



Syllabus

HSC 2100 Personal and Community Health

HSC 2100 / 80317/ Fall 2026

3 Credit Hours

No prerequisites/corequisites

Contact Information

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Course Information

Catalog Description:

This course is designed and organized so that students of all ages, interests, physical conditions, and activity levels will become more knowledgeable of appropriate wellness and lifestyle choices. Topics covered will include but not be limited to wellness, health, flexibility and strength, cardiovascular endurance, nutrition, weight control, stress, drug and alcohol use, and related issues. There will be a lifetime recreation or lifetime fitness activity component as a part of each class. This course will count as an academic elective.

Student Learning Outcomes:

By completing this course, students will demonstrate the following competencies:

- Describe the benefits of being physically fit
- Identify the key components of a complete fitness program
- Discuss the importance of psychosocial lifestyle factors such as locus of control, social support, and self-esteem in choosing a fitness program
- Explain guidelines for safely beginning and progressing in an aerobic fitness program
- Evaluate and determine your ideal weight and percentage of body fat
- Discuss the functions of the six categories of nutrients in the diet
- Develop a written diet, using basic nutrition principles and including the proper amounts of nutrients.
- Describe the bodily changes that occur when a person experiences stress
- Cite the prevalence and describe the causes of heart disease
- Identify the basic principles to follow in order to reach a high level of fitness

Course Materials & Resources:

Textbook: *Health and Wellness: Eldin & Golanty 14th Edition ISBN:9781284235197*

Online Materials: Students will access course materials through Canvas

Delivery Method:

This is a web-based course. All online courses at GCSC utilize the Canvas Learning System. Students should read all information presented in the Canvas course site and should periodically check for updates—at least every 48 hours.

Remember: This course is not one in which students may work at their own pace. Each week there are learning modules, assignments, online lectures, online discussions, and/or online exams with due dates. Refer to the schedule within this syllabus and within Canvas for more information.

Student Expectations

In this course, communication and feedback will occur through various channels, including GCSC email, Canvas Inbox, Canvas Announcements, Canvas Discussions, Microsoft Teams or Zoom, assignment feedback, and instructor office hours. Review the statements below so that you understand the expectations for communication.

As a student at Gulf Coast State College, you are expected to:

- **Adhere to Course Guidelines:** Follow the guidelines detailed in the course syllabus, along with any additional instructions provided by the instructor. This includes

understanding and complying with the course objectives, grading criteria, and academic policies.

- **Maintain Regular Contact:** Keep in touch with your instructor and classmates via your GCSC email or other designated communication channels. Regular contact helps clarify doubts, share ideas, and foster a collaborative learning environment.
- **Active Participation:** Engage actively in class discussions and submit assignments on time. Your active participation is crucial for your academic success and contributes to a vibrant learning community.

As your instructor, my commitment to you is to:

- **Provide Timely Feedback:** I will review and provide feedback on your assignments and submissions promptly. My goal is to help you understand your strengths and areas for improvement, which is crucial for your academic growth.
- **Respond Via Canvas Inbox:** I will respond to your emails or messages within 24-48 hours (excluding weekends), unless otherwise noted. I understand the importance of clear and timely communication in addressing your questions and concerns.
- **Post Regular Announcements:** To keep you updated and help you manage your time effectively, I will send out weekly reminders via announcements. These reminders will include important dates, upcoming assignments, and any changes to the course schedule.
- **Maintain Weekly Office Hours:** I will maintain regular weekly office hours, but I can also be available by appointment. This is to ensure I'm available for any questions or concerns that may come up during the week.

Additional Requirements

As a student in an Online Learning course, you are obligated to the following responsibilities:

1. Always adhere to the Academic Honesty Policy for the course. You are asked to make your own guarantee that the integrity of the course is not compromised.
2. Ensure that your technology meets the minimum requirements for the [GCSC's Canvas System](#).
3. Give yourself ample time to study the course material, complete assignments and take any practice tests made available to you. The practice tests have been designed to help you better prepare for the actual tests.
4. Take your tests as scheduled. A large window of opportunity to take tests is provided. Begin the test with ample time left. Do not start a test with only 1 or 2 hours before the deadline. Should you happen to get knocked offline or disconnected, there may not be enough time left to complete the test once you are back online.

