

Health Science (HESC) 358 Contemporary Issues in Children's Health

Course Syllabus for Fall 2009
(Section 52 18726, 3 units)
Online

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Email: jblyleven@fullerton.edu (preferred method of communication)
Room: online
Prerequisite: Junior or Senior Standing
Text: Anspaugh, D. & Ezell, G. (2009). Teaching today's health (9th edition). San Francisco: Pearson Benjamin Cummings.

Course Description

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:

To fully participate in this course, you will need to have and successfully operate a computer system with Microsoft Word (or something with which it is compatible), a dependable internet connection and access to internet multiple times per week. 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.

Internet Connection: You are required to have a dependable connection to the Internet. The speed and reliability of your connection will directly influence your online learning experience and ability to successfully complete exams

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.

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.

On-campus meeting requirements:

None

Learning Methods

1. Lectures via BlackBoard (see PowerPoint presentations in the Course Documents folder)
2. Reading Assignments (see course schedule on page 6 of this document)
3. Class Discussions via BlackBoard Discussion Board
4. Writing Assignments (see page 4-5 of this document)

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.

Student Responsibilities for this course:

1. Participate in all class discussions and be prepared. Plan on accessing your Blackboard and campus email **at least** twice a week.
2. 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 and complete all examinations on the date and within timeframe specified by instructor.
3. Keep a copy of the written materials that you submit, as well as graded assignments that are returned to you
4. Be courteous to others by using appropriate netiquette (see <http://www.albion.com/netiquette/corerules.html> for assistance in this area).
5. You must gain access to your email by visiting the CSUF homepage and logging on to the Internet Portal.
6. 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.
7. Please contact me at any time via email or phone. Provide your full name when communicating via email as your email address may not provide that information. Avoid abbreviated words when communicating via email and in the Discussion Board.
8. Students are responsible for learning how to use Blackboard for this course. If you are unfamiliar with Blackboard, please take the online tutorial. I will make every attempt to provide instructions for accessing documents, exams and assignments online.
9. If this is your first time taking an online class at Cal State Fullerton, you need to complete the "**Distance Education Blackboard Tutorial**". To access this tutorial, follow these steps:
 1. Click on the **COURSES** tab at the top of the page.
 2. Type in "**Distance Education Blackboard Tutorial**" in the course search box located in the upper left hand corner.
 3. Click on the link for the tutorial.

Communication:

1. If you want your e-mail sent to an address other than the one registered on Blackboard, it is your responsibility to change it. If you need help, see the *Distance Education Blackboard Tutorial*. It would be a good idea to verify your Blackboard email address at this time.
2. You must gain access to your e-mail by going to CSUF home page and logging on to the Internet Portal.

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. Announcements will be made by the instructor; however, it is your responsibility to follow along.

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 "0" on the assignment or an F in the course and will be reported to the Judicial Officer on campus. Please do not do it!** 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.

Side Note*

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

Evaluating Health Related Websites	15 pts
Community Health Agency	50 pts
Childhood Illness Report	50 pts
Quizzes	50 pts
Midterm	50 pts
Final exam	100 pts.
Participation on Disc. Boards	30 pts.

Total Points: 345 pts

Grading Standard

A+ 100 – 98%	B+ 89 – 88%	C+ 79 – 78%	D+ 69 – 68%
A 97 – 93%	B 87 - 83%	C 77 - 73%	D 67 - 63%
A- 92 – 90%	B- 82 – 80%	C- 72 - 70%	D- 62 - 60%

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 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 Saturday night at midnight of each week** so I would suggest that you begin covering course content for that week the preceding weekend.

DISCUSSION BOARD

You will have a total of 6 discussion board postings due. 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. The topic and prompt will be posted by Monday of each week and your initial posting will be due by **Thursday night of each week by midnight** in which you will be asked to respond to my prompt in about 150-250 words. Due on **Saturday night of each week by midnight** will be your responses to the post of *at least* one other student in a meaningful way that quotes the reading, develops the point further, asks a probing question or provides personal experience with the topic. 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. 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 multiple times per week. Students who do not participate and do not follow all of the guidelines will have points deducted from their overall grade.

HOMEWORK ASSIGNMENTS

1. 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)

2. 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.

3. 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, doublespaced, 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.

4. 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 below and under Assignments (on Blackboard).

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

Rubric:

5 pts. for meeting page requirements (3-4 pages), double spaced and no spelling/grammar errors.

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

15 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.

12 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.

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

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

Submitting Your Documents

Use the following file names to save your documents:

Last Name. Assignment Name.doc

Example: Blyleven.NewspaperReview.doc

4. Projects must be submitted in Microsoft Word or they will not be read.

QUIZZES

There will be a total of **5 quizzes**, which will be completed on Blackboard, under “Quizzes” for that particular chapter. You will have 30 minutes to complete 10 questions. Each quiz will consist of only multiple choice questions. Each quiz will require the use of your textbook and powerpoint slides; however, you will not have access to your slides while taking the quiz. Please be sure to print them out ahead of time. The quiz will be launched on Monday morning of that week and you will have until Saturday night (at midnight) to complete it. You will be allowed one attempt for 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 **90 minutes (1 hour & 30 minutes)** 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 night at midnight** of the week assigned. Please be careful not to submit exam prior to completion. 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. Success in completing all questions in **90 minutes** 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.

HESC 358 Course Schedule

Date	Topic	Readings	Discussion Board*	Assignment	Due Date
Week 1	The History of and the Need for Health Education	Ch. 1 Additional Reading	Getting Acquainted		
Week 2	Planning and Implementing Health Instruction	Ch. 3 & 4		Quiz	
Week 3	The Human Body And Personal Health	Ch. 8 & 9		Newspaper Review	
Week 4	Childhood Nutrition and Eating Disorders	Ch. 17 Additional Reading	Fastfood		
Week 5	Physical Fitness and Childhood Obesity	Additional Reading		Quiz	
Week 6	Infectious Disease	Ch. 15 Additional Reading		Evaluation of Websites	
Week 7	Non-Infectious Disease	Additional Reading			
Week 8		Midterm		Midterm	
Week 9	Emotional Health of the Elementary School Child	Ch. 6 Additional Reading	Emotions are running high!		
Week 10	Bullying and Depression	Additional Reading		Quiz	
Week 11	Accidents and Violence Prevention and Child Abuse	Ch. 19 Additional Reading	Regulation	Community Health Agency	
Week 12	Sexuality Education		Should we or should we not?	Quiz	
Week 13	Substance Use and Abuse			Quiz	
Week 14	FALL	RECESS	PLEASE	BE	SAFE!
Week 15	Consumer Health	Ch. 21		Childhood Illness Report	
Week 16	Environmental Health	Ch. 25	Reflection		
Week 17		FINAL EXAM!		Final Exam	

*See Discussion Board for detailed topic and instructions. Due dates for Discussion Board topics will fall on Thursday of each week for initial posting and Saturday for response to 2 other students' postings. The date listed in chart above is the Saturday due date for final responses. See Discussion Board description above for details. The Discussion Board on BlackBoard will contain the full prompt for response. **There will not be a Discussion Board posting due for every single week.**