



**Kinesiology, Health Promotion, and Recreation
HLTH 1100 – School and Community Health
Spring 2020, Canvas Online**

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Office Hours:
By Appointment
Or Canvas Chat

Catalog Description

3 hours. Introduction to the field of health education and various health services offered by the school and community. Health problems and strategies to improve community health are explored.

Student Learning Outcomes

Upon successful completion of this course the student should:

1. Be able to state why schools and health educators have such a large impact in the health education of a community.
2. Be able to define what a health disparity is and list at least 3 possible contributing reasons that a health disparity may exist.
3. Be able to define the most prevalent health problems within the United States and appropriate methods of prevention for each.
4. Be able to describe the impact of both legal and illegal drugs on the individual and on society.
5. Be able to describe how personal health behaviors (diet, exercise, sleep etc) affect health throughout life and list at least 3 reliable resources for obtaining health information.
6. Be able to describe the impact of injuries on health and describe age appropriate ways of teaching injury prevention and safety to others.
7. Be able to define good mental health and recognize the most common mental health disorders as well as recognize the impacts of a variety of influences on mental health such as bullying, abuse, neglect, etc.
8. Demonstrate understanding of the different organ systems and how they interact.

Course Expectations:

1. This course offers you the flexibility to complete your assignments when you chose; however, such a structure requires you to use a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.

4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Support

Student Helpdesk:

UIT Helpdesk
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Technical Skill Requirements: Students will need a computer with Internet access, Microsoft Word or a Word compatible program, and Adobe Acrobat Reader. Students must have the ability to send and receive email, create send and receive Microsoft Word documents, print Word documents OR open and print pdf files. All work will be done on Canvas. As such, the ability to navigate Canvas, including the ability to post to discussion boards, will be necessary.

Netiquette: Because of how important communication is in the online environment, I will expect each of you to log in to the course at least 3 evenly spaced times a week. Please check the Announcements area first, since that is where I will put important information. Communication online is different than that of face to face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face to face communication everyday without us really noticing it. So, please keep this in mind when you are commenting on others ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

To learn more about online etiquette, visit the following Web site:

<http://www.albion.com/netiquette/corerules.html>

Important Notice for F-1 Students taking Distance Education Courses

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at <http://ecfr.gpoaccess.gov>. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)" and can be found buried within this document: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Evaluation: Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below.

Component	Points
Learning Module Quizzes	200
Class Discussions	60
Laboratory Assignments	120
Final Exam	100
Total	480

Grading Scale

A: 432 \geq points

B: 384-431 points

C: 336-383 points

D: 288-335 points

F: 287 \leq points

Grading

Discussion forums: Each discussion forum requires 3 posts. There should be 1 post with your well thought out response to the article. You should also have 2 responses to your classmate's posts. Full credit of 30 points will be given to those meeting these criteria of the rubric and not violating the rules of netiquette. During the discussion process, you should treat your peers, the TA, and the instructor in a respectful manner. Discussions will be available beginning at 8:00 am and expire at 11:59 pm on the dates shown below. **If you miss a discussion, NO make-up will be offered.**

Learning Modules: Each learning module will consist of a combination of up to four main components: 1) Lecture, 2) Quiz, 3) Self-guided learning activity, and 4) Assignment Submission. You will have until the due date at 11:59 PM to complete and finalize all your learning module grades. Please make note of the release and availability dates listed on the tentative course schedule on Canvas

1. **LM Lectures:** The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. Edge, FireFox, Chrome, Safari, etc.). You may watch the lecture as many times as you like. A printable "storyboard" version of the lecture is also available for download in PDF format in the same folder where you will find the online lecture.

2. **LM Quizzes:** After you have watched the Online Learning Module for a given topic, you are required to take a Canvas quiz to test your level of knowledge. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the “highest” of your attempts. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss.
3. **LM Self-Guided Learning Activity:** These activities have been designed to provide you practical learning experiences and applications for the learning objectives for a given learning module. (Please note, that the laboratory worksheets are meant to be printed off and make notes as you complete the laboratory assignment. These worksheets are in PDF format and are difficult to edit on a computer. You will be submitting your answers through the laboratory submission template in each module.)
4. **LM Assignment Submission:** Once you have completed your self-guided learning activity, you will use the link in the learning module folder to submit your assignment. This may include entering the information you collected on yourself, completing a discussion forum, or uploading an assignment. Each module has an associated assignment. These assignments will be graded on completion. You will receive full credit for completing each assignment. No credit will be given for incomplete assignments.

Canvas Final Exam: The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Canvas. The final exam will consist of questions in a similar format as the LM quizzes. Your grade will be reported as the “higher” of your two attempts. **If you fail to complete the final exam by the due date, NO make-up will be offered.**

Exams/Quizzes/Assignments

No make-ups will be given for missed quizzes or exams unless approved by the instructor *in advance*. In most cases, it is possible to get an absence approved ahead of time. Therefore, only for extenuating circumstances will approval will be granted after the fact. If the absence is not approved, ***the student will receive a zero for the missed exam/quiz.***

ADA Statement

The Department of Kinesiology, Health Promotion, and Recreation is committed to full academic access for all qualified students, including those with disabilities. In keeping with this commitment and in order to facilitate equality of educational access, faculty members in the department of Kinesiology, Health Promotion and Recreation will make reasonable accommodations for qualified students with a disability such as appropriate adjustments to the classroom environment and the teaching, testing, or learning methodologies when doing so does not fundamentally alter the course.

If you have a disability, it is your responsibility to obtain verifying information from the Office of Disability Accommodation (ODA) and to inform the instructor of your need for an accommodation. Copies of the College of Education ADA Compliance Document are available in the Dean’s Office, Matthews Hall 214.

Federal Educational Rights and Privacy Act (FERPA)

The University is required to follow the Family Educational Rights and Privacy Act of 1974 ("FERPA"), as amended. The purpose of FERPA is to afford certain rights to students concerning their educational records. In essence, FERPA grants students the right to inspect and review their educational records, to seek to have their records amended and to have limited control over the disclosure of information contained in the records. UNT's Family Educational Rights and Privacy Act and privacy policies are available at <http://policy.unt.edu/policydesc/ferpa-policy-18-1-9>.

Academic Dishonesty and Misconduct

Academic dishonesty and misconduct includes cheating, plagiarism, fabrication and facilitating academic dishonesty. Cheating refers to collaborating on assignments and using unauthorized materials. Plagiarism refers to presenting ideas, words or statements of another person without giving credit to that person. Academic dishonesty and misconduct will not be tolerated. Individuals caught in academic dishonesty and misconduct will be charged under the University's Code of Student Conduct. Students found guilty run the risk of having their score changed to a zero, receiving a grade of "F" for the course and/or other penalties from the University. If you have questions about cheating or plagiarism, please see your instructor.

List of Graded Course Assignments

(Students will be given plenty of advance notice if changes are necessary. Please refer to Canvas frequently for updated information. All release dates and Due dates will be in Canvas)

Quizzes (each worth 20 points)

School Health Quiz

Communicable and Non-Communicable Diseases Quiz

Nutrition Quiz

Physical Activity Quiz

Drugs and Alcohol Quiz

Mental Health and Stress Quiz

Communication Quiz

Organ Systems Quiz

Health Maintenance Quiz

Personal Safety Quiz

Discussion Forums (Each worth 30 points)

School Health Discussion Forum

Nutrition and Learning Discussion Forum

Laboratory Assignments (Each worth 30 points)

Communicable and Non-Communicable Diseases Lab

Nutrition Lab

Drugs and Alcohol Lab

Child Abuse Reporting Training

Final Exam (worth 100 points)