

CALIFORNIA STATE UNIVERSITY, FULLERTON
Department of Health Science

HESC 358 Contemporary Issues in Children's Health WEB
Course Syllabus-Fall 2008

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Catalog Course Description

Prerequisite: Junior or Senior Standing. This course is an overview of common causes of, interrelationships between, and prevention of morbidity, mortality among children and youth. Focus is on preventative and health promotion concepts and practices; connections between health and learning are explored.

Units: 3

***Minimum Technical Requirements and Competencies**

In order to use Blackboard 7.2 effectively, it is recommended that students meet the following requirements:

Skills

- Use of Web browsers.
- Entering Uniform Resource Locators (URL's).
- Downloading files from the Internet.
- Completing online forms.

Hardware Requirements

- A live Internet connection. Students will need access to the Internet using a telephone connection, DSL, or cable modem. A high speed internet connection is recommended.
- A monitor capable of displaying information at least 800x600 pixels. For best performance, access Blackboard using 1024x768 resolution or higher.

Software Requirements

- If you have a Windows PC, use the Microsoft Internet Explorer (6.0 or higher), Mozilla Firefox or Netscape Navigator 7.1 or higher. Mac users are recommended to use the Mozilla Firefox Web browser.
- Do not use the AOL browser or Opera to access Blackboard.
- Although it is not required to access Blackboard, students should have Microsoft Office 2003 or higher installed in their personal computers to view and access documents provided by the instructor.

* CSUF Blackboard Web site. The link below allows you to download additional plug-ins that you may need during this course:

<http://blackboard.fullerton.edu/student/plugins.htm>

Course Purpose

This course is designed to prepare elementary school teachers, health educators, parents, and other individuals who interact with children to effectively teach optimal health and well-being. Students will explore major health issues and develop competencies in addressing health problems of children and adolescents. Some of the health issues to be addressed may be considered controversial.

Course Objectives:

By the end of the course the student will be able to:

1. Analyze factors influencing the development of health attitudes and behaviors.
2. Describe the common causes of morbidity and mortality among children and youth.
3. Discuss how culture, heritage, race, gender and heredity influence health behaviors.
4. Identify the connections between various levels of health status and learning.
5. Examine the application of effective strategies for promoting health, including the prevention of risk taking behaviors-violence, tobacco, alcohol, other drug use, and abuse.
6. Identify and utilize reliable sources of accurate health information and services in the community.
7. Describe major principles and practices of individual, family, and community health.
8. Recognize behaviors that promote, protect, and/or compromise through injury, the health and safety of children.

Required Text Book & materials:

Anspaugh, D. & Ezell, G. (2006). Teaching today's health (8th edition).
Boston: Allyn & Bacon Publishing Co.

On- campus meeting requirements:

None

Student Responsibilities for this course:

1. You must gain access to your email by visiting the CSUF homepage and logging on to the Internet Portal.
2. Verify your blackboard email address and notify me of any changes. If you need help, see the Tutorial listed under the Help tab in Blackboard.
3. Provide your full name when communicating via email as your email address may not provide that information.
4. Avoid abbreviated words when communicating via email and in the Discussion Board.
5. Access the Blackboard course web site and your email at least twice a week.
6. Participate in **ALL** class discussions (details are outlined below).
7. Submit all class assignments on time, typed with your first and last name included.
8. Keep a copy of all assignments submitted.
9. Contact me with any questions or concerns.
10. Complete and pass the midterm and final exams on the date & time scheduled.

Course Information:

This course follows a weekly schedule which is intended to facilitate our online discussions. You are responsible for checking the schedule and completing all assignments on time. Here is a guide to the links on this Web site:

Assignments: These include chapter readings, assignments, PowerPoint slides, and tests.

Additional Reading: This includes relevant articles relating to the chapters. You will be tested on these handouts.

Discussion Board: Discussions pertaining to the chapter readings, current events, or anything else related to child health.

Participation:

Class participation is essential. Each student is required to access the course Web site a minimum of two times a week. You will be required to read the assigned chapters, submit assignments on time, and participate in the Discussion Board Forums throughout the semester (see guidelines below).

Discussion Board Forum Guidelines:

You are responsible for visiting the Discussion Board and responding to a question pertaining to the assigned readings, current events, or anything else relating to children's health. Discussions begin every Monday and end the following Sunday. All discussion topics are available in the Discussion Board; however, respond to the topic listed first. Do not skip ahead and respond to future discussion topics.

You are required to respond to the original question within one week, and reply to at least one other student's comment to receive full credit. One or two word responses such as, "I agree" and "Me too" are not considered sufficient contribution and will result in points deducted from your overall grade. Online participation will be tracked through copies of each discussion and through a discussion log. Students who do not participate and do not follow all of the guidelines will have points deducted from their overall grade.

Netiquette:

Netiquette refers to a set of behaviors that are appropriate for online activity, especially with email and discussions. Please review the core rules of netiquette, which are found at <http://www.albion.com/netiquette/corerules.html>. Points will be deducted from your overall grade for violating these rules.

Make-up Policy:

All assignments and exams must be submitted on the designated dates. Late work will not be accepted unless prior arrangements have been made. One letter grade will be deducted each day the work is late. In the event of technical difficulties, I will arrange alternate methods for submitting assignments.

Academic Dishonesty:

Students are expected to abide by the University's policy regarding academic dishonesty. Refer to the University policy in your course catalogue or see a copy at the following Web site: <http://www.fullerton.edu/handbook/policy/discipline.htm>

Disabled Student Services:

The University requires students with disabilities to register with the Office of Disabled Student Services (DSS), located in UH-101 and at (714) 278 – 3112, in order to receive prescribed accommodations appropriate to their disability. Please inform me during the first week of classes about any disability or special needs that may require specific arrangements/accommodations related to attending class sessions, completing course assignments, writing papers or quizzes/tests/examinations.

