

Murray State University
COURSE SYLLABUS

Fall 2018

DEPARTMENT: ADOLESCENT, CAREER, AND SPECIAL EDUCATION

COURSE PREFIX: PHE COURSE NUMBER: 200 CREDIT HOURS: 3

I. TITLE: Health Implications for HPE Professionals

II. COURSE DESCRIPTION AND PREREQUISITE(S):

Course is designed to cover health-related issues that are encountered by physical education/health teachers which include, but are not limited to: disease transmission, effective communication, illegal, prescription, and over-the-counter drug abuse, and misuse, as well as the abuse of alcohol consumption; eating disorders; risk management/liability issues associated with K-12 athletes; performance enhancing drugs; and mental health.

Prerequisite(s): permission of program coordinator.

III. COURSE OBJECTIVES:

Class activities will be centered on the attainment of the course objectives listed below. Following each objective, and enclosed in parentheses, are numbers which reference the Joint Committee on National Health Education Standards (NHES) which have been aligned with the corresponding Kentucky Teacher Performance Standards and Certification (KTPS), the Interstate Teacher Assessment and Support Continuum (InTASC), and the Society of Health and Physical Educators America (SHAPE) addressed by that objective. Upon successful completion of this class, students will be able to

- A. analyze and interpret the Center for Disease Control's Youth Risk Behavior Surveillance Survey (YRBSS) as it relates to behavior among 9-12 grade students (KTPS/InTASC 4, 5; NHES 1, 2, 5; SHAPE 5);
- B. identify and describe the method of disease transmission (KTPS/InTASC 4,5; NHES 1, 2, 5, 7);
- C. identify and describe environmental impact on health (KTPS/InTASC 4,5; NHES 1, 7);
- D. identify and describe patterns of behavior which lead to sexually transmitted diseases and unintended pregnancies (KTPS/InTASC 4, 5; NHES 1, 2, 3, 4, 5, 6, 7, 8);
- E. identify and describe media influences on personal health choices (KTPS/NHES 1, 2, 3);
- F. identify and describe causes related to the three leading causes of death and how they are directly related to lifestyle choices which can be addressed in schools (KTPS/InTASC 4, 5; NHES 1, 2, 3, 4; SHAPE 3, 5);
- G. identify and describe ways in which increased physical activity directly relates to improved academic performance and how students can advocate for more physical activity in schools (KTPS/InTASC 4, 5; NHES 1, 2, 3, 8; SHAPE 1);
- H. explain cultural awareness specific to physical education and health related content (KTPS/InTASC # 4, 5; NHES 1, 2 8; SHAPE 4);

- I. identify and describe the warning signs of mental health to include, but not limited to depression or suicide ideation (KTPS/InTASC 4, 5; NHES 1, 2, 4, 7; SHAPE 4, 5);
- J. identify appropriate sources of health-related information for content validity (KTPS/InTASC 9; NHES 1, 2, 3);
- K. identify characteristics of a responsible consumer of health-related products and services (KTPS/InTASC 4, 5; NHES 1, 2, 3);
- L. identify barriers to health care due to socioeconomic status and how socioeconomic status is determined (KTPS/InTASC 4, 5; NHES 1, 2, 3, 8);
- M. identify and describe ways to improve health by making sound nutritional choices (KTPS/InTASC # 4, 5; NHES 1, 2, 3, 5, 6, 7); and
- N. identify signs and symptoms of disordered eating and the health consequences specific to athletes (NHES 1, 2, 4, 5, 6, 7).

IV. CONTENT OUTLINE

- A. Introduction & history of health
- B. Six dimensions of health and wellness
- C. Life Skills
- D. Dealing with Stress
- E. Media Literacy Skills
- F. Promoting Healthy Eating and Physical Activity
- G. Promoting a Tobacco-Free and Drug-Free Lifestyle
- H. Promoting Sexual Health
- I. Promoting Safety and Violence Prevention
- J. Emergency responses
- K. Center for Disease Control YRBSS Bi-Annual Reports
- L. Coordinated School Health Program
- M. National Health Education Standards

V. INSTRUCTIONAL ACTIVITIES:

Lecture, group discussion, group assignments, Internet research, presentations

VI. FIELD, CLINICAL, AND/OR LABORATORY EXPERIENCES:

None

VII. TEXT(S) AND RESOURCES:

None

VIII. EVALUATION AND GRADING PROCEDURES:

This course is designed to be participatory and interactive. There will also be three exams, each worth 100 points. Additional reading materials or on-line Canvas assignments may be added in the event that weather-related concerns result in class cancellations.

Grading scale; 90-100 % - A, 80-89% - B, 70-79% - C, 60-69% - D, 59% and below – E

IX. ATTENDANCE POLICY:

Students are expected to adhere to the MSU Attendance Policy outlined in the current *MSU Bulletin*.

