

HLTH 2100
MENTAL HEALTH
SPRING 2019

Instructor: Doryce Judd
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OFFICE HOURS

Monday and Wednesday 11:30 am – 1:00 pm
All other times by appointment

Course Description

Introduces principles and strategies used to promote positive mental health to individuals and communities. Students develop an understanding of the importance of positive mental health to overall well-being.

Required Textbooks

Mind Body Health – The Effects of Attitudes, Emotions, and Relationships- Keith J. Karren, N.Lee Smith, Kathryn J. Gordon- Fifth Edition

Course Objectives- Through active participation, learning and study, the successful student will:

Discuss "mental health" and describe the characteristics of a mentally healthy person from a wellness perspective

State/discuss factors that influence mental health

Identify/discuss Mental Health Resources and Helping Professionals

Discuss and understand the nature of mental health promotion and its relationship with general health promotion

Identify the framework for and characteristics of successful mental health programs from a Lifespan Approach

Acceptable Student Behavior:

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. To review and understand all aspects of student conduct, please refer to www.deanofstudents.unt.edu

Academic Integrity

Academic integrity emanates from a culture that embraces the core values of trust and honesty necessary for full learning to occur. As a student-centered public research university, the University of North Texas promotes the integrity of the learning process by establishing and enforcing academic standards. Academic dishonesty breaches the mutual trust necessary in an academic environment and undermines all scholarship. The Student Standards of Academic Integrity are based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of all allegations of student academic dishonesty, the University's actions are intended be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Publication of academic standards is an essential feature of the University's efforts to advance academic ideals and to protect the rights of the University community.

American with Disabilities Act Compliance:

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Ms. Doryce Judd (Doryce.Judd@unt.edu). For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

Family Educational Rights and Privacy Act (FERPA) Information:

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for students to pass assignments forward to the instructor or it may be necessary for the instructor to call the student's name and then return the completed assignment to by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. No grades will be posted in a way that could result in a student being identified by other students or faculty members.

Tentative Course Schedule

Date	Topic	Expectation	Due Dates
1/15	Introduction	Introduction and Expectations	
1/17	Psychoneuroimmunology: The Connection between the mind and the body	Ch. 1	
1/22	In class video	Stress	
1/24	The Impact of stress on health	Ch. 2	
1/29	Class discussion	Topic mental health	<u>Major assignment</u> <u>Beginning</u>
1/31	The Impact of stress on health	Ch. 2 cont'd	<u>Major assignment</u> <u>decision</u>
2/5	The Disease-Prone Personality	Chapter 3	
2/7	The Disease Resistant Personality	Chapter 4	

2/12	Exam review		
2/14	Exam 1	Chapters 1-4	ONLINE EXAM
2/19	Locus of control, self-esteem and health	Chapter 6	
2/21	Locus of control, self-esteem and health	Chapter 6 Discussion	
2/26	Anger, Hostility and Health	Ch. 7	
2/28	Anger, Hostility and Health	Ch. 7 cont'd	
3/5	Worry, Anxiety, Fear and Health	Chapter 8	
3/7	Worry, Anxiety, Fear and Health	Chapter 8 Cont'd	
3/11-3/15	SPRING BREAK	SPRING BREAK	
3/19	Depression, Despair and Health	Ch. 9	
3/21	Depression, Despair and Health	Ch. 9 Cont'd	
3/26	Exam 2 review	Chapters 6-9	
3/28	EXAM 2	Chapters 6-9	ONLINE EXAM
4/2	Social support, relationships and health	Chapter 11	
4/4	Social support, relationships and health	Chapter 11 CONT'D	
4/9	The healing power of spirituality, faith and religion	Chapter 15	
4/11	The healing power of spirituality, faith and religion	Chapter 15 Cont'd	
4/16	The importance of nutrition to mind and body health	discussion	

4/18	The importance of nutrition to mind and body health	Chapter 19	
4/23	Article discussion	Project	Major Assignment due
4/25	Article discussion	Project	
4/30	Exam 3 Review	11, 15, & 19	
5/2	Exam 3	11, 15, & 19	ONLINE EXAM
5/6-5/10	FINALS		