HLTH 140.WB111 – Personal and Community Health

Semester: Winter 2015
Instructor: Sylvette A. La Touche-Howard, PhD, NCC, CHES

Classroom/Time: This section will meet online
Office: SPH 2320
Phone: 301.405.8161
Email: latouche@umd.edu

Required Texts and Other Readings:

Required:
- Any additional readings or online videos provided by the professor (for use with discussion questions)

Course Description:
An introduction to the factors influencing the physical, mental, emotional, social, environmental, and spiritual health of individuals and communities. This survey course will cover a variety of health-related topics. Emphasis will be placed on the impact of personal lifestyle choices on health status. Students will be equipped with the knowledge and skills necessary to select and implement individualized health behavior strategies to optimize current and future health, and enhance quality of life.

Course Learning Objectives

At the conclusion of this course, the student will be able to:

1. Identify issues influencing all aspects of health.
2. Recognize how individual beliefs, behaviors, and choices affect personal and community wellness.
3. Develop awareness of his/her own health status and health history.
4. Develop skills and integrate skills with knowledge of behavior change necessary to alter health behaviors.
5. Identify available on-campus health promotion programs, activities, and resources.
6. Demonstrate how all dimensions of health are interrelated
7. Understand and explain current and factual information regarding health issues which impact the world that we live in.
8. Understand and explain how the human body functions and how individual actions and choices affect the health and well being of the individual and society.
Program Competencies Addressed in this Course:

The following competencies for the Bachelor of Science Degree in Community Health are addressed in this course:

- Area I: Assessing Individual and Community Needs for Health Education
- Area VI: Serve as a Health Education Resource Person
- Area VII: Communicate and Advocate for Health and Health Education

Course Requirements:
This course is taught in an online format. Students are expected to thoroughly read their text and any additional information that is provided by the instructor for further enhancement of the course. All assignments and exams will be posted on CANVAS (www.elms.umd.edu).

If you are experiencing difficulties in keeping up with the academic demands of this course, contact the Learning Assistance Service, 2202 Shoemaker Building, 301-314-7693. Their educational counselors can help with time management, reading, math learning skills, note-taking and exam preparation skills. All their services are free to UMD students.

Course Policies:
COURSE FORMAT:
This section of HLTH 140 is the online version of the course and is designed for students to work independently to master course content and skills. This course is a fast paced web-based course. The student is responsible for accessing the course in ELMS. MyHealthLab can be used as a complement to ELMS but is NOT A REQUIREMENT FOR THIS COURSE. Please keep in mind that as you work through the course materials, you may contact your instructor for clarification on any of the course content. A course calendar is provided on the course website in ELMS with a suggested schedule for studying course materials.

WRITTEN ASSIGNMENT FORMAT:
- Must be typed using 1” margins.
- Use 12-point font and double space.
- Use Times New Roman (NO ‘COURIER NEW’).
- Must be typed in a Microsoft Windows compatible format.
- Check spelling and grammar. PROOF READ!
- When resources are referenced, they must be cited in text and appear in a reference section at the end of the paper in APA Style (see https://owl.english.purdue.edu/owl/section/2/10/ for more information on APA style).

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Follow instructions provided about submitting written assignments, which will always be done via ELMS.

Points will be deducted from all written assignments if the above instructions are not followed.

IMPORTANT NOTES:

- All assignments and exams are due by **11:59pm Eastern Standard Time (EST)** on the day assigned.
- All assignments and exams must be turned in **ON TIME**, based on the deadline provided. Work will not be accepted beyond this point. You are given almost 24 hours to complete your assignments and/or exams, there are NO excuses for missed assignments. Use whatever alarms or reminders needed to ensure that you do not miss your due dates. According to the policy of the Behavioral and Community Health Department, **all missed assignments and/or exams will result in an automatic “O” grade and there will be no “makeups” or extra credit to compensate for the loss of the grade.**

- **SCHEDULE IS TENTATIVE.** Point values, assignment dates, and assignment descriptions are subject to change. I will post course updates in ELMS and it is your responsibility to check this website daily during the accelerated semester.

EXTRA CREDIT: There will be NO extra credit assignments. Failure to do or turn in the in-class and/or take-home assignments on time can significantly lower one's final grade. Students who enrolled in the class at any time during the drop-add period are responsible for all in-class work to date.

Be respectful: All student views are expected to add to the specific discussion topics.

When Online Discussion are being held, please be mindful that everyone is entitled to their own opinion or point of view. Therefore it is acceptable to disagree, but not to attack or degrade someone for their opinion or point of view. Furthermore, please be respectful to your fellow classmates and your instructor.

Ask Questions: There is no such thing as a “stupid/dumb” question, please ask questions and if I do not know the answer I will gladly find out.

Email – The Official University Correspondence:
Verify your email address by going to www.my.umd.edu.