X. ACADEMIC HONESTY POLICY:

Murray State University takes seriously its moral and educational obligation to maintain high standards of academic honesty and ethical behavior. Instructors are expected to evaluate students' academic achievements accurately, as well as ascertain that work submitted by students is authentic and the result of their own efforts, and consistent with established academic standards. Students are obligated to respect and abide by the basic standards of personal and professional integrity.

Violations of Academic Honesty include:

Cheating - Intentionally using or attempting to use unauthorized information such as books, notes, study aids, or other electronic, online, or digital devices in any academic exercise; as well as unauthorized communication of information by any means to or from others during any academic exercise.

Fabrication and Falsification - Intentional alteration or invention of any information or citation in an academic exercise. Falsification involves changing information whereas fabrication involves inventing or counterfeiting information.

Multiple Submission - The submission of substantial portions of the same academic work, including oral reports, for credit more than once without authorization from the instructor.

Plagiarism - Intentionally or knowingly representing the words, ideas, creative work, or data of someone else as one's own in any academic exercise, without due and proper acknowledgement. Instructors should outline their expectations that may go beyond the scope of this policy at the beginning of each course and identify such expectations and restrictions in the course syllabus. When an instructor receives evidence, either directly or indirectly, of academic dishonesty, he or she should investigate the instance. The faculty member should then take appropriate disciplinary action.

Disciplinary action may include, but is not limited to the following:

- 1) Requiring the student(s) to repeat the exercise or do additional related exercise(s).
- 2) Lowering the grade or failing the student(s) on the particular exercise(s) involved.
- 3) Lowering the grade or failing the student(s) in the course.

If the disciplinary action results in the awarding of a grade of E in the course, the student(s) may not drop the course.

Faculty reserve the right to invalidate any exercise or other evaluative measures if substantial evidence exists that the integrity of the exercise has been compromised. Faculty also reserve the right to document in the course syllabi further academic honesty policy elements related to the individual disciplines.

A student may appeal the decision of the faculty member with the department chair in writing within five working days. Note: If, at any point in this process, the student alleges that actions have taken place that may be in violation of the Murray State University Non-Discrimination Statement, this process must be suspended and the matter be directed to the Office of Institutional Diversity, Equity & Access. Any appeal will be forwarded to the appropriate university committee as determined by the Provost.

XI. NON-DISCRIMINATION POLICY AND STUDENTS WITH DISABILITIES:

Policy Statement

Murray State University endorses the intent of all federal and state laws created to prohibit discrimination. Murray State University does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, veteran status, or disability in employment or application for employment, admissions, or other provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities equal access to participate in all programs and activities.

In particular and without limiting the preceding and pursuant to consistent with the requirements of Title VI of the Civil Rights Act of 1964 and its regulations 34 CFR 100 et seq.; Section 504 of the Rehabilitation Act of 1973 and its regulations 34 CFR 104; Title IX of the Education Amendments of 1972, 20 USC 1681 et seq., and its regulations 34 CFR 106 et seq; and the Age Discrimination Act of 1975 and its regulations 34 CFR 110, Murray State University does not discriminate on the basis of race, color, national origin, sex, handicap, or age in its educational programs and activities. This non-discrimination in education programs and activities extends to employment and admissions and to recruitment, financial aid, academic programs, students services, athletics, and housing. Murray State is required by Title IX and 34 CFR part 106 not to discriminate on the basis of sex and the prohibition against sex discrimination specifically includes a prohibition of sexual harassment and sexual violence. Examples of prohibited sexual harassment and sexual violence can be found in the “Policy Prohibiting Sexual Harassment” which can be accessed via the link referenced in Appendix 1.

For more information concerning the application of these provisions may be referenced to: 1) the Executive Director of Institutional Diversity, Equity, and Access/ Murray State University Title IX Coordinator, Murray State University, 103 Wells Hall, Murray, KY 42071. Telephone: (270) 809-3155 (voice) Fax: (270) 809-6887; TDD: (270) 809-3361; Email: msu.titleix@murraystate.edu

Students with Disabilities

Students requiring special assistance due to a disability should visit the Office of Student Disability Services immediately for assistance with accommodations. For more information, students should contact the Office of Student Disability Services, 423 Wells Hall, Murray, KY 42071. 270-809-2018 (voice), 270-809-5889 (TDD).

XII. FLAG SYSTEM/CONTINUOUS ASSESSMENT:

Student progress is continuously assessed throughout the teacher preparation program. Appropriate professional characteristics and demeanors, in addition to academic achievement, are assessed. Positive and negative flags are submitted by faculty

to Teacher Education Services and then presented to admissions committees. Negative flags are carefully reviewed to make a determination as to whether a student should be denied admission **OR** if a professional development plan will be designed for the student's progress towards program completion. **NEGATIVE FLAGS MAY BE GROUNDS FOR DENIAL TO ADMISSION TO TEACHER EDUCATION AND/OR STUDENT TEACHING.**