

Florida Atlantic University
Department of Exercise Science and Health Promotion

Summer term 1 (C) 2009

I. Course HSC 3102 Perspectives of Health and Wellness
<http://blackboard.fau.edu> - **totally on line course**

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II. Course Description:

A study of the major health and wellness issues facing humankind. Emphasis will be placed on examining appropriate health enhancement strategies. This is an entirely on line course. No class meetings are scheduled.

III. Required Text Book:

McKenzie, J.F., Pinger,R.R., Kotecki, J.E. (2008, 6th ed.). An Introduction to Community Health. MA: Jones and Bartlett. **ISBN #978-0-7637-4634-6**

IV. Course Objectives:

The learning experiences and activities in the course are designed to enable the students to:

1. Define health, community, community health, health promotion, disease prevention and public health.
2. Identify and explain the factors that influence the health of individuals and communities.
3. Delineate the key components of the school of personal and community health promotion.
4. Describe the purpose and role of Healthy People 2010 goals and objectives.
5. Measure and evaluate the effectiveness of health promotion.
6. Describe the public health infrastructure in the U.S. and WHO.

V. Expectations and Information:

1. **You are expected to read and follow the syllabus.**
2. Assignments **MUST** have a title written in the subject area when turned in and submitted using **MICROSOFT WORD** or they will not be graded.
3. **Late assignments will not receive credit.**
4. Check your FAU e-mail account for messages from me at least 4 times per week. **DO NOT FORWARD YOUR FAU E-MAIL TO ANOTHER ACCOUNT!** Other ISP's recognize e-mail coming from our server as spam and delete it before you see it. **CHECK YOUR FAU E-MAIL.** This is **MOST IMPORTANT** toward the end of the semester.
5. **DO NOT e-mail or FAX ANY** assignment to the instructor. Submit them through the appropriate blackboard site as per the instructions found in the assignment on

blackboard or in this syllabus.

6. **All assignments are to be submitted no later than 5 PM on the due date.**
7. Exams will be given via the blackboard site. You are required to take the exam on the designated day. **All exams will be available on the designated day from 8 AM to midnight.** Make up tests WILL NOT be given unless there's an excuse such as illness with documentation. **You will be allowed one reset of a for credit exam during the course of the semester.**
8. Any changes in the syllabus will be made by an announcement via e-mail and/or blackboard by the instructor.
9. Cheating or plagiarism on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. Turnitin an academic dishonesty program, will be used to evaluate plagiarism. **By signing up for this course the student agrees to allow Turnitin to check any and all papers submitted to blackboard for plagiarism.** Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics. (www.fau.edu)
10. TWO separate tutorials are available to you in the "course information" section of blackboard. They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. **READ THEM!!!**
11. You must safeguard you logon ID and password. Consequences resulting from misuse of your logon ID and password are your sole responsibility.

VI. Evaluation Criteria:

You will be evaluated based on the total points accumulated. Points will be earned through the following activities.

1. Written examinations - total of three worth **100 points each**. (Points will be lost if examinee exceeds time allotted for the exam. Description of penalty included with exam description. **All exams can be found in the assignment section of BB. They will not be visible until the day of the exam. Only one exam reset per semester allowed provided you have answered no more than 20 questions. If more than 20 questions have been answered, I will manually grade your exam. If you have AOL or dial up it's your responsibility to get to a computer lab on campus or the library to take exams. These are not compatible with Blackboard.**

2. The second week of class, you will be given a health issue topic to research. You will need to write at least a four page summary of the issue. **Use at least 4 references (No "dot" com sites, newspapers, magazines, your textbook or Wikipedia may be used. You may use web sites that end in .org, .gov, .edu e.g.)** In addition you may use only six (6) lines of direct quotes in your paper. More than that will result in a grade of zero. The paper on your pre-approved health topic will be submitted to me electronically via the Blackboard site. **Submission is through the assignment section in Bb. Use the view/complete button found at the end of the assignment.** The paper is worth **60 points**.

PAPER FORMAT: Type a double-spaced four page summary of the health issue assigned which provides an overview, definition, statistics, and conclusion (what, when, how, why, who, where, prevention, treatment). The paper should be submitted using Microsoft Word and

written using APA style and be free of spelling and grammatical errors, **(points will be deducted for spelling and grammar errors)**. Include the reference cite/s used for your background research in the body of the paper as well as the reference page. It will be tempting to cut and paste, however that is academic dishonesty which has consequences. As a researcher you must write the findings of your research in your own words. Be creative and think about how you can present this information in a way that can save a life or have a positive influence on health behaviors. DO NOT include pictures, graphs or lines of any sort. Turnitin will not accept those items. **Remember only 6 lines of direct quotations are allowed. More than 6 lines will result in a grade of zero. Paper due on date specified by 5 PM. Late work WILL NOT be accepted. For additional information, check with the assignment. The paper should be submitted using the view/complete button found in the assignment section of your HSC 3102 blackboard section. A grading rubric for this paper can be found in “Course Information”.**

