

**P.E./TH 191 Health: Personal Issues**

*Syllabus*

- Instructor:** Professor Steve Hebert  
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**Office hours:** TBA  
**Textbook:** Health: The Basics - Rebecca Donatelle, Eighth Edition  
**Meeting Dates:** M/W Sec. # 1044 9:40 - 11:05 - Final Exam: Dec. 7  
T/TH Sec. # 1055 9:40 - 11:05 - Final Exam: Dec. 8  
**Holidays:** September 7, Nov. 9, Nov. 26, 27  
**Attendance:** Attendance is mandatory; you will receive points for attending each class session. If you are late more than 3 minutes you will lose 2 of your attendance points for the day. Excessive tardiness (3 or more) and/or leaving class early will prevent you from achieving an "A" grade.  
**Late Work:** All Tests/Quizzes and Papers must be taken or turned in on the assigned date. If you are absent on a test/quiz date, you are expected to make this up during my office hours, within one week of the absence. Late paperwork will lose 5 points per day.  
**Assignments:** All assignments must be *TYPED*.  
**SLO:** *The student will develop a diet and exercise plan to maintain a healthy weight for their body size and type.*  
**Grading:** All grades will be based on your total points compared to the total points possible for the course.  
A= 90-100%  
B= 80-89%  
C= 70-79%  
D= 60-69%  
F= 59%-below  
**Class Policy:** This is a course that will be enhanced by class participation and discussions. Therefore, it is important that we all show each other respect and allow our viewpoints to be heard. I encourage you to ask questions and participate in the class. Rude or inconsiderate behavior will not be tolerated, and may lead to your removal from the class.  
**Cell Phones:**  
1. **TURN IT OFF**  
2. **DO NOT ANSWER IF YOU FORGET AND IT RINGS!!!**  
3. **ABSOLUTELY NO TEXTING DURING CLASS**  
*Inappropriate cell phone usage is rude and you will be asked to leave immediately.*  
**ANYONE CAUGHT CHEATING ON A TEST OR ASSIGNMENT WILL IMMEDIATELY BE TURNED INTO ADMINISTRATION AND RECEIVE AN "F" GRADE.**  
**Due Dates:** Tests and assignment dates will be announced during class. This is designed to encourage your attendance EVERY day.