



North Dakota State College of Science  
West Fargo High School  
Personal and Community Health



HPER 217 Syllabus  
Spring 2025

**Course Information:**

Course Number: HPER 217  
Course Title: Personal Community Health  
Credit Hours: 3  
Class Meetings: 4A, 90 minutes

**Instructor Information:**

Instructor: Leah Swedberg  
School Phone: 701-356-2050  
E-mail: lswedberg@west-fargo.k12.nd.us  
Website: www.schoology.com  
Office Hours: A - Block 1, B - Block 4  
Office: 115B

**Course Description:**

The course focuses on current health attitudes and habits needed for life management skill. Proper health habits, lifestyle management, fitness, nutrition, mental health, stress management, drug usage, heart disease, cancer, human sexuality, childbirth, consumer health and health programs are covered.

**Textbook and Required Materials:**

- *Comprehensive Health Skills*. Sanderson & Zelman. 3<sup>rd</sup> Edition
- iPad – West Fargo Issued

**Learning Outcomes:**

Upon satisfactory completion of this course the student should:

- Develop an understanding for personal health vs community health
- Evaluate and analyze at risk behaviors for health
- Develop a plan for change to healthy habits
- Understand the benefits of healthy behavior and the consequences of unhealthy behavior
- Understand the importance of a healthy lifestyle

**Grading and Evaluation:**

Your grade will include online and in-person assignments, assessments, and projects.

You will be graded using the following scale as a guideline.

100-90%=A      89-80%=B      79-70%=C      69-60%=D      LESS THAN 60%=F

The semester grades will be calculated as follows:

Quarter 1 = 50%  
Quarter 2 = 50%

**Late Work Policy:**

Work must be turned in online or in person on the day it is due. Assignments will not be accepted late. Projects will be accepted for partial credit up until the time I grade the assignment. Once the assignment has been graded and returned to students with feedback, you may not turn it in for credit.

**Attendance Policy**

Attendance is required for this course and will follow West Fargo Public Schools attendance policy. It is expected that you will attend class, participate in class activities, and upon arrival to class have completed all required work for the lesson as outlined by the weekly plans. If you are unable to attend class on your required in-person days, please email or message me to let me know ahead of time, if possible. Remember, that it is YOUR responsibility to keep up with the information. Communicating with me will help you better understand what you will be missing and how to make it up.

**Course/Instructor Expectations**

The course is an inquiry-based, blended learning classroom that incorporates in person discussions, online assignments, investigative labs, and various applied activities. Your participation in in-person and digital learning will be ESSENTIAL to your success.

It is expected that you will check the weekly Schoology folders, Schoology messages, and email often; complete all required online tasks and assignments; complete all online work with academic integrity and with appropriate etiquette; submit all assignments by the due date; and actively participate in required TEAMS meetings and online discussion platforms. This course will use Schoology as the main location for materials, practice, and assignment submission. In addition to these sites, you may be asked to familiarize yourself with other learning websites or apps throughout the year.

**Assignment Submission:**

Assignments will be submitted either in person at the start of the class period or on Schoology. You can expect to complete Schoology assignments and assessments, file uploads, video/audio uploads, image uploads, and participation in discussion boards. It is your responsibility to be aware of upcoming due dates.

**Cell Phone Policy**

Phone must be in backpack from 8:25-3:35. 5 strikes (see policy).

- *First Offense:* The device is brought to the Main Office, picked up by the student at the end of the student's day
- *Second Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day
- *Third Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, behavior plan assigned to the student
- *Fourth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day ISS
- *Fifth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience, not to be returned to the student until the end of the student's day, 1 day OSS
- *Sixth Offense:* The device is brought to the Main Office, picked up by the parent/guardian at their earliest convenience not to be returned to the student until the end of the student's day, transition to Virtual Program for the at least the remainder of the semester

### **Academic Integrity:**

Acts of academic dishonesty, including but not limited to cheating, plagiarism, falsifying research data or results or assisting others to do the same will be cause for sanction up to and including reduction in grade, failure of course or removal from class. Repeat offenses may result in additional sanctions. In addition, the Health and Physical Education Department expects academic integrity in all aspects of all courses. Working together is encouraged but each student is expected to participate and not just copy someone else's work. Copying from any source (classmates, textbooks, webpages, etc.) and passing it off as you own work is plagiarism and will not be tolerated. Refer to the NDSCS website for more information.

For more information, refer to the NDSCS College Catalog under [Academic and College Policies and Procedures](#).

### **ADA Statement**

Any student who feels they may need an accommodation based on the impact of a disability should contact their instructor privately to discuss specific needs. Please contact the Accessibility Coordinator at [NDSCS.Accessibility@ndscs.edu](mailto:NDSCS.Accessibility@ndscs.edu) or by phone at 701-671-2623 as soon as possible in the semester to discuss possible accommodations.

