



**College of Education**  
**Department of Exercise Science and Health Promotion**  
**HSC 3102 Perspectives of Health and Wellness- Summer Session C 2009**

**I. Course Details:**

**Professor:** Elizabeth Greenwald M.S., C.S.C.S., H.F.S.  
**Contact:** E-mail [egreenw1@fau.edu](mailto:egreenw1@fau.edu); ESHP Department number, 954-236-1260  
**Course Schedule:** Distance Learning: <http://blackboard.fau.edu>  
**Prerequisite:** HSC 2100 Health, Fitness for Life

**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. 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 United States and the World Health Organization.

**IV. Required Text Book:** McKenzie, J.F., Pinger, R.R., Kotecki, J.E. (2008, 6<sup>th</sup> ed.). An Introduction to Community Health. MA: Jones and Bartlett. ISBN 978-0-7637-4634-6

**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. You must check your FAU e-mail account for messages and announcements regularly. If you have forwarded you FAU e-mail to another account, be aware that you may miss e-mails. Do not rely on forwarded messages getting through (You will find the caveat against forwarding e-mail to another account on the login page of BlackBoard).
5. **DO NOT e-mail or fax any of your assignments to the instructor.** Submit them through the appropriate BlackBoard site as per the instructions found in the assignment section via 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 at the designated time 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 is a documented excuse (e.g. note from physician). You will

only be allowed **ONE reset per semester** in case you encounter problems with BlackBoard. Therefore, make sure you use a reliable computer (the computers on campus are a safe bet... No dial-up/No AOL).

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 and possibly even the course. Submitting any assignment/research paper, etc. for this course that has previously been completed for another course is considered academic dishonesty and will result in a zero for that assignment. 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.
10. TWO separate tutorials are available to you in the section of BlackBoard titled "course information." They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. **Please review these tutorials.**

## **VI. Assignments/Exams:**

### EXAMS

#### **300 points total/100 points per exam**

There will be three exams in this course, each worth 100 points. Points will be deducted if the examinee exceeds the time allotted for the exam. A description of the penalty is included with the exam description on BlackBoard. All of the exams can be found in the "Exams" section of BlackBoard and will not be visible until the day of the exam. There will only be ONE reset per exam, given you have not answered 50% of the questions. Do not take an exam on a computer through AOL or if it is a dial up internet. There are several computer labs on each campus along with a library where you can take your exams if necessary.

**Exam I (Chapters 1-6) June 1<sup>st</sup>**

**Exam II (Chapters 7-12) June 23<sup>rd</sup>**

**Exam III (Chapters 13-18) July 31<sup>st</sup>**

**\*All exams available only on designated exam day from 8am-midnight**

### RESEARCH PAPER

#### **60 points**

The second week of class, you will be assigned a health issue to research. You are required to write a four page minimum summary of the issue, not including references. A separate reference page(s) must be included at the end of the paper. A minimum of four scientific references is required. All references must be from peer-reviewed scientific sources (no "dot" com sites, newspapers or magazines). You may use your textbook as well as web sites that end in .org, .edu or .gov.) Be sure to interpret your findings from your research **IN YOUR OWN WORDS! The paper on your pre-approved health topic will be submitted to me electronically via the Blackboard site and Turnitin (an academic honesty site). Submission is through the "assignment" section in BlackBoard. Use the view/complete button found at the end of the assignment.**

**PAPER FORMAT:** The four page summary of the health issue assigned should be typed and double-spaced. The paper should have 1" margins on all sides. The paper should be submitted using Microsoft Word and written using APA style. APA (5th ed.) style referencing is required. APA guidelines for writing and referencing can be obtained from: [www.apastyle.org](http://www.apastyle.org) for information and/or questions. The paper must be free of spelling and grammatical errors (points will be deducted for spelling and grammar errors). Include the references used for your background research in the body of the paper as well as in the reference page. The paper should provide an overview, definition, statistics, and conclusion (what, when, how, why, who, where, prevention, treatment). 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. Refer to the research paper rubric under the "assignments" tab for further grading criteria. Turnitin will not accept those items. **Paper due on June 26<sup>th</sup> by 5 PM.** Late work **WILL NOT** be accepted.