All enrolled students are provided access to the University’s email system and an email account. All official University email communication will be sent to this email address (or an alternate address if provided by the student). Email has been adopted as the primary means for sending official communications to students, so email must be checked on a regular basis. Academic advisors, faculty, and campus administrative offices use email to communicate important and time-sensitive notices.

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Students are responsible for keeping their email address up to date or for redirecting or forwarding email to another address. Failure to check email, errors in forwarding email, and returned email (from “full mailbox” or “unknown user” errors for example), will not excuse a student from missing University announcements, messages, deadlines, etc. Email addresses can be quickly and easily updated at www.my.umd.edu or in-person at the Student Service Counter on the first floor of the Mitchell Building.

For technical support for University email: www.helpdesk.umd.edu or call 301-405-1400.

**CANVAS (ELMS) MAIL:** The best way to contact me is through CANVAS mail. Please note that From Monday to Thursday you can expect to receive a response from me within 24 hours. From Friday at 4p-Sunday evening at 9p, you can expect to get a response from me within 48 hours.

**Course Evaluation:**
Your participation in the evaluation of courses through CourseEvalUM is much appreciated as a member of our academic community. Your feedback is confidential and important to the improvement of teaching and learning at the University as well as to the tenure and promotion process. Please complete course evaluations at (www.courseevalum.umd.edu) at the end of the semester.

**Religious Observances:**
The University System of Maryland policy provides that students should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances. **It is the student’s responsibility to inform the instructor in advance of any intended absences for religious observance.**

**Accommodations for students with disabilities:**
If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Services (301-314-7682). If you intend to take any or all quizzes/exams at DSS it is your responsibility to notify me before the end of schedule adjustment, and to provide me with you TAF (via email) form one week prior to the exam date.

**Academic Integrity:**
The Department of Behavioral and Community Health has a zero tolerance policy on academic dishonesty of any kind. If a Departmental instructor believes that a student has been involved in academically dishonest activity, he or she will report it to the University’s Office of Student Conduct, and is not obligated to disclose the report to the student in question. Once referred, the Office of Student Conduct will contact the student in writing to inform them of the charges.
The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, constitutes academic dishonesty:

- **CHEATING:** intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- **FABRICATION:** intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- **FACILITATING ACADEMIC DISHONESTY:** intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- **PLAGIARISM:** intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information see: [http://www.shc.umd.edu/code.html](http://www.shc.umd.edu/code.html).

The Honor Pledge is a statement undergraduate and graduate students must follow, and may be asked to write by hand and sign on examinations (or have an electronic signature in cases of online assignments) papers, or other academic assignments. The Pledge reads:

*I pledge on my honor that I have not given or received any unauthorized assistance on this assignment/examination.*

The University of Maryland, College Park has a nationally recognized Code of Academic Integrity, administered by the Student Honor Council. This Code sets standards for academic integrity at Maryland for all undergraduate and graduate students. As a student you are responsible for upholding these standards for this course. It is very important for you to be aware of the consequences of cheating, fabrication, facilitation, and plagiarism. For more information on the Code of Academic Integrity or the Student Honor Council, please visit [http://www.shc.umd.edu](http://www.shc.umd.edu).

**Inclement Weather / University Closings:**
Based on the fact that this is an online class, inclement weather and university closings should not affect the progress/due dates or examination dates of this course.
Grading Procedures & Assignments:
This class will NOT be graded on a curve, nor will there be any “bumping” of grades. All points will be tabulated and divided by 300 at the end of the semester. Additionally, based on departmental policies, no extra credit assignments will be offered in this course. Grades will be determined by percentages in the following manner:

Point Breakdown

<table>
<thead>
<tr>
<th>Assigned Task</th>
<th>Point Allocation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion Board Questions and Reactions</td>
<td>40 points</td>
</tr>
<tr>
<td>Nutrition Analysis</td>
<td>60 points</td>
</tr>
<tr>
<td>Exam 1</td>
<td>100 points</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100 points</td>
</tr>
<tr>
<td><strong>Total Possible Points</strong></td>
<td><strong>300 points</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>% of points</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>96-100</td>
<td>287-300</td>
</tr>
<tr>
<td>A</td>
<td>93-95</td>
<td>278-286</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
<td>269-277</td>
</tr>
<tr>
<td>B+</td>
<td>86-89</td>
<td>257-268</td>
</tr>
<tr>
<td>B</td>
<td>83-85</td>
<td>248-256</td>
</tr>
<tr>
<td>B-</td>
<td>80-82</td>
<td>239-247</td>
</tr>
<tr>
<td>C+</td>
<td>76-79</td>
<td>227-238</td>
</tr>
<tr>
<td>C</td>
<td>73-75</td>
<td>218-226</td>
</tr>
<tr>
<td>C-</td>
<td>70-72</td>
<td>209-217</td>
</tr>
<tr>
<td>D+</td>
<td>66-69</td>
<td>197-208</td>
</tr>
<tr>
<td>D</td>
<td>63-65</td>
<td>188-196</td>
</tr>
<tr>
<td>D-</td>
<td>60-62</td>
<td>179-187</td>
</tr>
<tr>
<td>F</td>
<td>≤ 59</td>
<td>≤ 178</td>
</tr>
</tbody>
</table>
*Final Grades will NOT be changed. The instructor will not provide extra points to put you up into the next grade break. All half points have already been accounted for in the above calculation.