POWER POINT PRESENTATION: This is a ten-minute health hint to the class on your health issue (ten-fifteen slides not including the title page and the reference page). The presentation should include visuals, a health hint regarding your health topic and a reference slide showing your research. **Submit through the “discussion board” found using your communications button in the menu items.** For additional information on submission check with the assignment. You must view at least three of your class mates presentations and post comments on them as well. Power point assignment is worth **40 points Total** (25 for the paper and 15 for viewing and commenting on three other presentations)

COMMUNITY ASSESSMENT: Type a paper **listing** the name address, and phone number of the following resources in your community that are used by humans, and that are closest to your home (no campus resources may be used): hospital, urgent care center (not a hospital ER), ***public** health department, poison control center (hint there are only 3 in all of Florida), fire department, non emergency police contact, rescue squad, ***public** recreation facility (community center), ***public** park, ***public** mental health facility (no private Drs.), fitness facility and hazardous waste site. Number each item in the same order in which they appear above (only one submission per item allowed). Include a heading after the number of each item that you are identifying (e.g. #1. Hospital, under that heading type in the name of the facility, the address and the phone number). **Points will be deducted for not following this format (format example found in course information).** Use the view/complete button found at the end of the assignment to submit. Assignment worth **60 points total.**

***PUBLIC definition: This is a facility that is owned and operated by a municipal (city), county, state or federal government agency.**

SERVICE LEARNING: Identify a health or social service agency off campus or a facility on the FAU campus and request to do 4 hours of volunteer service. **A partial list of approved sites may be found in Course Information on BB.** Obtain approval from your instructor via e-mail before the date specified in this syllabus. If you do not obtain timely approval your experience will not be graded. After approval, make an appointment and do the service learning. Type a 2 page double spaced summary of your experience. You **need not** follow APA style here. Paper

MUST include the following in the heading: your name, the name, address and phone number of the agency, name of the mentor, date and time of learning (**if these items are missing the paper will not be graded**). Include in the paper three things that you learned, three things that you liked, two things that you disliked, and how the overall experience impacted you. I will spot check the mentors to assure compliance. This paper should be submitted using the view/complete button found at the end of the assignment in Bb. Points will be lost for not following these directions. Assignment worth **40 points** . A grade of zero will ensue for dishonesty.

Syllabus Exam: A syllabus exam will be scheduled for May 19th. This exam is to familiarize you with taking exams on blackboard as well as get you to READ the syllabus. No credit is attached to the exam, however 10 points will be deducted from your final grade if you do not take this exam.

COURSE SCHEDULE and ASSIGNMENTS:

Reading assignment	Date
Ch. 1-2	5/15
Syllabus exam	5/19
Ch. 3-4 Health hint topics assigned	5/19
Ch. 5	5/22
Ch. 6	5/29
Test #1 (on Ch. 1-6)	6/1
Ch. 7, 8 Service learning area approved	6/5
Ch. 9, 10	6/12
Ch. 11,12 Community Assessment due on this date	6/19
Test #2 (on Ch. 7-12)	6/23
Ch. 13 Health Hints paper due on this date	6/26
Ch. 14 Health hints Power Point due on this date	7/3
Ch. 15 Power Point Comments due this date	7/10
Ch. 16 Service learning paper due on this date	7/17
Ch.17, 18	7/24
Final exam (on Ch. 13-18)	7/31

EVALUATION:

Health hints (written paper)	60 points
Health hints (Power Point Presentation and reviews)	40 points
Community Assessment	60 points
Service learning	40 points
Exams (total three)	300 points
 Total	 500 points /5 = 100G

Grading scale is as follows:

93-100 = A	70-72 = C-
90-92 = A-	67-69 = D+

87-89	= B+	63-66	= D
83-86	= B	60-62	= D-
80-82	= B-	59 and below	= F
77-79	= C+		
73-76	= C		

EXTRA CREDIT: I am frequently asked for extra credit at the end of the semester. I do give extra credit during the semester for exemplary performance on a given assignment. **DO NOT** expect me to reward you with extra credit if you have performed poorly during the semester.

Students with disabilities accommodations: In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute course work must register with the Office for Students with Disabilities (OSD) on the Boca campus -SU 133 (561 297-3880), in Davie MOD 1 (954 236-1222, Jupiter SR 117 (561 799-8585) or Treasure Coast CO 128 (772-873-3305) and follow all OSD procedures.

Honor Code Statement: Students at FAU are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other student. Academic dishonesty is also destructive of the University community, which is grounded on a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information see: http://fau.edu/regulations.chapter4/4.001_Honor_Code.pdf.