## POWERPOINT PRESENTATION

### **40 points**

You will be required to design a ten-minute health hint to the class on your health issue (ten slides minimum). The presentation should include visuals, a health hint regarding your health topic and a reference slide showing your research. DO NOT copy and paste your paper onto slides for the presentation. Slides overloaded with words are not pleasing to the eye and are not easy to follow. Choose key points that you discovered in your research to highlight. **Submission is through the “discussion board” found using your communications button in the menu items.** For additional information on submission check with the assignment on BlackBoard. You must view at least three of your classmates presentations and post a comment on them. Failure to view/comment on three presentations will result in a “0” grade for that assignment. (PowerPoint assignment is worth 25 points and viewing three other presentations is worth 15 points). **PowerPoint is due on March 20<sup>th</sup> no later then 5 PM, comments on 3 presentations due July 10<sup>th</sup> by 5 PM.**

## COMMUNITY ASSESSMENT

### **60 points**

Type a paper **listing** the name, address, and phone number of the following human resources in your community (not on campus), that are closest to your home:

1. Hospital
2. Urgent care center (not a hospital ER)
3. \***Public** health department
4. Poison control center (hint there are only 3 in all of Florida)
5. Fire department
6. Non emergency police contact
7. Rescue squad
8. Public recreation facility (community center)
9. \***Public** park
10. \***Public** mental health facility (no private Drs.)
11. Fitness facility
12. 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). Assignment sample format is listed under “course information” tab. **Points will be deducted for not following this format.** Use the view/complete button found at the end of the assignment to submit. **Community Assessment is due on June 19<sup>th</sup> no later then 5 PM.**

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

## SERVICE LEARNING

### **40 points**

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 with a health educator, health teacher, health coordinator or health counselor. **A partial list of approved sites may be found in “Course Information” on BB.** Obtain approval from your instructor prior to your learning experience. The earlier you send your site for approval the better, for there will only be allowed a certain number of students at each site if there are repeat requests. If you do not obtain 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 heading: your name, the name, address and phone number of the agency, name of the mentor, date and time of learning, three things that you learned from this experience, a few examples of what you liked and disliked- include any suggestions you would have to improve the service, and how the overall experience impacted you. You **MUST** include the contact information, 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 BlackBoard. Points will be lost for not following these directions. A grade of zero will ensue for dishonesty. **Service Learning approval is due June 5<sup>th</sup> by 5 PM. The final Service Learning paper is due July 17<sup>th</sup> by 5 PM.**

**Syllabus Exam:** A syllabus exam will be scheduled for May 19<sup>th</sup>. This exam is to familiarize you with taking exams on blackboard as well as to ensure that you read the syllabus thoroughly. No credit is attached to the exam; however 10 points will be deducted from your final grade if you do not take this exam.

**VII. EVALUATION: Your final grade will be calculated as follows:**

<i>Exams (3 @ 100 points each)</i>	300 points
<i>Research Paper (Health topic)</i>	60 points
<i>Power Point Presentation and Reviews</i>	40 points
<i>Community Assessment</i>	60 points
<i>Service learning</i>	40 points
<b>Total</b>	<b>500 points</b>

**Grading Scale:**

A = 94% (470-500 pts), A- = 90-93.99% (450-469 pts) B+ = 87-89.99% (435-449 pts), B = 84-86.99% (420-434 pts), B- = 80-83.99% (400-419 pts), C+ = 77-79.99% (385-399 pts), C = 74-76.99% (370-384 pts), C- = 70-73.99% (350-369 pts), D+ = 67-69.99% (335-349 pts), D = 64-66.99% (320-334 pts), D- = 60-63.99% (300-319 pts), F = 0-59% (< 300 pts)

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

*Students at Florida Atlantic University 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. Academic dishonesty is also destructive of the University community, which is grounded in 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://www.fau.edu/regulations/chapter4/4.001\\_Honor\\_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf).*

**VIII. Tentative Course Schedule (may be subject to change):**

<b>May 15</b>	<b>Read Chapters 1 &amp; 2</b>
<b>May 19</b>	<b>Read Chapters 3 &amp; 4, <b>Research Paper topics assigned, Syllabus Exam</b></b>
<b>May 22</b>	<b>Read Chapter 5</b>
<b>May 29</b>	<b>Read Chapter 6</b>
<b>June 1</b>	<b>Exam I (Chapters 1-6)</b>
<b>June 5</b>	<b>Read Chapters 7 &amp; 8, <b>Service learning area approved</b></b>
<b>June 12</b>	<b>Read Chapters 9 &amp; 10</b>
<b>June 19</b>	<b>Read Chapter 11 &amp; 12, <b>Community Assessment due</b></b>
<b>June 23</b>	<b>Exam II (Chapters 7-12)</b>
<b>June 26</b>	<b>Read Chapter 13, <b>Research Paper due</b></b>
<b>July 3</b>	<b>Read Chapter 14, <b>Power Point due</b></b>
<b>July 10</b>	<b>Read Chapter 15, <b>Power Point comments due</b></b>
<b>July 17</b>	<b>Read Chapter 16, <b>Service Learning Paper due</b></b>
<b>July 24</b>	<b>Read Chapter 17 &amp; 18</b>
<b>July 31</b>	<b>Exam III (Chapters 13-18)</b>