If you need to withdraw from a course, you must complete a formal withdrawal form and submit to Enrollment Services before the published deadline. Once the form is submitted, contact your instructor to advise him/her of your withdrawal request

Course Schedule

Course Interval	Date	Material	Assignments
Week One	1/9-1/25	Chapter 1- <i>Definition of Health</i>	Weekly Learning Objectives Welcome exercise
Week Two	1/9-1/25	Chapter 2– <i>Mind-Body Harmony</i>	Weekly Learning Objectives
Week Three	1/26-2/1	Chapter 3- <i>Managing Stress: Restoring Mind- Body Harmony</i>	Weekly Learning Objectives
Week Four	2/2-2/8	Chapter 4- <i>Mental Health</i>	Weekly Learning Objectives
Week Five	2/9-2/15	Chapter 5- <i>Choosing a Healthy Diet</i>	Exam 1 (Ch 1-4) Weekly Learning Objective
Week Six	2/16-2/22	Chapter 6- <i>Managing a Healthy Weight</i>	Weekly Learning Objectives
Week Seven	2/23-3/1	Chapter 7– <i>Movement and Physical Activity for Health</i>	Weekly Learning Objectives
Week Eight	3/2-3/8	Chapter 8- <i>Healthy Sexuality</i>	Weekly Learning Objectives Weekly Food Log
Week Nine	3/9-3/15	Chapter 9- <i>Infections & Immunity</i>	Exam 2 (Ch 5-8) Weekly Learning Objectives
Week Ten	3/23-3/29	Chapter 10- <i>Cardiovascular Disease: Understanding Risks and Measures of Prevention</i>	Weekly Learning Objectives
Week Eleven	3/30-4/5	Chapter 11- <i>Cancer: Understanding Risks and Means of Prevention</i>	Weekly Learning Objectives
Week Twelve	4/6-4/12	<i>Chapter 12- Genetics and Health</i>	Weekly Learning Objectives
Week Thirteen	4/13-4/19	Chapter 13- <i>Using Drugs & Medication Responsibly</i>	Exam 3 (Ch 9-12) Weekly Learning Objectives
Week Fourteen	4/20-4/26	<i>Chapter 14- Common Psychoactive Drugs.</i>	Weekly Learning Objectives
Week Fifteen	4/27-5/3	Chapter 15 & 16- <i>Making Decisions About Healthcare / Understanding Aging and Dying</i>	Weekly Learning Objectives
Week Sixteen	4/29-5/7	<i>Exam Week</i>	Exam 4 (Ch 14-16)

* All Assignments and Exams Must be Completed by Sunday of Assigned Week.

Grading

GCSC Grading Scale

All grades will be posted in the student grade book in Canvas and will be assigned according to the following scale:

A	90%-100%
B	80%-89%
C	70%-79%
D	60%-69%
F	59% and below

The instructor will calculate all grades based on the above percentages. If in doubt as to your grade, calculate it using the above weights.

Calculation of Grades

Participation/Weekly Assignments

Students will complete weekly learning objective questions or class discussions for each assigned chapter and submit them electronically by Sunday of each week. These weekly assignments will be worth 5 points and count 10% of final grade.

Food Journal

Student will keep a food journal for one (1) week, detailing caloric intake goals, how this goal was established, all calories consumed to reach set goal. Journal will be graded based on participation and completion. Students may use an App to catalog daily caloric intake, however all logs must be submitted electronically by due date. This assignment is worth 20 points and will count 10% of final grade.

Chapter Quizzes

Each chapter will have weekly quizzes that will be worth 5 points each and make up 10 % of final grade.

