



**COLLEGE OF EDUCATION  
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION  
HSC 5203: Personal and Community Health - Summer 2009**

**I. Professor:** Dr. Tina M. Penhollow, CHES  
**Office:** Boca Campus: Field House  
**Office Hours:** Tuesday & Thursday 10:00-2:00, or by appointment  
**Contact:** E-mail: [tpenholl@fau.edu](mailto:tpenholl@fau.edu)  
**Course Schedule:** Distance Learning (online): <http://blackboard.fau.edu>  
Sect. 001, Call No. 50928

**II. Catalog Description:**  
Health problems and issues relating to the individual and to the community.

**III. Required Text Book & Reference Material:** Healthy People 2010 documents will be provided via BlackBoard. Healthy People 2010 information can be found online: <http://www.cdc.gov/nchs/hphome.htm>  
Online documents for Healthy People 2010 (Volume 1 & 2): <http://www.healthypeople.gov/Document>

**IV. Competencies/Objectives:**

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

1. Discuss the foundation of personal and community health.
2. Identify personal and community health problems and issues in relation to social, mental, physical, and environmental dimensions of health.
3. Relate the roles of individuals, communities, organizations, government, and the health-care delivery systems to personal and community health problems.
4. Communicate and apply Healthy People 2010 objectives for health and fitness areas.

## V. Course Outline and Important Dates:

Summer 2009: Term 1	Term Dates: May 11 – Aug. 4
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### READINGS/ASSIGNMENTS

Week 1:	5/15	HP: Population (pg. 34-43)	Article Review & Discussion 1 Due
Week 2:	5/22	HP: Health Insurance (pg. 44-49)	Article Review & Discussion 2 Due
Week 3:	5/29	HP: Health Risk Factors (pg. 50-59)	Article Review & Discussion 3 Due
Week 4:	6/5	HP: Morbidity (pg. 60-67)	Article Review & Discussion 4 Due
Week 5:	6/12	HP: Health Care (pg. 68-77)	Article Review & Discussion 5 Due Position Paper Due
Week 6:	6/19	Midterm Exam HP: Mortality (pg. 78-85)	Article Review & Discussion 6 Due
Week 7:	6/26	HP: Pain (pg. 86-105)	Article Review & Discussion 7 Due
Week 8:	7/3	Terrorism & Public Health	Article Review & Discussion 8 Due
Week 9:	7/10	Social Capital & Health Care	Article Review & Discussion 9 Due
Week 10:	7/17	Eliminating Health Disparities	Article Review & Discussion 10 Due
Week 11:	7/24	Research Topic Review Due	
Week 12:	7/31	Final Exam	

Note: HP = Healthy People 2010

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## VI. Evaluation: Your final grade will be calculated as follows:

A.) Exam (2 @ 100pts):	200 points
B.) Weekly Article Review (10 @ 10pts):	100 points
C.) Weekly Discussion (10 @ 10pts):	100 points
D.) Research Topic Review:	50 points
E.) Position Paper:	50 points

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<b>Total Points</b>	<b>500 points</b>
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### A. Exams 200 points

There will be two exams in this course worth 100 points each (midterm and final). Exams will cover information based on assigned readings and class discussions. Tests will primarily be multiple-choice and short answer/essay. Students are required to take the exam on the day scheduled. Exams will be available from 6:00am-midnight on the day of the exam. Students are required to contact the instructor 48 hours prior to missing a scheduled exam with a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligations, or participation in a university athletic or scholastic event). Make-up exams will be different than the scheduled exam. If the student does not contact the instructor before missing an exam, a grade of "0" will be recorded. If an exam is not made up within three days, a grade of "0" will be recorded. See course outline for exam dates.

### B. Weekly Article Review: 100 points

Each week a Healthy People 2010 article and PowerPoint Presentation(s) will be posted in the Course Documents section of BlackBoard. There will be 10 weeks of posting worth 10 points each. Students will write a minimum of a 400-word (1½ -2 page) summary for each weekly article and PowerPoint(s). The first half of the paper should summarize what you have learned. The second half of the paper should present your opinion/views of the topics. Weekly reviews are due by 5:00PM on the dates indicated in the course outline.

