

University of North Texas
Principles of Health
HLTH 1900
Spring 2015

Faculty Contact Information

Instructor: Jody Terrell, Ph.D.

Phone: Office: 940-898- 2843

Office: PEB 208

Class Meeting Time: TUTH 12:30 – 1:50

Classroom: BLB 015

E-mail: jody.terrell@unt.edu

Office Hours: TTH 2:30 – 4:00

Also, available upon request

Recommended Text:

Donatelle, R.J., Ketcham, P. (2013). Access to Health. 13th ed. Pearson. ISBN 9780321832023

Course Description

This course is designed to help prepare students understand and define personal health problems of humans; knowledge, attitudes and behavior related to responsible healthful living.

Course Objectives

The student who successfully completes this course will be able to:

1. Describe core concepts of personal health
2. Identify personal health problems and solutions,
3. Identify attitudes and behaviors that reinforce positive health.

To accomplish this, students should attend class, read all course materials, participate in discussions, and consider participating in the KHPROs Club for academic and professional development (visit PEB 209 to sign up)

Course Goals

1. Evaluate and prioritize health issues and concerns
2. Demonstrate how to recognize health issues and assess solutions
3. Demonstrate how to read and follow directions
4. Effectively prioritize life issues, goals, responsibilities to avoid stress related health issues.
5. Identify areas and employment where graduates with a Health Promotion degree can be successful.

Student Learning Outcomes – (to name a few)

At the end of the course the students will be able to successfully:

1. Describe the immediate and long-term rewards of healthy behaviors and the effects that your health choices may have on others.
2. Identify your own current risk behaviors, the factors that influence those behaviors, and the strategies you can use to change them.
3. Examine the physical, emotional, and social health risks that may occur with chronic stress.
4. Describe the benefits of physical activity for health, fitness, and performance.
5. Discuss what cancer is, how it develops, its causes and the ways to prevent cancer and the implications of behavioral risks.

6. Explain why it is important to be a responsible health care consumer and how to encourage health care consumers to take action.
7. Discuss issues facing our health care system.
8. Explain how to properly eat and exercise in order to improve your general health

Expectations

The learner enrolled in this course will behave as mature adult learners engaged in undergraduate level of study. As a mature learner he/she will:

1. Interact with other learners in a respectful manner
2. Accept responsibility for his/her behavior and learning.
3. Assess his/her progress and request assistance as needed.
4. Accept constructive criticism as an essential component of learning
5. Accept responsibility for reading and following all directions and deadlines.

Teaching Style

My teaching style tries to reach all the different learning styles for each of my students. I will lecture with visual power points. I have group discussions and activities to reach the kinesthetic learner, and we have class discussions for the auditor learner. I enjoy learning from my students and also enjoy when the class can have fun learning. It is my philosophy that if you are having fun you will learn.

Pace of Course

This is a face to face class and we will meet twice a week. We will cover the chapters in the book, with the schedule attached to this syllabus. Please follow the schedule posted and any changes will be announced in class and on the blackboard announcement.

Activities, Assignments, and Grading Policy

<u>Outcome Measures</u>	<u>Point Value</u>
Attendance	150
Discussion Boards (6 X 15 points), (1x10)	100
Quizzes & Learning Activities	250
Topic Tests (4 x 100)	400
Course Reflection Paper	<u>100</u>
Total	1000

Grading Scale (in points)

- A = 900 -1000
- B = 800 - 899
- C = 700 - 799
- D = 600 - 699
- F = 599 and Below

It is your responsibility to regularly monitor your points in the Bb Grade Center. If you notice a discrepancy, contact me immediately. Do not wait until the end of the semester to question your grades.

Grading and Instructor Feedback

Grading

Please see course rubrics which are posted on Blackboard. *NO Late work will be accepted and all work will be turned in through the Assignment Link on Blackboard. No exceptions. Please do not e-mail me any assignments or attachments.*

Late Work: See the course schedule for specific due dates. Your work will be considered late if posted after 11:59:00 PM on the stated due date. **No late work will be accepted**, so please submit all of your work according to the deadlines set forth in the syllabus. The due dates are the absolute latest you can submit an assignment, but please note that you can always submit earlier if you would like. If there is a mistake on my part for example two different due dates for an assignment, the latest date will be accepted. Please make sure it is the latest date, and no papers will be graded until the due date is past.