Exams

There will be 4 exams; each worth 100 points that will make up 70% of final grade. To prepare for these, please perform all weekly readings, discussion questions and familiarize yourselves with provided key vocabulary. Exams will consist of both multiple choice and true-false questions. If a student misses an exam, there will be no make-up exams given. If you cannot complete the exam, the instructor needs to be notified before the start of the exam.

Incomplete Grades

To receive a grade of Incomplete in a class, the student must submit a *written* request to the instructor prior to the last day of the course. If the request is approved by the instructor, students have 30 days from the ending date of the course to make up any missing work. If work is not submitted during this time period, the instructor will figure the grade from existing assignments and send in a grade change form to replace the "I" with the earned grade.

Course Policies

Accessibility Statement

Gulf Coast State College supports an inclusive learning environment for all students. If there are aspects of the instruction or design of this course that hinder your full participation, reasonable accommodations can be arranged. Prior to receiving accommodations, you must register with Student Accessibility Resources. Appropriate academic accommodations will be determined based on the documented needs of the student. Please visit [GCSC's Student Accessibility Resource \(SAR\) webpage](#) to learn more. For information regarding the registration process, email sar@gulfcoast.edu or call 850-747-3243.

Attendance Policy

Regular class attendance and participation are significant factors that help to promote success in college. Students are expected to attend all class meetings of all courses for which they are registered.

You are expected to know the instructor's specific attendance policy, as stated in the syllabus for each course. In the event of absence, you should contact your instructor as soon as possible to indicate the reason and to inquire whether make-up work is possible. (Make-up work is offered solely at the discretion of your professor.)

If your absences in a class become excessive, as stated in the course syllabus, your professor may contact you, indicating that further absence may result in your withdrawal from the course. Your professor can withdraw you from a course for excessive absences without your permission.

Instructors will monitor attendance at the beginning of each semester. If you are not in attendance during this period, you may be withdrawn from the course. You will be financially responsible for the course and a "W or NS" will appear on your transcript. Withdrawal from a course may also have implications for financial aid.

Withdrawal Policy

Two withdrawals are permitted per credit course. After that, a grade will be assigned. Please be concerned about withdrawals. When admitting students into certain programs, universities may calculate withdrawals as grades. It is your responsibility to verify the effects of enrollment and/or withdrawal upon your financial assistance (financial aid, scholarships, grants, etc.). There are two kinds of withdrawals---student and administrative.

- *Student Withdrawal (W1)* - Students wishing to withdraw must complete the online Student Withdrawal Form before the scheduled withdrawal deadline as published in the College catalog. Student withdrawals initiated prior to the scheduled withdrawal deadline will be recorded as a grade of "W." The withdrawal deadline for an off-term or condensed term is one week after midterm.
- *Administrative Withdrawal (W2)* – A faculty member may withdraw a student up to the published withdrawal deadline for violation of the class attendance policy in which case the student will receive a grade of "W." The withdrawal deadline for an off-term or condensed term is one week after midterm.

Students cannot withdraw from developmental studies courses (college-preparatory classes) after the drop/add period without written permission from their instructor and/or their academic advisor.

Academic Integrity

Honest participation in academic endeavors fosters an environment in which optimal learning can take place and is consistent with the college's mission. Academic misconduct, including cheating or plagiarism, is destructive to the spirit of an educational environment. GCSC professors report every instance of student academic misconduct to the college for inclusion on the student's records.

Most course syllabi include an academic honesty policy and the consequences for violating this policy. Familiarize yourself with course policies regarding authorized or unauthorized use of AI to avoid the pitfalls of academic dishonesty.

The following definitions will apply:

"Cheating"

includes but is not limited to use of any unauthorized assistance in taking quizzes, tests, or examinations; dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments; the acquisition without permission of tests or other academic materials belonging to a member of the College's faculty.

"Plagiarism"

includes, but is not limited to, the use by paraphrase or direct quotation of the published or unpublished work of another person without full and clear acknowledgment as well as the purchase of papers or projects. It can also include overuse of an editing program like Grammarly or submitting work written by an Artificial Intelligence (AI) generator like ChatGPT. Make certain to consult your course syllabi for your instructor's guidelines of AI material.

