly basis. This class will require you to keep track of Canvas on a daily basis.

Full explanations of assignments will be given each week with directions and resources information:

**Two (2) Health Assessments**

**One (1) syllabi test**

**One (1) long paper**

**Two (2) chapter review questions**

**Four (4) tests**

**Four (4) discussion posts**

**Three (3) Flyer**

**One (1) video**

**Three (3) Short Papers- papers are to be one full page in length, contain a title and works cited page, be grammatically correct, APA style, and include a title page.**

**One powerpoint**

**One (1) video**

**One (1) video**

**One (1) video**

EVALUATION:

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<th>Points</th>
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<td>Tests</td>
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<td>Short Papers</td>
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<td>Long Paper</td>
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<td>Health Assessments</td>
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ATTENDANCE POLICY:
This class is online.

DROP DATES:
The last day courses can be dropped without an “F” penalty is November 7, 2017.

ADA STATEMENT:
It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Student Support Services Coordinator, Mrs. Julia Lucy (442-2284), coordinates services for students with disabilities and is an accommodation resource for faculty and administration.

ONLINE COURSE SITE:
A course site for this section can be found in MyUM on the Academic tab, either under My Courses or in Canvas. Faculty members may assign online tests that require identification verification measures. These measures may require additional fees. In order to comply with the Higher Education Act, which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.

TUTORING AND WRITING ASSISTANCE: Tutoring in a variety of areas and writing assistance are available free of charge to UM students through UM’s Student Success (located behind Weaver Hall). Utilize the link below to schedule an appointment with a tutor online or call Student Success at 251-442-2377. Walk-Ins will be served if tutors are available. https://umportal.umobile.edu/ICS/Campus_Life/Tutoring/ (Links to an external site.) Tutor.com (online tutoring service) is available to students enrolled in online sections within the online course sites.

COURSE OUTLINE:
On MyUM

FINAL EXAM SCHEDULING:
Students are expected to take the final exam on the scheduled exam date. Students enrolled in face to face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early. The scheduled date for KIN activity classes will be the last meeting date prior to the final exam week.

OTHER:
Students will be required to adhere to the academic integrity policy and the dress code, which can be found in the Student Handbook. Please practice common courtesy by silencing and storing away cell phones during class periods.

COURSE TIMES:
Section 42: August 21 - October 12
Section 43: August 21 - October 12