As all course materials and due dates are provided up front, no make-up work will be accepted, unless it is a university excused absence. In accordance with UNT policy, make-up work will only be accepted for those who provide for the following:

- 1) illness certified by a physician;
- 2) serious illness or death in student's immediate family; o
- 3) absence from the campus with the sanction of the University or for a religious holiday, or other university sanctioned events.

You need to contact me ahead of the due date to discuss your options.

Style and Format

Assignments (out of class assignments) **MUST** be typed, double-spaced, using 12-point Times New Roman font. APA style must be used on all writing assignments. When submitting assignments online via the course Bb website, the file title should be formatted in this way: **Last Name - Title of Assignment**. For example, Jane Doe would submit Assignment 1 for Principles of Health in this manner: Jane Doe, HLTH 1900, Assignment 1

You are to save your assignment in a word document and then post it to the drop box or Assignment link of Blackboard. The comment section in the Assignment link is for comments only and not for the posting of your paper. I will not accept any papers that are typed in the "comment" section of the assignment link. If you have questions on how to post your assignments, please see the IT department.

All assignments without your name on them will receive a 0 and you will not be able to make up this assignment. This goes for all papers, quizzes, and in class activities.

Do not e-mail me any assignments regardless of the reason. I will not open attachments from students for any reason.

Instructor Feedback

Feedback for assignments will be returned within two weeks of the assignment due date. You will receive feedback through the Assignment link. Discussion boards will be graded two weeks after the close of each discussion board. I will grade your paper and it will be returned with the appropriate feedback on it. If you have questions before an assignment is due, please see me and I will be happy to review your paper before you turn it in however, no points for this privilege.

Discussion Protocol

Since this is an in face class you will be required to add to the class discussions. You will also have Seven discussion boards that you will be required to participate in on the Blackboard Discussion link. You will be required to post one original post and then respond to two of your peers for the full credit on each discussion posting. Please review the rubric below for the way to maximize your points. Each original post must be at least 200 words, and when responding to your peers you must have at least 50

words in the response, this means “Nice job” will not qualify for points. You will only get points for the posting which are posted on different days, which means, if you respond to three of your peers on February 13, 2015, you must respond on two other days to get full credit. This is to help spread out the posting so that everyone doesn’t post on the last day.

When posting an original discussion thread, please keep the following criteria in mind.

Criteria	Description
Relevance	Posted messages respond directly to the questions or directions specified in the assignment section.
Understanding	It is clearly evident from the posted messages that the participant read and understood the ideas expressed in the assigned reading selections.
Examples	Multiple examples are used or specific ideas are stated in posted messages.
Quality	Comments have professional depth and quality.

When replying to a discussion thread, please keep these criteria in mind.

Criteria	Description
Relevance	Posted response is specific to the concepts discussed in the original message.
Extend the Discussion	Response extends the discussion by introducing a new idea or adding to the idea introduced in the original message.
Tone	Response is positive and professional.

Participation

It is your responsibility to come to class prepared, ready to learn and participate in the activities of the class. If you have questions or need guidance, please utilize office hours to your benefit. I will be willing and able to stay after class if need. Also, I can meet you in the commons area 30 minutes before class if this is needed. Students are expected to engage in class discussions to share their knowledge and understanding with the class. Students are also expected to participate in classroom activities that complement the lectures and discussions, including online discussions. There are no make-ups for in class activities regardless of the reason for missing the class. Students are expected to arrive on time. Arriving late to class or leaving early is disruptive and disrespectful to the learning environment. Please refer to the student code of conduct. The Code of Student Conduct can be found at www.dos.unt.edu/conduct.

Major Course Assignments and Exams

Discussion Boards (100 pts.)