### **Equal Opportunity Statement**

North Dakota State College of Science is an equal opportunity employer and equal opportunity educator. NDSCS is fully committed to equal opportunity in employment decisions and educational programs and activities. All practices are in compliance with all applicable federal and state laws, for all individuals without regard to age, color, gender identity/expression, genetic information, marital status, national or ethnic origin, physical and mental ability status, public assistance status, race, religion, sex, sexual orientation, familial or parental status, status as a U.S. veteran/service member, or participation in lawful activity off the employer's premises during nonworking hours which is not in direct conflict with the essential business-related interests of the employer.

For more information, refer to the NDSCS College Catalog under [Non-Discrimination Statement and Equal Opportunity Policy](#).

### **Dual Credit Course Withdrawal/Drop**

Students who wish to drop a college course must contact the NDSCS Dual Credit Office: 701-671-2406 or [ndscs.dualcredit@ndscs.edu](mailto:ndscs.dualcredit@ndscs.edu). Notifying the high school of a withdrawal/drop does not withdraw the student from the NDSCS college course. Please view the current Refund Schedule at: [Dual Credit Refund Schedule](#). The date the Dual Credit Office is contacted will determine the amount of refund.

### **Land Acknowledgement Statement**

NDSCS acknowledges that we occupy the sacred ancestral lands of the First Nations cultures of North Dakota. Without them, we would not have access to our gathering, dialogue, and learning spaces.

**Developed/Revised** August 19, 2025

**Units of Instruction:** This schedule is tentative and subject to change:

<b>UNIT 1: WELLNESS and GOAL SETTING</b>		
<b>UNIT</b>	<b>Topics</b>	<b>Activities/Assessments</b>
Chapter 1	- Personality Assessment	- True Colors Personality Assessment and Class Discussion (ongoing)
Chapter 2	- Values	- Analyzing Values – Values Bracket and Discussion Board
	- Wellness Wheel	- Personal Wellness Wheel Analysis and Reflection
	- Health Influences	- YRBS data and reflection
	- Perception of Norms	- SMART Goal Setting Project (ongoing)
- SMART Goals		
<b>UNIT 2: NUTRITION</b>		
<b>CHAPTER</b>	<b>Topics</b>	<b>Activities/Assessments</b>
Chapter 8	- Nutrients and Healthy Diet	- Eat This not That Poster
Chapter 9	- Fast Food	- Healthy Cooking Pinterest Assignment
	- Healthy Cooking	- Sanford Eating Disorder Institute
	- Body Image	- Intervention
	- Disordered Eating	- Discussion Boards
<b>UNIT 2: MENTAL HEALTH</b>		
<b>CHAPTER</b>	<b>Topics</b>	<b>Activities/Assessments</b>
Chapter 4	- Destigmatizing Mental Health	- Seize the Awkward Community Campaign
Chapter 6	- Toxic Masculinity	- Counseling Visit
	- Stress	- Ted Talk Choice Board
Chapter 7	- Sleep	- The Mask we Live In Discussion
	- Screens	- University of Utah podcast on college and depression
	- Sources of Help	- Sleep Analysis
	- Asking for Help	- The Social Dilemma
		- Detox Challenge
		- Community Circle Discussion
		- Discussion Boards
<b>UNIT 3: ATOD</b>		
<b>CHAPTER</b>	<b>Topics</b>	<b>Activities/Assessments</b>
Chapter 11	- Substance Use, Misuse, Abuse	- Sharehouse speakers
Chapter 12	- Addiction	- Cass County Jail Tour
Chapter 13	- Recovery and sources of help	- Stall Street News
<b>UNIT 4: SEXUAL HEALTH</b>		
<b>CHAPTER</b>	<b>Topics</b>	<b>Activities/Assessments</b>
Chapter 21	- Reproductive Systems and Conception	- Cass County Public Health
Chapter 14	- Healthy relationships	- <a href="https://crimejunkiepodcast.com/murdered-emma-walker-mya-pena/">https://crimejunkiepodcast.com/murdered-emma-walker-mya-pena/</a>
Chapter 19	- STIs and testing	- <a href="https://crimejunkiepodcast.com/murdered-kacie-woody/">https://crimejunkiepodcast.com/murdered-kacie-woody/</a>
Chapter 24	- Contraceptives	- Rape and Abuse Crisis Center
Chapter 15	- Abusive Relationships	- Ted Talk: Why Domestic Violence Victims Don't Leave
	- Online Relationships	- Youth Works
	- Sexual Assault and Rape	- College Health Services
		- The Hunting Grounds/Know My Name/Missoula
		- Discussion Boards
	- Sex Trafficking	
<b>FINAL PROJECT</b>		
	<b>Topics</b>	<b>Activities/Assessments</b>
Influencing change/Advocacy	- Student Choice	- Advocacy Campaign