

HTLH 2150
Personal Health and Safety
Fall 2018

Instructor: Doryce Judd
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Office Hours

Tuesday and Thursday 11:00am – 12:00 noon
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

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 two 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 = 400**

In class exams = 200 points (2 worth up to 100 points each)

Class assignments = 150 points (3 @ 50 points each)

Attendance=50 points

Exams

There are two exams given during the semester. Both 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. Make up exams will not be allowed unless prior approval has been given.

Assignments

There will be four assignments given throughout the semester.

Assignment 1 - Locus of control self-assessment – Jan. 18

Assignment 2 – Video/Article regarding fraud – due Feb. 13

Assignment 3 – Travel prioritization inventory – due March 20

Attendance

Attendance is expected!

Attendance of class meetings are important for the learning experience. Every student begins the semester with 50 points for attendance. With each class missed, there will be a 10 point reduction.

Grading Scale – Total pts available are

A = > 360 points

B = 359 - 320 points

C = 319 – 280 points

D = 279 – 240 points

F = ≤ 239 points

TENTATIVE SCHEDULE

Aug 28	Introduction to the course
Aug 29	Campus safety
Sep 4	Campus safety/Green Dot – Survivor advocate office
Sep 6	Campus safety/Green Dot – Survivor advocate office
Sep 11	Facilities/Risk management – campus safety
Sep 13	Medical safety – Student Health and Wellness Center
Sep 18	Active Shooter - UNTPD
Sep 20	Safety beyond - UNTPD
Sep 25	Local and Federal Agencies - UNTPD
Sep 27	Theft prevention – UNTPD
Sep 29	ID Theft/Money mgmt. – UNTPD and Money Mgmt. Center
Oct 4	Fire safety– Emergency Mgmt. (E.M.)
Oct 9	Emergency mgmt./Medical City Denton
Oct 11	Emergency Readiness – E.M.
Oct 16	International Travel Safety – UNTPD and E.M.
Oct 18	Self Defense
Oct 23	Self Defense
Oct 25	Self Defense
Oct 30	Self Defense
Nov 1	Stalking/intimate partner/violence – Dean of students
Nov 6	EXAM
Nov 8	Alcohol/Drug – SARC
Nov 13	Depression/Suicide - Counseling and Testing

Nov 15	Inclusive – ODA
Nov 20	Social Media – Cyber Security
Nov 22	THANKSGIVING - NO CLASS
Nov 27	Protests/Rallies
Nov 29	Fitness and Safety – Pohl Rec. Center
Dec 4	First Aid – Doryce Judd
Dec 6	CPR – Doryce Judd
Dec 11	EXAM