



Chronic Disease Prevention & Management

HLTH 4360

Spring 2026

TTH 9:30-10:50am

Gateway 137

Instructor Information

Kelly Perez M.Ed. MPH MCHES CWP NBC-HWC

- [Email: Kelly.Perez@unt.edu](mailto:Kelly.Perez@unt.edu) (or message through Canvas)
- Phone: 940-565-2629
- Office: PEB 210P
- Zoom Meeting Room: <https://unt.zoom.us/my/kperezkhpr>

TA Information

Emily Hebb

- Email: EmilyJenkins2@my.unt.edu

Communication Expectations: Primary communication (outside of the classroom) should be delivered via e-mail or Canvas messaging. Please use your UNT email account and include HLTH 4360 in the subject line. Students can expect response to e-mails within 2 business days (I generally will not respond on weekends to help maintain work/life balance) and feedback on assignments within 10 business days. Please review CLEAR's webpage for [Online Communication Tips](https://clear.unt.edu/online-communication-tips) (<https://clear.unt.edu/online-communication-tips>).

What You'll Be Learning

This course reviews how social, behavioral, and physiological lifestyle changes can be used to prevent and manage chronic conditions such as diabetes and cardiovascular disease. Emphasis will be placed on physical activity and nutritional modifications.

How We'll Learn Together

This course will include a blend of lectures, discussions, case studies, practical application, online-related work, and guest speakers sharing their experience on various subject matter related to the course.

Course Objectives

By the end of this course, you will be able to:

- Understand the relationship between the various dimensions of health in the prevention and management of chronic conditions and diseases.
- Recognize how social determinants of health impact disease risk and management.
- Apply evidence-based strategies to promote lifestyle changes that prevent and manage chronic conditions.
- Identify the relationship between lifestyle choices and common chronic diseases. (HBF Program Outcome)
- Examine barriers and strategies to improve overall health (HBF Program Outcome)
- Identify and respond to needs based upon an understanding of situational context and logical analysis of relevant information. ([NACE-Critical Thinking](#))
- Clearly and effectively exchange information, ideas, facts, and perspectives with persons inside and outside of an organization. ([NACE-Communication](#))

What You'll Need to Be Successful

- **Be Present:** I am going to give you as much class time as I can to 'do the work' so it will greatly benefit you to show up to class and participate/stay engaged.
- **Organization:** Read the announcements, review the PowerPoints and use a planner or calendar to keep track of due dates.
- **Laptop/Tablet:** On many occasions, you'll need either a laptop or tablet so please be prepared with one each class period.
- **Notecards:** We will use notecards several times throughout the semester.

A textbook will **not** be required for this course. All materials will be provided through Canvas. Therefore, to fully participate in this class, you will need internet access to reference content on the Canvas Learning Management System. If anything changes, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at [Learn Anywhere \(https://online.unt.edu/learn\)](https://online.unt.edu/learn).

Tips for Success

Get Connected! [Research](#) has shown that connectedness is a key factor in academic success. It can feel uncomfortable to reach out for help and ask questions, but it is a good skill to develop. I would love for you to stop by my office (PEB 210P) or via zoom to GC (get connected). This has typically been referred to as office hours, but I am trying to re-brand our time together. 😊 You can stop by unannounced during any of the following GC hours or email me so we can set up a different time. *Note, I am often asked to write letters of recommendations or be a reference for students. I will be much more likely to help if you've taken the time to get connected so that I can get to know you better. This does not guarantee that I will write you a letter, but if you don't take the time to get connected, the answer will be no.

GC Hours: Tuesdays 11:00-12:00 and Wednesdays 10:00-12:00

Note: If these days and times don't work for you, please email me and I'd be happy to meet another time that works with both of our schedules.

GC hours are in-person in my office (PEB 210P). However, if you prefer to meet virtually, just email me and we can use this [Zoom link](#). Occasionally, GC hours may change due to unforeseen circumstances, so keep an eye on announcements just in case.

What are some reasons to stop by during GC hours? You can ask for clarification on content or an assignment, help me get to know you better as a learner/person, discuss career paths you may be considering or any number of reasons. You can also utilize our awesome TA by connecting with her as well. Her contact information is at the top of this syllabus. Your success is our goal!

As a reminder, please use your UNT email or Canvas when reaching out to the TA or instructor. Please include the course HLTH 4360 in the subject line.