Distance Learning Assistance:

This is an online course so please make sure you are familiar with all aspects of distance learning. If this is your first time taking an on-line course at California State University Fullerton, you may find it helpful to visit the Blackboard Support Web Site and click on the tutorial section. You may also click on the Help tab once you have logged into the Blackboard portal. <http://blackboard.fullerton.edu/>.

Technical assistance:

If you need technical assistance, please contact the Help Desk at (714) 278-7777 or visit their Web site: <http://blackboard.fullerton.edu>

Evaluation Criteria:

<u>Assignments</u>	<u>Possible Points</u>
Midterm	60
Final	60
Newspaper Review	15
Evaluating Health Related Websites	15
Community Health Agency	40
Childhood Illness Report	40
Participation	20
Total Possible Points	250

Grading Criteria:

Exams, projects, and discussion participation will be used for evaluation purposes. The grading scale is as follows:

- A: 90%-100%
- B: 80%-89%
- C: 70%-79%
- D: 60%-69%
- F: below 60%

Plus/Minus Grading will be used for the Final Course Grade
Extra Credit – No extra credit offered

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Tentative Schedule

Week	Date	Topic	Reading
1	Aug. 25 th	The History of and the Need for Health Education	Chapter 1 Additional Reading
2	Sept. 1 st	Planning and Implementing Health Instruction	Chapters 3, 4
3	Sept. 8 th	The Human Body Developing Good Health Habits/ Personal Health Due: Newspaper Review	Chapter 7, 9
4	Sept. 15 th	Childhood Nutrition and Eating Disorders	Chapter 17 Additional Reading
5	Sept. 22 nd	Physical Fitness and Childhood Obesity	Additional Reading
6	Sept. 29 th	Communicable Disease: Types and Prevention Due: Evaluation of Web sites	Chapter 15 Additional Reading
7	Oct. 6 th	Noninfectious Conditions and Chronic Disease Midterm Review	Chapter 15 cont'd Additional Reading
8	Oct. 13 th	Midterm	
9	Oct. 20 th	Emotional Health of the Elementary School Child and Suicide	Chapter 6 Additional Reading
10	Oct. 27 th	Bullying and Depression	Additional Reading
11	Nov. 3 rd	Accidents and Violence Prevention and Child Abuse Due: Community Health Agency	Chapter 19 Additional Reading
12	Nov. 10 th	Sexuality Education	Chapter 11 Additional Reading
13	Nov. 17 th	Substance Use and Abuse	Chapter 13 Additional Reading
14	Nov. 24 th	***** Fall Recess *****	
15	Dec 1 st	Consumer Health Due: Childhood Illness Report	Chapter 21
16	Dec. 8 th	Environmental Health	Chapter 25
17	Dec. 15th	Final Exam	

***Note: Supplemental handouts/ articles are posted in Blackboard under Additional Reading. You will be tested on this content.**

Course Requirements

All assignments will be submitted in Blackboard (see instructions below). The assignments must be type-written, double-spaced and free of any grammatical and spelling errors. I cannot verify receipt of each assignment submitted in Blackboard. It is your responsibility to check your grades, which are posted one week after the assignment due date. Your grade will be based on the following course requirements:

1. **Exams**: Two exams consisting of multiple choice and true/false. Test dates are located in the **Assignments** section. You will be given 24 hours to take your exam.

Testing procedures:

All tests will be timed. Once you begin the exam, you must finish within the allotted time. You may not stop and restart the exam as this will result in an incomplete. Do not begin the test until you are ready to complete it. You will be allowed to go back to review or change your answers but make sure you are within the allotted time.

2. **Newspaper Review**

Using the **Sunday** OC edition of the LA Times or The Orange County Register, prepare a 1-2 page total written report which includes the following items:

- The name of the newspaper you reviewed (The OC Register, on _____)
- List all news articles specific to health related issues.
- List titles of articles/features/stories related to health of children and youth (K-12).
- Summarize which single health issue/topic, in your opinion, received the major focus on this date.
- Choose and review 1 of the health related articles (2-3 paragraphs)

Due: September 8

3. **Evaluating Criteria for Health Related Websites**

Select two health-related websites addressing the same health issue. Using the Website Evaluation Form under Assignments in Blackboard, evaluate each website individually and then write a brief response comparing and contrasting the information found on both sites.

Due: September 29

4. **Community Health Agency**

Visit a community health agency to gain a better understanding of **community based, public, non-profit, health organizations, and resources**. Speak with someone at the agency to answer questions from Part B of this assignment. 1) Submit a typed, double-spaced, two page paper with a summary of your interview utilizing the information list below. 2) Also, please include your personal comments about this agency/organization. See instructions under Assignments.

Due: November 3

5. **Childhood Illness Report**

Each student is required to submit a Childhood Illness report. Students will choose to research and summarize one childhood disease, health condition, disorder or problem that is common to school-age children/youth. See instructions under Assignments.

Due: December 1

6. Discussion Board Forum:

On-going discussions related to current child health-related topics. See Blackboard Guidelines above.

Submitting Assignments in Blackboard:

1. Download the assignment to your desktop.
2. Follow directions and complete assignment.
3. Save and rename your file.
4. Browse to your completed assignment.
5. Click and press the submit button which automatically sends your assignment to my gradebook.
6. Keep your own copy of all assignments and contact me with any questions regarding the assignment or your grade.