You will complete **7 discussion board assignments listed on Bb**. Click on “discussions” and then you will see the questions listed for each assignment. You will need to provide in-text references and a reference page at the end of each assignment using APA 6th edition. Please use credible sources (no Wikipedia or .com sites). Each response should be significant, approximately 200 words. Peer responses to Discussion Boards you will need to respond to two peer for each discussion board assignment. Your response should add to the discussion. “Good job” or “nice work” will NOT be sufficient. The word count for each peer response should be at least 50 words or more. Also, remember to cite using APA 6th edition. You need to respond to at least two of your peers to get full credit. There needs to be a day between each discussion board response.

In Learning Activities and quizzes (200)

In Learning Activities are to assist the student to get a better understanding of the concepts taught in this class. They will be a combination of outside activities, group discussions, team work and brainstorming, and outside observation. Because this class is designed to prepare you for health promotion and health education you will have the opportunity to assess your own learning style, participate in class activities and learn presentation techniques. All in activities will be given during the semester and will help you prepare for the unit exams and quizzes.

Topic Tests (4 X 100)

Each exam covers the material addressed since the prior exam. The exams are worth 100 points each and will include multiple choice, true/false, short answer, and essay questions. Students will be taking these exams through Blackboard, and will not have to attend class during this time. You will be allowed 90 minutes or less to complete the test. This is not an open book exam so you will not have the chance to look up questions. Dates and times will be announced, and the test will be available for a period of three days. Once you start the test, it will time out at the designated time limit. Each test will be explained before it is posted.

Attendance Points (150 pts)

You will be awarded 5 points per day when you are present and on time. If you are more than 10 minutes late, you will not receive attendance points even if you are in the class. If you leave early without the permission of the instructor, you will also forfeit your attendance points.

Submission of Assignments

Submission of Assignments

Assignments for this class will be submitted in various ways via the assignment link Blackboard, on the discussion board, or by taking an exam using a link that will be made available in course modules when they are due. Instructions are provided throughout the course shell in Blackboard, so please read carefully to ensure that you are submitting in the correct way. If your name is not on your assignment you will receive a 0, no exceptions.

Assignment Due Dates

Every assignment is due by the designated date and time unless otherwise noted. Please note that due dates are the very last day and time that an assignment will be accepted, and students may submit earlier than the due date. Your work will be considered late if posted after 10pm on the stated due date. **No**

late work will be accepted, so please submit all of your work according to the deadlines set forth in the syllabus.

Communication & Response Times

It is your responsibility to communicate with me via email at least 48 hours prior to the due date if you have any questions or concerns regarding assignments. I am diligent about responding within 48 hours (usually 24 hrs.). If my response is deemed useful for the entire class, I will send it to everyone. A general Announcement will be posted for communications between students, but if your question is about an assignment, email me.

Any emails received after 5 pm on Friday, will be responded to within 48 hours beginning Monday morning. Please do not expect me to respond to you on the weekends.

Preplanned Extended Time Away from Course Room

If you know that you will be required to miss an assignment due date, you must inform me as soon as possible in order to make arrangements. In extenuating circumstances it may be possible to make alternate arrangements, but ***you must contact me before the due date of the assignment***. If you provide less than 24 hour notice of a problem, it is possible that there may not be much that can be done. College level work requires you to plan ahead in order to complete tasks in a timely manner. Failing to be prepared at least 24 hours ahead of a due date may reflect a time management problem. Please plan ahead in order to complete all the assignments on time.

Attendance and Absences

All absences are viewed the same: there are no excused and unexcused absences. Attendance is vital to the full education experience. This is a heavily performance based class with regular activities. You cannot contribute effectively if you are not in class. Attendance is taken via sign-in each class, and there is a 25 point penalty for signing someone else's name who is not present. The instructor will not accept documentation for any absence (exception: if you have a prolonged condition that warrants consideration for an incomplete, documentation is required). No late materials will be accepted. Electronic assignments are not accepted in the event of an absence. Absences for any reason affect your grade as follows:

Absences 0 – 3	No Penalty, no deduction
Absence 4	Drop one letter grade
Absence 5	Drop one more letter grade
Absence 6+	Automatic "F"

University Activities

Attendance exception: Students should notify the instructor of planned absences ahead of time to receive alternative accommodations if appropriate. Planned absences due to participation in sponsored activities must be approved in advance by department chairs and academic deans. Within three days after the absence, students must obtain authorized absence cards from the Dean of Students for presentation to their instructors. Students with authorized absence cards may make up the work missed, when practicable, or be given special allowance so that they are not penalized for the absence. It is preferred for the student to make up any missed assignments ahead of time.