Use Your Resources!

We all need more support sometimes. Don't suffer in silence or feel you must do this alone. University life is filled with challenges! UNT has so many great resources to support you.

[Office of Disability Access](#)

The Office of Disability Access (ODA) can work with you on academic accommodations if needed.

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. You must obtain a new letter of reasonable accommodation each semester and meet with each faculty member before each class's implementation. For additional information, refer to the [Office of Disability Access](#) website. You may also contact ODA by phone at (940) 565-4323 or visit their website to begin the registration process for additional support.

Additional Resources I encourage you to take advantage of are:

- [UNT's Counseling and Testing Services](#) can provide psychological counseling and academic testing
- [UNWell](#) provides FREE individual and group counseling as well as a vocational assessment
- [UNT Food Pantry](#) is a great resource if you ever experience food insecurity
- [Academic Success Center](#) can support you in your academics
- [Student Counseling Center](#) includes Togetherall (access on Canvas navigation menu) and many other resources
- [Succeed at UNT](#) provides many resources to help you succeed while you're at UNT

Our Learning Community

It is my goal to create an inclusive learning environment. Every student should feel supported in sharing their unique perspective and be treated with respect. You are an integral part of our learning community, and your viewpoint and perspective are valuable to your fellow learners. For you and your classmates to get the most out of the course, please do your part by participating fully, sharing your insights, and doing so by the deadlines provided. When connecting with me and your fellow students, please keep an open mind and communicate in a respectful manner. We don't all have to agree, but we can learn from one another's unique perspectives. I encourage you to review UNT's student code of conduct so that we can all start with the same baseline of understanding ([Code of Student Conduct](#)).

Let's Talk About Artificial Intelligence (AI)

AI tools can be helpful for learning, and I encourage you to use them responsibly. Some assignments will specifically allow AI use. If an assignment doesn't mention AI, you can still use it—but you must be transparent.

When you use AI, include a short note with:

- **Where** you used AI in your process
- **Which tool** you used
- **Your prompt** (or a link to the conversation)

Example:

"I used ChatGPT to improve the tone of my writing after drafting my own ideas. Here's the prompt I used..."

AI should support—not replace—your own thinking and learning. If you're unsure whether AI use is okay, just ask! I'm happy to help.

Assignments/Assessments of Course Student Learning Outcomes

Assignments will be weighted based on the following categories:

Signature Assignments (35% of your overall grade)

Throughout the course, you'll be researching a specific chronic disease/condition. The assignments associated with this research include:

- [Research Notes](#): Various questions will be answered on your disease topic of interest and a template will be provided.
- [Personal Account Interview](#): You will conduct a recorded 10–20 minute interview of someone living with the chronic condition you've been researching to give you a personal perspective. You will submit the recorded interview and write a brief reflection of what you've learned. This information will also be included in your research as a comparison to what you've found from other sources

- [Research Presentation](#): Once you've completed the research, you'll share your discoveries in a recorded presentation to your peers in the discussion board. This presentation will include some type of presentation software slides (PowerPoint, Canva, Prezi, etc.) and your explanation recorded as audio for each slide.
- [Final Project](#): The final project will allow you to look at chronic disease through the lens of a professional in a possible future career. You'll have the opportunity to apply what you've learned about a chronic disease in the form of a 'real-world' product or deliverable.

Exams (15% of your overall grade)

- Exams will be used to check for understanding of course content shared in class and on Canvas. Study guides will be provided prior to the exam to help you know what to focus on as you prepare. Most exam questions are multiple-choice or true/false with a few short answer responses.

Assignments/Quizzes (40% of your overall grade)

- Various 'small-stakes' assignments and quizzes will be completed throughout the semester outside of class and in-class. These assessments will ensure you are prepared, allow you to provide feedback to your peers and help me to know if you're understanding what you need to as far as course content. They're also a great way to apply what you're learning and help you to be more successful in the signature assignments.

*The remaining 10% of your grade will be based on your attendance. More information on attendance is described below.

How Your Learning, Effort and Participation will be Assessed

- A = 89.5-100%
- B = 79.5-89.4%
- C = 69.5-79.4%
- D = 59.5-69.4%
- F = 59.4% or lower

Assignment Deadlines

Deadlines are a part of life. There are deadlines to register or RSVP for events, deadlines your employer may have for you, deadlines to catch a flight, etc. So, part of our learning is learning how to manage our time, stay organized and complete module requirements in a timely manner.