ASSIGNMENTS/EXAMS EXPLAINED:

Discussion Board Questions and Reactions (40 points)

To encourage class participation and interaction, you are required to participate in 2 discussion boards. For each discussion board, I will pose a question on ELMS and you are required to provide a response to my question by the date indicated. In addition, you will be required to respond to someone else’s response to my initial question by a later date. Below is the anticipated breakdown of the discussion board due dates.

<table>
<thead>
<tr>
<th>Discussion Board</th>
<th>Original Response Due Date</th>
<th>Reaction to Another Student’s Entry Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussion Board 1 (Total 20 points)</td>
<td>Wednesday, January 7th (15 points)</td>
<td>Thursday, January 8th (5 points)</td>
</tr>
<tr>
<td>Discussion Board 2 (Total 20 points)</td>
<td>Thursday, January 15th (15 points)</td>
<td>Friday, January 16th (5 points)</td>
</tr>
</tbody>
</table>

Nutrition Analysis (60 points)

This project will require you to monitor your food intake for 2 days (one typical weekday and one typical weekend day) using a web-based program. Based on the nutrition analyses and the material covered in this course, you will need to summarize your findings and provide strategies you intend to follow to improve your nutritional intake. More information for this assignment will be posted on MyHeathLab. Grading for this assignment will be based on turning in all required information, nutritional reports, and the grading standards for written assignments (please see previous section labeled “WRITTEN ASSIGNMENT FORMAT”). This assignment is on or before 11:59pm on Tuesday, January 20th via ELMS.

Exams (2@ 100 points each)

There will be two (2) exams given during the semester. Each exam will cover what information was covered in the most recent section of the class and will be non-cumulative. Although exams are technically “open-book”, familiarity with the materials will be of extreme importance as the time that is allocated for the exam is created with this expectation in mind. Exams will be comprised mostly of multiple choice items, but may also have fill-in-the-blanks, matching and true-and-false questions, Exams will be comprised of information presented in your textbook and on any articles or online videos that may be provided. Exam 1 will cover chapters 1-8 and Exam 2 will cover chapters 9-17. More
information about the exams will be posted on ELMS. **You will need to complete each exam by 11:59pm on the assigned due date as follows:** Exam 1 – January 13th and Exam 2 – January 23rd.

Below is a breakdown of topics you’re responsible for covering during this online course:

<table>
<thead>
<tr>
<th>Week</th>
<th>Chapters/Topics*</th>
<th>Assignment Due Dates/ Test Dates**</th>
</tr>
</thead>
</table>
| **Week 1:** Jan 5th- Jan 9th | **Chapter 1:** Accessing Your Health (1/5)  
**Chapter 2:** Promoting & Preserving Your Psychological Health (1/5)  
**Chapter 3:** Managing Stress & Coping with Life’s Challenges (1/6)  
**Chapter 4:** Preventing Violence & Injury (1/7)  
**Chapter 5:** Building Healthy Relationships & Understanding Sexuality (1/8)  
**Chapter 6:** Considering Your Reproductive Choices (1/9)  | **Personal Response to 1st Discussion Board (1/7)  
**Reaction to Peers Response (1/8)**  |
| **Week 2:** Jan 12th – Jan 16th | **Chapter 7:** Reorganizing & Avoiding Addiction & Drug Abuse (1/12)  
**Chapter 8:** Drinking Alcohol Responsibly and Ending Tobacco Abuse (1/12)  
**Chapter 9:** Eating for a Healthier You (1/13)  
**Chapter 10:** Reaching & Maintaining a Healthy Weight (1/14)  
**Chapter 11:** Improving Your Personal Fitness (1/15)  
**Chapter 12:** Reducing Your Risk of Cardiovascular Disease & Cancer (1/20)  | **Exam 1 on Chapters 1-8 (1/13)  
**Personal Response to 2nd Discussion Board (1/15)  
**Reaction to Peers Response (1/16)**  |
| **Week 3:** Jan 19th – Jan 23rd | **Chapter 13:** Protecting Against Infectious & Noninfectious Diseases (1/20)  
**Chapter 14:** Preparing for Aging, Death, & Dying (1/21)  
**Chapter 15:** Promoting Environmental Health (1/22)  
**Chapter 16:** Making Smart Health Care Choices (1/22)  | **Nutrition Analysis (1/20)  
**Exam 2 on Chapters 9-17 (1/23)**  |

*recommended dates for reading **mandatory dates for submission*
Statement of Understanding

*Due: No later than January 6, 2015, via CANVAS

I have read, reviewed and understand the content (expectations, due dates and policies) of this syllabus.

___________________________________________  ____________
(Signature)  (Date)