

**HTLH 4810  
Personal Health and Safety  
Spring 2018**

**Instructor:** Doryce Judd  
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**Office Hours**

Monday and Wednesday      11am – 12pm  
Tuesday and Thursday      9:30am – 10:45am  
All other times by appointment

**Course Description:** 3 sch. Health Promotion elective (all tracks). This course is a study of personal awareness, strategies for prevention and protection, and defense tactics. The topics will include identity theft, home and travel security, financial security, health care, insurance, and self-defense. This course will require some physical activity.

**Required Text:**

There is no required text book for this class.

**Course Objectives:**

- Students will identify and respond to threatening situations in the home, on campus, and in the community.
- Students will demonstrate how to protect their personal identity.
- Student will identify travel, insurance, and home security.
- Students will identify and develop strategies for financial security.

**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 Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu)

**American Disabilities Act:**

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).

### **Grading Procedures:**

The grades for the class will be calculated from three exams, class assignments, class participation, and attendance. **The grade is based upon points, not percentage.** Also, there *might* be potential for bonus points throughout the semester. The total maximum points are as follows: **Total possible points = 500**

In class exams = 300 points (3 worth up to 100 points each)

Class assignments = 200 points (4 @ 50 points each)

### **Exams**

There are three exams given during the semester. All will be worth 100 points each and will consist of multiple-choice questions. If you are unable to attend class (whether online or face to face) during an exam, it is your responsibility to inform me ahead of time.

### **Assignments**

There will be four assignments given throughout the semester.

Assignment 1 – Video/Article regarding fraud

Assignment 2 – Insurance assignment

Assignment 3 – Travel prioritization inventory

Assignment 4 - Locus of control self-assessment

### **Grading Scale**

A = > 450 points

B = 400 - 449 points

C = 350 – 399 points

D = 300 – 349 points

F = < 299 points

### **TENTATIVE SCHEDULE**

Jan 16	Introduction to the course
Jan 18	Identity – Who are you?
Jan 23	Identity theft
Jan 23	Identity theft
Jan 30	Home security
Feb 1	Home security
Feb 6	Financial Security
<b>Feb 8</b>	<b>Exam I</b>
Feb 13	Fraud
Feb 15	Case Scenarios
Feb 20	Cyber security
Feb 22	Cyber security
Feb 27	Health Care providers
March 1	Culture and Illness
March 6	Insurance Coverage
March 8	Insurance assignment
March 12	<b>SPRING BREAK</b>
March 16	<b>SPRING BREAK</b>
March 20	Travel security – Domestic/International
<b>March 22</b>	<b>Exam II</b>
March 27	Campus security
March 29	Active shooter
April 3	Personal Security (Self Defense)
April 5	Gym – PEB 103A
April 10	Personal Security (Self Defense)

April 12	Gym – PEB 103A
April 17	Personal Security (Self Defense)
April 19	Gym – PEB 103A
April 24	Personal Security (Self Defense)
April 26	Gym – PEB 103A
<b>May 1</b>	<b>Exam III</b>