Email is the best way to contact me if you have an issue. I will respond to all emails within 48 hours. It is best to call my office during office hours if you need to talk with me by phone.

I have worked as a Dean of Students, Coordinator of Student Life, and various other roles at HCTC. I have taught health courses at the college for more than thirty years. I attended a private community college as an undergraduate so I am aware of many of the issues that students deal with here at HCTC. My home is in Jackson, Kentucky and I have an office on the Lees College Campus.

Course Information

Course Description
Current concepts of health and fitness covering such topics as the benefits of physical fitness, principles of fitness training, prevention of cardiovascular disease, and basic concepts of nutrition and weight management. Emphasis will be on the promotion of healthy lifestyles.

Prerequisites None

Start Date: June 3, 2019
Midterm/Last Date to Withdraw Without Instructor Permission: June 17, 2019
Last Date to Withdraw with Instructor Approval: June 28, 2019
Finals: July 2, 2019

Textbook Information and Supplies:

Course Competencies/Student Learning Outcomes
1. Have basic information essential for proper appraisal and guidance of an individualized physical fitness program.
2. Have an understanding of their own physical abilities.
3. Have the ability to develop and maintain the components of physical fitness (body composition, flexibility, muscle strength, endurance, and cardio-respiratory fitness).
General Education Course Competencies/Student Learning Outcomes
1. Conduct a hands-on project using scientific principles (Kinesiology and Health Promotion).
2. Demonstrate an understanding of the methods of science inquiry.
3. Explain basic concepts and principles in one or more of the sciences.
4. Apply scientific principles to interpret and make predictions in one or more of the sciences.
5. Explain how scientific principles relate to issues of personal and/or public importance.

Course Structure, Evaluation, and Grading Methods
Communication is a very important component of learning. I expect all students to be able to express themselves through their writing. It is expected that students use good grammar and I advise you to use spell check. Each paper is evaluated on content and how well you followed the assignment.

<table>
<thead>
<tr>
<th>Course Components</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Status of My Health Paper</td>
<td>100</td>
</tr>
<tr>
<td>Why People Use Drugs</td>
<td>100</td>
</tr>
<tr>
<td>Two Exams</td>
<td>400</td>
</tr>
<tr>
<td>Discussion Board</td>
<td>100</td>
</tr>
<tr>
<td>Total Points</td>
<td>500</td>
</tr>
</tbody>
</table>

Grading Policy/Scale
A = 450-500/B = 400-449/C = 350-399/D = 300-349/E = Below 300

Class Policies/Procedures
As listed on the course schedule/calendar you have two papers due in KHP 145.
1) The Status of My Health Paper-this paper will be graded on a 100-point scale. Students will evaluate their current health status. Basic information will be needed including lifestyle choices, genetics, stress, diet, and how each impacts health. You should be able to determine your current physical, mental, and emotional health by considering all the above factors and any other pertinent factors like prescribed medications and occupational or personal issues. After you have an idea of your current health status you will provide a plan for improvement. Even if you determine that you are in good overall physical, mental, and emotional health it is still important for you to devise a plan that will help you maintain that status. If you think you can improve your overall health then you need to come up with a plan for improvement. Total Value 100 points DUE June 12, 2019

2) You may choose one of the following topics for the second paper: “Why people use drugs” or “Affordable Healthcare”. “Why people use drugs” Paper -Each student will provide information on why drugs are such an issue in our society. You will be able to get some information from your chapter assignments. You should also provide some suggestions on how we as a society can help individuals get off drugs. 100 points. “Affordable Healthcare” Paper – The United States has adopted the affordable care act (ACA). This act guarantees healthcare for all individuals. The act has been controversial. What is your opinion regarding affordable healthcare for all individuals? Is there a better option and why do you think this issue has become so politicized? **Extra Credit will not be given for completing both topics** Total Value 100 points DUE June 30, 2019
3) You will have the opportunity to participate in a discussion board. You will have four topics and all posts are graded. Each topic is worth twenty-five (25) points. It is important that all students participate on the discussion board. DUE dates are on your course calendar Total Value 100 points

**Inclement Weather Class Policy/Procedure**
During periods of inclement weather, HCTC will either open at 11:00 or be closed. On days that HCTC opens at 11:00 a.m., all courses scheduled **BEFORE 11:00 a.m.**, will be **canceled**. Decisions regarding evening classes will be made by 4:00 p.m. Check local radio, TV stations, or the HCTC website for information.

**General Class Make-up, Late Assignment Class Policy/Procedure**
Assignments are not to be submitted late and there are no provisions for extra work.

**Attendance Class Policy/Procedure**
This course requires continued participation to master the course content including the completion of the no-show activity by the end of the first week.

**Withdrawal Class Policy/Procedure**
A student may officially withdraw from any class up to and including the date of mid-term with a **W** grade assigned to the student’s record. If you withdraw after mid-term, you will need to get approval from the Instructor. Please request permission using your KCTCS email account. The last date to withdraw with the Instructor’s approval is June 28, 2019.

**Accommodations Procedure**
HCTC recognizes that a disability may preclude a student from demonstrating required course competencies or from completing course requirements. In compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any qualified student with disabilities may request appropriate course accommodations to ensure that full benefits are received and that the instructor is aware and can make the proper adjustments. Students are encouraged to meet with the Disability Services Representative to develop and complete an Accommodations Plan.

Julie Caudill, HCTC Disabilities Services Representative
Phone: 606-487-3486 and Email: jcaudill0129@kctcs.edu

**Appeals Process**
Always begin the informal process by talking to your instructor. If issues cannot be resolved, then talk with the Dean/Supervisor **(see below for contact information)** of the faculty member. For information about academic rights, academic offenses, and the student’s formal right to appeal, review the **KCTCS Code of Student Conduct**.
Dean/Supervisor Contact Information
Dean/Supervisor: Dean Leila Smith  
Office Location: 101 SAB/Lees College Campus  
Phone Number: 606-487-3504  
Email Address: Leila.smith@kctcs.edu

Additional Syllabus Information:
Review the HCTC Website: (from HCTC Website Click Current Students > Academic Resources)

Print Version of URLs listed in the syllabus:
Academic Calendar: https://hazard.kctcs.edu/education-training/academic-calendar/index.aspx
HCTC Syllabus Website: https://hazard.kctcs.edu/current-students/academic-resources/syllabus_information.aspx
Student Code of Conduct: https://kctcs.edu/current-students/academic-resources/code-of-student-conduct.aspx