

Troy University  
KHP 2200 Health Concepts Course Syllabus – Fall 2011

Monday @ 1:00 – Patterson Bldg. 205  
Wednesday @ 1:00 - Patterson Bldg. 205

Instructor: Lana Johnson  
Office: Wright Hall – Room112  
Phone #: 808-6373 (o)  
              334-434-9195 (c)  
E-mail: [lanaj@troy.edu](mailto:lanaj@troy.edu)

**Course Objectives:**

The purpose of this course is to provide students with a solid foundation for developing a higher quality of life. Health begins with a high level of wellness, spiritual, social, emotional, intellectual, physical, occupational, & environmental.

Course Content:

- Wellness
- Cardiovascular Disease/ endurance
- Muscular strength/ endurance
- Nutrition
- Body Composition
- Stress
- STD's
- Cancer/Diabetes

**Grading:** Will include chapter exams, activities, and current health discussions. Points will also be given for attending class, so attendance is important.

There will be approximately 3 chapter exams and 5 activity assignments worth 20 points each that will count as 100 points and be evaluated as an exam.

Alterations to the course content may be made as time permits and as they relate to student interest.

Grades will be earned via the following activities:

1. Exam I	100	points
2. Exam II	100	points
3. Exam III (final)	100	points
4. Quizzes/Assignments/Case Studies/Presentation	100	points

**Total: 400 points**

Letter grades are assigned according to the traditional 10 point scale, with points earned as a percentage of total points possible:

<u>Points</u>		<u>Grade</u>
360 - 400	(90 - 100%)	A
320– 359	(80 – 89.9%)	B
280 –319	(70 – 79.9%)	C

240 –279	(60 – 69.9%)	D
<239	(< 59.9%)	F

**Attendance:** Class attendance is mandatory. If absent, present a medical or University excuse to the instructor immediately upon return to class. AFTER THREE unexcused absences, an “FA” (failure to attend) will occur! A doctor excuse will be accepted but excessive doctor appointments w/o explanation will not be tolerated.

**Cheating Policy:** Students will be held to the code of conduct outlined in the Oracle. Inclement Weather: See pages 18 & 19 of the student handbook.

**Cell Phones and other Electronic Devices:**

“Use of any electronic devise by students in the instructional environment is prohibited unless explicitly approved on a case-by-case basis by the instructor of record or by the Office of Disability Services in collaboration with the instructor. Cellular phones, pagers, and other communication devices may be used for emergencies, however, but sending or receiving non-emergency messages is forbidden by the University. Particularly, use of a communication device to violate the Troy University “Standards of Conduct” will result in appropriate disciplinary action (See the *Oracle*.)” (Troy University Faculty Handbook).

**Hat/Head cover policy statement:** The Department of Kinesiology and Health Promotion does not permit the wearing of any type of head covering (hats, scarves, etc.) by a student while attending a KHP course, unless prior approval has been given by the instructor of the course. Students are asked to remove head coverings upon entering the class.

**The Troy University ADA Statement:**

“Troy University supports Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, which insure that postsecondary students with disabilities have equal access to all academic programs, physical access to all buildings, facilities and events, and are not discriminated against on the basis of disability. Eligible students, with appropriate documentation, will be provided equal opportunity to demonstrate their academic skills and potential through the provision of academic adaptations and reasonable accommodations. Further information, including appropriate contact information, can be found at the link for Troy University’s Office of Human Resources at <http://www.troy.edu/humanresources/ADAPolicy2003.htm>” (Troy University Faculty Handbook).

**Inclement Weather Policy:**

The policy stated in the *Oracle* will be standard for this class. Any questions regarding class meeting should be directed to 334-670-3443 (KHP Department). Rain is not normally considered inclement weather.

**Americans with Disabilities Act:**

Troy University supports Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, which insure that postsecondary students with disabilities have equal access to all academic programs, physical access to all buildings,

facilities and events, and are not discriminated against on the basis of disability. Eligible students, with appropriate documentation, will be provided equal opportunity to demonstrate their academic skills and potential through the provision of academic adaptations and reasonable accommodations. Further information, including appropriate contact information, can be found at the link for Troy University's Office of Human Resources at <http://www.troy.edu/humanresources/index.html>.

**Additional Services:**

Students who have or may be dealing with a disability or learning difficulty should speak with the instructor, contact the Office of Adaptive Needs Program, or call 670-3220/3221. Various accommodations are available through the Adaptive Needs Program.