

Course Syllabus

KINE 1305

Personal/Community Health II (5115045116)

Course Description: Investigation of the principles and practices in relation to personal and community health.

Semester Hours Credit: 3

Lecture/Lab Hours: 3-0

Prerequisite: None

Textbook(s): *An Introduction to Community Health (7th edition)* ISBN: 9780763790110

Student Learning Outcomes:

Upon successful completion of this course, students will:

1. Develop an understanding of community health problems.
2. Learn the difference between eustress and distress and techniques to manage stress.
3. Understand the importance of maintaining a healthy lifestyle.
4. Learn specific risk factors that are associated with diseases.
5. Learn what community health services are available.
6. Learn what public health agencies are available.





Evaluation Methods:

- Chapter Tests 30%
- Essay 30%
- Critical Thinking Assignments 20%
- Chapter Assignments 20%

ADA Statement: No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the College District, or be subjected to discrimination by the College District. Nor shall the College District exclude or otherwise deny equal services, programs, or activities to an individual because of the known disability of an individual with whom the individual is known to have a relationship or association. 42 U.S.C. 12132; 28 CFR 35.130(g).

See at: [GL \(Legal\)](#)

Special Needs Services: Students with special needs, including physical and learning disabilities, who wish to request accommodations in this course should contact the Student Development Office as soon as possible to make arrangements; this should occur no later than the second week of class or as soon as the student has the documentation on the disability and requested accommodation per a certified medical or psychological professional. In accordance with federal law, a student requesting accommodations must provide documentation of disability to the Student Development Advisor.

For more information, contact: in Alice at sdalice@coastalbend.edu; Beeville at sdbeeville@coastalbend.edu; Kingsville at sdkingsville@coastalbend.edu; and Pleasanton at sdpleasanton@coastalbend.edu.

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See at: [FLB \(Local\)](#) and [FM \(Local\)](#).

See the [Student Handbook](#) for further explanation of Scholastic Dishonesty.



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NOTE: The College website (www.coastalbend.edu) serves as the main source with the most current version of the Coastal Bend College Board Policies and the Coastal Bend College Catalog.