

Health Science (HESC) 101 Personal Health

Course Syllabus for Fall 2008
(Section 52 59190, 3 units)
Online

Instructor: Jackie Blyleven, MPH, CHES
Office: Online
Office Hours: Live chat as needed or arrange for teleconference or in-person meeting by email.
Email: jblyleven@fullerton.edu (preferred method of communication)
Room: online
Prerequisite: NA
Text: Insel, P. M. & Roth, W. T. (2008). *Core concepts in health, brief, updated* (10th ed.). Boston: McGraw-Hill.

Course Description:

Course Objectives:

Upon successful completion of this course students will be able to:

1. Demonstrate both knowledge and comprehension of the various aspects of wellness;
2. Explain how wellness is influenced by the psychological, social, organizational and community environment in which we live;
3. Develop an understanding of the causal factors of disease and disorders and the extent to which certain diseases can be prevented, treated and controlled;
4. Demonstrate the ability to research and write papers on various applied wellness topics;
5. Demonstrate, through class assignments, discussions, examinations and written papers, evidence of application and synthesis of concepts listed under course outline.

Student Learning Goals

There are two primary learning goals for this course. First, students will obtain scientifically based, accurate, up-to-date information about various issues related to health behaviors and health care. Second, students will use self-assessment of their personal values and beliefs and will analyze and potentially improve various aspects of their health-related behaviors. Guidelines, tools, and strategies for change will be offered for students who wish to adapt healthier lifestyles.

Learning Methods

1. Lectures via BlackBoard (see PowerPoint presentations in the Course Documents folder)
2. Reading Assignments (see page 4 of this document)
3. Class Discussions via BlackBoard Discussion Board
4. Writing Assignments (see page 2-3 of this document)

Student Responsibilities

1. Participate in all class discussions;
2. Be prepared;
3. Submit all projects, typed, on the due dates (see policy on turning in late assignments) to the Digital Dropbox on BlackBoard or appropriate Discussion Board forum as assigned;
4. Keep a copy of the written materials that you submit, as well as graded assignments that are returned to you;
5. Complete all examinations on the date and within timeframe specified by instructor.
6. Be courteous to others by using appropriate netiquette (see <http://www.albion.com/netiquette/corerules.html> for assistance in this area).

Special Needs

During the first week of classes, inform the instructor of any disabilities or special needs that you have that may require special arrangements related to attending class sessions, carrying out writing assignments, or examinations. Students with disabilities need to document the disability at the Disabled Student Services Office in UH 101.

<http://www.fullerton.edu/disabledservices/>

Academic Dishonesty

Academic dishonesty includes such things as cheating, inventing false information or citations, plagiarism, and helping someone else commit an act of academic dishonesty.

Cheating is the act of obtaining or attempting to obtain credit for work by the use of any dishonesty, fraudulent, or unauthorized means.

Plagiarism is the act of taking the specific substance of another and offering it as one's own without giving credit to the source.

Students found guilty of academic dishonesty will be assigned an appropriate academic penalty ranging from a reprimand to a grade of F and will be reported to the Judicial Officer on campus. For more information about the Academic Integrity policy please refer to: <http://www.fullerton.edu/deanofstudents/judicial/policies.htm>

Late Work

Students are expected to take exams and submit assignments as scheduled. Make-up exams and submission of late assignments will only be permitted under extenuating circumstances and are at the discretion of the instructor. All written assignments must be typed in the format specified by the instructor and must be submitted on the due date.

Caveat

The procedures on this syllabus and the course schedule are subject to change at the instructor's discretion. Students will be informed of any changes as soon as possible.

Grading Criteria

Exam 1	100 pts.
Exam 2	100 pts
Final exam	200 pts.
Homework assignments	100 pts.
Quizzes	100 pts
Participation on Disc. Boards	100 pts.
Health Topic Research Paper	100 pts.

Total Points **800 pts**

Grading Standard

720-800 points (90-100%)	A
640-719 points (80-89%)	B
560-639 points (70-79%)	C
480-559 points (60-69%)	D
0-479 points (0-59%)	F

Please note that because of potential for unjust judgment calls based on borderline final grade percentage, final grades are assigned solely based on total points earned in the class based on the Grading Standard above. The plus/minus grading system will not be used in this course.

Guidelines and Projects for This Online Course

The Course Schedule below is divided into the 17 weeks of the class. Each week's assignments are grouped by topic.

Assignments are due by the Friday at midnight of each week so my recommendation is that you begin covering course content for that week the preceding weekend.

DISCUSSION BOARD

You will have a total of 10 discussion board postings due. The topic and prompt will be posted by Monday of each week and your initial posting will be due by Wednesday of each week by midnight in which you will be asked to respond to my prompt in about 150-250 words. Due on Friday of each week by midnight will be your responses to the posts of two other students in a meaningful way that quotes the reading, develops the point further, asks a probing question or provides personal experience with the topic. Your participation grade for this class will be based on the fulfillment of these requirements. Consistent participation on BlackBoard Discussion Boards is a requirement for this course; plan on checking in to the site daily.

HOMEWORK ASSIGNMENTS

Assignments listed for each week are completed on the **online learning center** under "Internet Activities" for the particular chapter or saved as a document and emailed to me.

