

Fall 2010
HENRY FORD COMMUNITY COLLEGE
COURSE SYLLABUS
HEALTH, NUTRITION AND PHYSICAL EDUCATION
HPE 260

INSTRUCTOR: Ms. Diana Sloan, M.Ed.

Email: dsloan@henryford.ucompass.com

TEXTBOOK:

Marotz, L. (2009). *Health, Safety, and Nutrition for The Young Child* (7th ed.). New York: Delmar Learning.

Course Description:

This course will provide information in the four areas of Health, Nutrition, Safety, and Physical Education that the classroom teacher will need for knowledge and practical use in teaching. Some teaching strategies and projects in health and nutrition, as well as movement exercises and games will be presented. The emphasis will be for potential teachers to provide learning experiences for children's development of positive lifestyle behaviors, as well as to fulfill objectives for the Michigan Model for Health.

Course Objectives: Students will be able to:

1. Understand and explain the importance of Health, Nutrition, Safety, and Physical Education.
2. Describe the influence of environmental factors on the health behaviors and status of younger children.
3. Describe the nutritional status and problems of younger children.
4. Describe the impact of fitness on the physical and emotional health of children.
5. Demonstrate an understanding of the theoretical basis and practical application of health and physical activities for younger children.
6. Demonstrate knowledge of common infections and communicable illnesses in younger children.
7. Illustrate methods that establish safe and healthy environments.
8. Identify age appropriate health, nutrition, and physical activities that aid in the promotion of cognitive, physical, social, emotional, and creative development.

INSTRUCTIONAL POLICIES:

- A. This is a 100% online class. This means your work will be done at home and you must have access to the internet (preferably at home) as well as a printer. Some graded assignments will *only* be done in UCompass while others require you to complete the assignment outside of UCompass. You must also have Microsoft Office in order to submit work to the instructor.
- B. Students will be graded on total accumulated points earned. Students who stop submitting assignments will be graded on total accumulated points unless they have initiated an "official" drop through the registrar's office or speak to the instructor to request a drop.
- C. Students will respond to each Discussion Board topic on their own and then choose (at least) two other peer posts to respond to.

- D. Exams **MUST** be taken on or before the assigned due date. Having computer problems is not an acceptable excuse for missing an exam. I recommend students take exams at least 2 days before the due date. Students have **2 hours** to complete each unit exam. For each minute over the time limit, the student will lose one point. I **DO NOT** accept exams submitted after the deadline for any reason. If you miss an exam, pay very close attention to the Announcements. During Unit 5, I have an “Amnesty Day” where I open all the exams. On this day, you will have 24 hours to complete any exams you may have missed. I will inform everyone of “Amnesty Day” through the Announcements page.

If you need to have your exam reset due to technical problems, you must e-mail me 24 hours before the due date. I will not reset exams on the day they are due.

- E. All assignments are due by the given deadline as indicated in this syllabus. Constantly check the syllabus and announcements in UCompass for correct due dates and any updates. The assignments outside of UCompass must be done in a Word Document or PowerPoint. Assignments completed in Word must be saved as a word document (.doc) or as a .pdf. When submitting assignments completed outside of UCompass, you must upload them into your “Student Folder” and **DO NOT** e-mail any assignments to the instructor. I will not grade assignments that are e-mailed to me.

NO assignment will be accepted after the deadline—NO LATE WORK! All assignments not submitted will receive zero points. All assignments should use Standard English with correct spelling, grammar, and writing format.

In the event that you do not agree with the grade you receive on an assignment, there is a specific policy you need to follow. This policy is detailed on the next page of this syllabus.

- F. Assignment Expectations: Many of the assignments for this course require a short-answer or essay response. For these assignments, I expect scholarly work. This means that the work you submit should be well-written, well-organized, and reflect what you have learned from the material. For each unit, you will be required to participate in two discussions and complete two short-answer assignments. You will receive a zero if your discussion posts or responses to assignment questions contain a one word answer. For discussion posts and assignment responses, I recommend writing at least three or four sentences for your response. Write enough to show me that you have a solid understanding of the content you have learned.
- G. CDA letter: Students who request a letter must have a C grade or higher. You may request one by the end of the semester (email subject: CDA letter). In your e-mail, please include the address where you want the letter sent.