Absence for Religious Holidays

Attendance exception: Students who are absent due to the observance of a religious holiday may take an examination or complete assignments scheduled for the day missed within 7 days after the absence. Travel time required for religious observance shall also be excused. Students are encouraged to inform the instructor at the beginning of the term to receive accommodations before the absence occurs if possible.

Students called to Active Duty

Please contact Dean's office of your department.

Access to information – Eagle Connect

Your access point for business and academic services at UNT occurs within the my.unt.edu site www.my.unt.edu All official communication from the university will be delivered to your Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward your email; <http://eagleconnect.unt.edu/>



Remember, if you have a problem, or need more explanation please see me immediately. I am here for you and would be more than happy to help you succeed in this class.

Let the fun begin

COURSE SCHEDULE HLTH 1900 Spring, 2015 (Subject to change if necessary)

HLTH 1900 Spring 2015, Tentative Schedule...May be changed if needed			
Date	Test	Topic	Assignment and Chapter readings
1/20/15	1	Syllabus - Expectations Introduction to Principles of Health Project management	In Class Activity
1/22/15	1	What is Health Promotion	Out of Class Activity Assigned
1/27/15	1	Assessing your Health	pgs 2 - 27
1/29/15	1	Promoting and Preserving your Psychological Health	pgs 28 - 57
2/3/15	1	Cultivating your Spiritual Health	pgs 58 - 68
2/5/15	1	Managing Stress and Coping with Life Challenges	pgs 70- 111 Out of Class Activity 1 Assigned
2/10/15	1	Managing Stress and Coping with Life Challenges Continued	In Class Activity
2/12/15	1	Managing Stress Continued	Notes not in the book

Date	Test	Topic	Assignment and Chapter readings
2/17/15	1	Stress Management Techniques Applied	Notes not in book, In Class Activity Test 1 Goes Online tonight
2/19/15		NO Class - Test 1	
2/24/15	2	Creating Healthy and Caring Relationships	Notes not in the book
2/26/15	2	Creating Healthy and Caring Relationships	pgs. 112 135
3/3/15	2	Understanding your Sexuality Considering Your Reproductive Choices	pgs 136- 161 Out of class Activity 1 Due
3/5/15	2	Building Healthy Lifestyles, Eating for a Healthier You, Reaching and Maintaining a Healthy Weight	Pgs 202 - 266 Out of Class Activity 2 assigned Diet and Exercise
3/10/15	2	Enhancing your body Image, Improving your Physical Fitness	Pgs 266-309 Out of Class Activity 2 assigned Diet and Exercise
3/12/15	2	Recognizing and Avoiding Risks from Harmful Habits	pgs 310-236
Spring Break March 16 - 22, 2015 Be Safe No Classes			
3/24/15	2	Recognizing and Avoiding Addictions, Drinking Alcohol Responsibly, Ending Tobacco Use, Avoiding Drug misues and abuse	pgs 328-406
3/26/15		No Class, Work on Online Test 2	
3/31/15	3	Preventing and Fighting Disease, Protection against Disease, Understanding your Health Inheritance	pgs 410 - 544 Out of Calss Activity 2 Due, Test 2 goes online tonight
4/2/15	3	Preventing Cardiovascular Disease, Minimizing your Risk for Diabetes, Reducing your Cancer Risks	pgs 458 - 543
4/7/15	3	Choosing Conventional and Complementary Health Care	Out of Class Activity 2 Due
4/9/15	3	Preventing Violence and Abuse	pgs 575-594
4/14/15	3	Preventing Violence and Abuse Continued	
4/16/15	3	Reducing your risk of Unintentional Injury	pgs 598-614 Test 3 goes online tonight