QUIZZES

Quizzes will be completed on the **online learning center** under “multiple choice quizzes” for that particular chapter. Upon completion of the quiz, you will input your name, email and my email and your scores will be submitted to me. Each quiz will consist of only multiple choice questions. Each quiz will require the use of your textbook and powerpoint slides. **You are allowed 2 hours and one attempt to complete the exam at anytime during the week assigned.** The exams will be made available in the BlackBoard assignments section at the beginning of the week and must be completed by Friday at midnight of the week assigned. Please be careful not to submit quiz prior to completion.

EXAMS

Exams will consist of multiple choice and true/false questions. Exams will require use of all course resources (textbook, presentations and discussion boards). Announcement of the exam type will be made by the beginning of each exam week. Exams are timed and you are allowed 2 hours and one attempt to complete the exam at anytime during the week assigned. The exams will be made available in the BlackBoard assignments section at the beginning of the week and must be completed by Saturday at midnight of the week assigned. Please be careful not to submit exam prior to completion. Success in completing all questions in 2 hours requires advanced planning with careful note taking, highlighting and/or tabbing textbook to easily find needed material, and printing PowerPoint slides to have on hand during exam as they will not be accessible in BlackBoard while you are taking the exam.

HEALTH TOPIC RESEARCH PAPER

With research for your chosen health topic, please complete the following:

Rubric:

10 pts. for meeting page requirements (minimum of 3-5 pages), double spaced and no spelling/grammar errors.

5 pts. for correctly citing research article(s) in APA format

30 pts. for appropriateness of 3+ research articles (empirical article on the health topic) and explanation of articles and relevance to the wellness. (http://en.wikipedia.org/wiki/Empirical_research) To find empirical articles see <http://www.library.fullerton.edu/default.aspx> and contact a CSUF librarian if you require assistance.

25 pts. for description of the physiology of the health topic and relating it to the concept of general wellness, describing in detail which of the dimensions of wellness to the health issue most directly affects and how.

20 pts. for the description of your personal experience with the topic, or your personal and/or intellectual growth due to researching this topic.

10 pts. for summary paragraph on the analysis of the research and topic.

When you save the assignment save it under the following format: lastname_initial_Research so for Jackie Blyleven the document would be saved as Blyleven_J_Research and submit to the Digital Dropbox in BlackBoard by Saturday at midnight of the week due.

HESC 101 Course Schedule

Date	Topic	Readings	Discussion Board*	Assignment/Exam	Due Date
Week 1 8/25-8/29	Class Introduction	Syllabus	Who, Why, What?		
	Overall Wellness	Chapter 1			
Week 2 9/1-9/5	9/1 Labor Day**no school Stress Management	Chapter 2		Internet Activity 2-2 "College Stressors"	9/5
Week 3 9/8-9/12	Psychological Health	Chapter 3		Online Learning Center Quiz	9/12
Week 4 9/15-9/19	Intimate Relationships and Communication	Chapter 4	Communication and Needs	Online Learning Center Quiz Internet Activity 4-1 Developing Intimate Relationships	9/19
Week 5 9/22-9/26	Sexual Health Awareness	Chapter 5 Chapter 6	Hormonal vs. barrier methods	Online Learning Center Quiz (Ch. 5&6)	9/26
Week 6 9/29-10/3				Exam 1	10/3
Week 7 10/6-10/10	Alcohol, Tobacco and Other Drugs	Chapter 7 Chapter 8	Breaking the addiction Or Alcohol Advertising	MC Quiz Internet Activity 7-1 Addictive behavior assessment Internet Activity 8-1 & 8-4	10/10
Week 8 10/13-10/17	Nutrition	Chapter 9	Nutritional advertising	Internet Activity 9-2	10/17
Week 9 10/20-10/24	Physical Activity & Weight Management	Chapter 10 & 11	Activity Adjustments	Ch. 10 MC Quiz Internet Activity 11-3	10/24
Week 10 10/27-10/31	Personal Safety	Chapter 16	Halloween and your safety	MC Quiz	
Week 11 11/3-11/7				Exam 2	
Week 12 11/10-11/14	Cardiovascular Disease & Cancer	Chapter 12	Tobacco Companies Analysis	Internet Activity 12-2 & 12-3	11/14
Week 13 11/17-11/21	Immunity and Infection	Chapter 13	Resisting Infection	Internet Activity 13-2 Health Research Paper Due by 11/22 @ midnight	11/21
Week 14 11/24-11/28	<i>Fall Recess</i>	<i>Have Fun</i>	<i>Please</i>	<i>Stay</i>	<i>Safe</i>
Week 15 12/1-12/5	Environmental Health	Chapter 17	Pollution	MC Quiz	11/28
Week 16 12/8-12/12	Health Care Prep for Final	Chapter 15		Health Care Analysis	12/10
Week 17 12/13-12/17	FINAL			FINAL	

*See Discussion Board for detailed topic and instructions. Due dates for Discussion Board topics will fall on Wednesday of each week for initial posting and Friday for response to 2 other students' postings. The date listed in chart above is the Friday due date for final responses. See Discussion Board description above for details. The Discussion Board on BlackBoard will contain the full prompt for response.