### C. Weekly Discussion: 100 points

Each week question(s) or a position statement regarding the current weekly article will be posted by the instructor in the Discussion section of BlackBoard. Each student must respond to the instructor and respond to one other classmate. Failure to respond to both the instructor and another classmate will result in "0"

points for each weekly discussion. There are a total of 10 weeks of discussion worth 10pts each. Responses are due by 5:00PM on the on dates indicated in the course outline.

#### **D. Research Topic Review: 50 points**

Each student will be assigned a health topic. Health topics will be posted in the Course Documents section of BlackBoard the first week of class. Students should perform an extensive literature review and locate 10 peer-review scientific articles on the assigned health topic. A one-page summary containing the following bold headings: **Introduction, Purpose of the Study, Methods, Data Analyses, Results, and Conclusions** – is required for each peer-review article. A binder containing 10 one-page summaries for each article and 10 peer-review articles is required for the assignment. The research topic review is due to me (or in my office mailbox) July 24<sup>th</sup> by 5:00PM.

#### **E. Position Paper: 50 points**

Each student must construct a position paper that reflects your personal viewpoints relative to some controversial health issue (ex: sex education, gun control, national health care, etc.). Your views should be supported by at least 5 scientific peer-review articles. The paper should be at least 4-pages in length (1,200 words), not including the reference page. APA (5<sup>th</sup> edition) style referencing is required. The position paper is due through TurnItIn June 12<sup>th</sup> by 5:00PM.

#### **Grading Scale:**

**A** = 94% (470-500 points), **A<sup>-</sup>** = 90-93.99% (450-469 points)

**B<sup>+</sup>** = 87-89.99% (435-449 points), **B** = 84-86.99% (420-434 points), **B<sup>-</sup>** = 80-83.99% (400-419 points)

**C<sup>+</sup>** = 77-79.99% (385-399 points), **C** = 74-76.99% (370-384 points), **C<sup>-</sup>** = 70-73.99% (350-369 points)

**D<sup>+</sup>** = 67-69.99% (335-349 points), **D** = 64-66.99% (320-334 points), **D<sup>-</sup>** = 60-63.99% (300-319 points)

**F** = 0-59% (< 300 points)

#### **VII. Course Policies & Procedures:**

1. You are expected to read and follow the syllabus.
2. Assignments MUST have a written title in the subject area and submitted using Microsoft Word (2007<sup>+</sup>) or they will not be graded.
3. Late assignments will not receive credit.
4. It is important to check your FAU e-mail account for messages and announcements regularly. If you forward your FAU e-mail to another account be aware that you may miss e-mails. Do not rely on forwarded messages getting through (read the caveat against forwarding e-mail to another account. You will find this on the login page of BlackBoard).
5. DO NOT e-mail or fax any assignments to the instructor. Submit all assignments 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 5:00PM on the due date.
7. Exams will be given via the BlackBoard site. You are required to take the exam at the designated time and day. All exams will be available from 6:00AM until midnight. Make-up tests WILL NOT be given unless there is a legitimate excuse (ex: military commitment, death in the family, court-imposed legal obligations, or participation in a university athletic or scholastic event).
8. Any changes to the syllabus will be made by an e-mail announcement and BlackBoard by the instructor.
9. Plagiarism, cheating, or academic dishonesty of any kind on any assignment or exam will not be tolerated and will result in a failing grade on the assignment or exam or possibly even the course. Appropriate university guidelines will be followed for disciplinary action.
10. Submitting any assignment, research papers, etc. for this course that was previously 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.
11. Two separate tutorials are available for 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. Please read them.

12. All scientific references used for this class must be published/written within the last nine years (year 2000 or greater).

13. 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.

14. If you have a learning disability and need special assistance, please notify the instructor by the end of the first week of the semester.

15. 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)