"Self-plagiarism"

occurs when a student submits the same or considerably similar document to fulfill requirements in different classes. For example, if a student submits a term paper in Religion they originally wrote for an English class, this is self-plagiarism. Once a paper receives a grade in one class, it cannot be submitted again for another class.

"Generative Artificial Intelligence (AI)"

is technology that uses machine learning to create new content, such as text, images or code, based on user input. These systems are trained on vast amounts of data, including large language models and image or code generators. Common examples include ChatGPT, GitHub, Copilot, Google Gemini, Perplexity, and the Grammarly AI function.

Sanctions for incidences of academic misconduct, depending on the severity of the incidence and/or its repetition, may range from receiving an F grade (or 0) for the test, assignment, or activity, to failure of the course, to suspension or dismissal from the college.

Classroom Recording

In accordance with federal and state privacy laws, students may record class lectures for their own personal educational use, in connection with a complaint to the college, or as evidence in internal or external legal proceedings. Students may not publish or upload the recordings or any components thereof without the knowledge and written permission of the faculty member. Failure to obtain permission to publish could lead to the students' having to pay damages, attorney fees, and court costs. For more information about what can be recorded, please see the guidelines in the GCSC Student Handbook.

Generative Artificial Intelligence (AI) Policy

The use of generative AI tools in academic work requires clear guidelines to maintain academic integrity. Please review the policy selected for this course regarding the use of AI tools such as ChatGPT, Copilot, Grammarly's AI features, and similar platforms for assignments, research, and other coursework.

See the student handbook for further information. Students with questions about acceptable use should consult their instructor.

Limited Assistive Use Only

Students may use basic assistive technologies for spelling, grammar, and formatting (e.g., PaperRater or SpellCheckPLUS); however, the use of AI tools (e.g., ChatGPT, Copilot, Grammarly's AI function, etc.) for generating, rewriting, or enhancing content is not permitted. All work must reflect the student's original ideas and writing. Representing work created by AI as one's own is a violation of academic integrity and may result in penalties, including a zero on the assignment and additional disciplinary actions as outlined in the college's academic integrity policy.

Anti-Discrimination Policy

Gulf Coast State College does not discriminate against any person in its programs, activities, policies or procedures on the basis of race, ethnicity, color, national origin, marital status, religion, age, gender, sex, pregnancy, sexual orientation, gender identity, genetic information, disability, or veteran status. All questions or inquiries regarding compliance with laws relating to non-discrimination and all complaints regarding sexual misconduct or discrimination may be directed to Amanda Reed, Executive Director of Human Resources/Title II/504/Title IX Coordinator and Employment Equity Officer, Gulf Coast State College, 5230 W. US Highway 98, Panama City, FL 32401; 850-769-1551, ext. 3516. Rules, policies, fees, and courses described in this catalog are subject to change without notice.

Syllabus Policy

For any syllabus posted prior to the beginning of the term, the instructor reserves the right to make minor changes prior to or during the term. The instructor will notify students via e-mail or Canvas announcement when changes are made in the requirements and/or grading of the course.

Student Support Resources

Gulf Coast State College is committed to providing you with the resources you need for success as a student and beyond. View all the academic and student support resources provided at GCSC on the [Student Services web page](#).

Course Technology & Support

To successfully participate in this online course, students must have basic computer and digital information literacy skills and meet the following technology requirements:

- **Computer:** Up-to-date web browser that supports the Canvas learning management system; please refer to the system requirements for compatibility and information on using the Canvas app on mobile devices.

- **Internet Speed:** Minimum bandwidth of 8 Mbps upload/download speed to effectively engage in online activities and access multimedia.
- **Office 365 software:** Available for free download through GCSC Information Technology Services (ITS).

If you need technical support, contact the ITS Help Desk, available 24/7 at (850) 913-3303.