Late Work

Late assignments will be deducted by 15% each day for up to 4 days after the original due date. You can submit after that, but the most points you can earn are 50% of the total points possible. If you fail to

complete an assignment, you will still earn 20% (rather than a zero). I understand that situations will arise causing you to need an extension on an assignment. If you email me PRIOR to the assignment due date, we may be able to work together on extending the deadline by a day or two. If you don't email prior to the due date, you will receive the deductions mentioned above.

Attendance

If you know you will not be able to attend, please try to notify me in advance as a professional courtesy. It's a good habit to get into as you wouldn't just not show up to work without notifying your supervisor, right? Assignments completed in class cannot be made up if you are not in attendance on the day they are assigned unless a prior arrangement has been made with me. *Attendance will be taken each class period unless announced otherwise and will account for 10% of your grade.* There will be an attendance column in Canvas for you to check as needed on your progress.

Technical Difficulties?

If you have any technical issues submitting your assignments in Canvas, please do the following:

- Check that you are using a compatible browser, like Google Chrome.
- Contact the [Help Desk](#) for technology support.
- Email your instructor your assignment and a screenshot of your chat with the Help Desk if they cannot assist you with the submission issue. This will show me that you completed it on time. Then, resubmit to Canvas once you are able (occasionally, there are temporary glitches).

How Our Time Together Will Be Organized

Below is a list of topics and assignments we will be working on together throughout the course.

Week	Date	Topic/Module	Signature Assignments & Quiz dates only
Week 1	1/12-1/18	Course Overview	
		Intro to Chronic Diseases	
Week 2	1/19-1/25	Lifestyle Medicine	
		Signature Assignments Overview	Selecting a Topic assignment due 1/25
Week 3	1/26-2/1	1/29-Guest Speaker: Jo Monahan UNT Librarian *in Willis Library room 130	
		Lifestyle Medicine continued	
Week 4	2/2-2/8	Dimensions of Health/Wellness	

		2/5-Research work Willis Library room 130	
Week 5	2/9-2/15	Metabolic Syndrome	Module 1 (weeks 1-4) Exam
Week 6	2/16-2/22	Chronic Condition Focus: CVD & Stroke	
Week 7	2/23-3/1	<i>Social Determinants of Health & Health Equity/Health Literacy</i>	
		2/26-Research work Willis Library room 130	Interview assignment due 3/1
Week 8	3/ 2-3/8	<i>Mental Health effects of Chronic Disease</i>	Module 2 (weeks 5-8) Exam
			Research notes due 3/8
	3/9-3/15	Spring Break	
Week 9	3/16-3/22	<i>Overweight & Obesity</i>	
		3/19- Research presentation work Willis Library room 130	Research presentation due 3/22
Week 10	3/23-3/29	<i>Chronic Disease Focus: Diabetes</i>	Respond to peers in Research presentation discussion due 3/29
Week 11	3/30-4/5	<i>Chronic Disease Focus: Parkinson's Disease-Guest Speaker</i>	
Week 12	4/6-4/12	<i>Respiratory Diseases & overview of final project</i>	
Week 13	4/13-4/19	<i>Cancer & Physical Activity Considerations</i>	Final Project plan due 4/19
			Module 3 (weeks 9-12) Exam
Week 14	4/20-4/26	<i>Community Interventions</i>	
		Guest Speaker Thursday 4/23	
Week 15	4/27-5/1	<i>Tying it All Together</i>	Share final projects in class

*Schedule subject to change but we'll do our best to stick to this plan.

Additional UNT Policies and Resources

[Student Academic Integrity policy](#) Students who use other people's work without citations will be violating UNT's Academic Integrity Policy. Please read and follow this important set of guidelines for your academic success. An academic integrity violation could result in loss of points, a failing grade for the assignment or course, suspension or even expulsion depending on the severity. It's not worth a chance, so do your own work and ask for an extension if you need more time on an assignment.

[Spring 2026 Registration Deadlines](#) It may be helpful to make note of important drop/add deadlines, etc.

[Student Support Services and Policies](#) There are many resources available on this site that may be worth bookmarking