GRADE APPEAL POLICY

Education is designed to help you become successful in your future career. After graduation, supervisors will regularly evaluate your performance; you will often disagree with the evaluations. Rarely will stopping by the boss' office to lobby for a better rating or to complain about the evaluation process result in greater compensation, increased responsibility, or a promotion. As such, neither will lobbying for higher grades or complaining about grades be rewarded in this class. However, mistakes will be made and the merits of your work will occasionally be underappreciated. Such instances will be addressed as follows:

1. If you would like your grade on a specific assignment to be reconsidered, then you must compose a memo that justifies further consideration of your work.
 - a. All memos must be submitted within one week of the original grade being distributed.
 - b. The appeal must be no longer than one page.
 - c. The appeal must be e-mailed to me at dsloan@henryford.ucompass.com.
2. A final decision will be made within one week of submission.
3. The grade will be considered in its entirety; grades may be adjusted upward, downward or not at all.
4. All grade appeals must be submitted through e-mail.

Note: You will be more successful at work if you can persuade others logically, not emotionally in a concise and specific manner. Consequently, such appeals are more likely to result in a more positive evaluation.

Grading- Below is a list of the total points that can be earned.

Outside of UCompass (To be completed in a Word document or PowerPoint)

Lesson Plan	30 Points
Lesson Plan PowerPoint	50 Points
Position Paper	30 Points

On UCompass Only (To be completed online in UCompass)

Discussion Boards (D.B.) (5 points each)	50 Points
Worksheets (W) (10 points each)	100 Points
UCompass Scavenger Hunt	10 Points
Exams (50 points each)	250 Points

Total **520* Points**

*Extra credit *might* be offered at the end of the semester. Pay very close attention to Announcements for extra credit opportunities.

Grade: POINT RANGE

A+ = 97%-100%

A = 93%-96%

A- = 90%-92%

B+ = 87%-89%

B = 83%-86%

B- = 80%-82%

C+ = 77%-79%

C = 73%-76%

C- = 70%-72%

D+ = 67%-69%

D = 63%-66%

D- = 60%-62%

E = Below 60%

*I will post a message in **Announcements** when I have completed grading for each unit.

*Checking your grades online can be tricky. The grade you see under Grades/Progress is **rarely/never** correct. The best way to determine your percentage grade is to divide the total points you have earned by the total points available. Please don't hesitate to contact me if you have trouble calculating your grade.

COURSE OUTLINE

(Changes may be made by instructor. Be sure to read the announcements for updates.)

This is a 15 week course. I recommend creating a schedule for yourself that allows you time to work on this class for a little bit each day. As stated above, **I do NOT accept late work**. You have ample time to plan for these assignments; waiting until the last minute to complete them is very risky. I will not accept late work due to technical problems, health issues, family problems, etc. If you are experiencing computer problems, go to the HFCC computer lab or go to a public library.

In addition to completing the assignments listed below, students are responsible for reading the chapters in *Health, Safety, and Nutrition for The Young Child* (7th ed.) that correspond with each unit. Use the textbook as a tool to help you complete the discussion board assignments, worksheets, and exams.

HPE 260 Fall 2010 **Schedule of Due Dates**

Unit 1:

9/8-

- Introduction D.B.
- KWL D.B.
- Unit 1 Case Study Worksheet (Located in “Assignments”)
- Unit 1 Health, Safety, Nutrition Worksheet (Located in “Assignments”)
- Unit 1 Health, Safety, Nutrition Multiple Choice (Located in “Assignments”)
- UCompass Scavenger Hunt (Located in “Assignments”)

9/16-

- Unit 1 Exam due by 11:59 p.m.

Unit 2:

9/29-

- Hearing D.B.
- Children with Health Disorders D.B.
- Unit 2 Children and Television Assignment
- Unit 2 Case Study Assignment
- Unit 2 Health Multiple Choice Assignment

10/7-

- Unit 2 exam

Unit 3:**10/20-**

- Reflective Thoughts on Safety D.B.
- Issues to Consider and Safety D.B.
- Unit 3 Classroom Rules Assignment
- Unit 3 Issues to Consider- Fire Safety Assignment
- Unit 3 Safety Multiple Choice Assignment
- Lesson Plan

10/28-

- Unit 3 exam

Unit 4:**11/10-**

- Issues to Consider D.B.
- Reflective Thoughts D.B.
- Unit 4 Obesity Epidemic? Assignment
- Unit 4 Reflective Thoughts Assignment
- Unit 4 Nutrition Multiple Choice Assignment
- Lesson Plan PowerPoint

11/18-

- Unit 4 exam

Unit 5:**12/1-**

- Internet Information D.B.
- Food Trend Predictions D.B.
- Unit 5 Reflective Thoughts Assignment
- Unit 5 Nutrition Worksheet Assignment
- Unit 5 Nutrition- Young Child M.C. Assignment
- Position Paper

12/9-

- Unit 5 exam

**Grades will be submitted to WebAdvisor on December 17th.

****Changes to syllabus may be made at the discretion of the instructor.****