

Oakland University

School of Health Sciences

HS 2000/201: Health in Personal and Occupational Environments

CRN/SEC:

12295 /006

Term/Year:

Winter 2018

Class Day/Time:

Monday & Wednesday 12:40 pm – 2:27 pm

Class Building/Room:

Human Health Building 4050

Credits: 4

Professor:

Caress Dean, PhD, MPH

Office:

3097 Human Health Building

Office Hours:

Monday 3:00-4:00 p.m.; Tuesday 2:00-3:00 p.m.; or by appointment

Office Phone:

248-364-8845

Email: caressdean@oakland.edu

Course Catalog Description:

Current information about the impact of environmental and lifestyle factors on health. The impact of exercise, weight control, substance abuse, nutrition, and stress management on a person's ability to cope with environmental stresses will be analyzed. Satisfies the general education requirement in the natural science and technology knowledge exploration area.

This class satisfies the General Education requirement in the knowledge exploration area of Natural Science and Technology category.

Course Objectives: *the required General Education Learning outcomes and cross-cutting capacities can be found in bold italics*

After completion of this course students will be able to:

1. Understand the role of lifestyle choices in the prevention of disease and the promotion of well-being.
2. Understand the impact of environmental stresses on health.
3. Understand basic physiological and biological processes related to health and disease states.
4. Understand how to integrate personal wellness choices into everyday life.

Course objectives continues.

Course Objectives continued.

5. **Demonstrate knowledge of major concepts in natural science or technology**, particularly the inter-related disciplines of the health sciences **including**: the relationships between lifestyle choices and well-being; and, the impact of human exposure to physical, chemical, and biological stresses on health through classroom discussion; and, the **developing and testing of hypotheses**; procedures for data collection and analysis; **drawing conclusions** from the results; **and reporting of findings through interactive laboratory experiences** examining physical fitness & obesity, cardiovascular disease, use/abuse of alcohol, and unintentional injury.
6. **Demonstrate how to evaluate sources of information in health science or technology** by guided discovery of the differences between information of differing quality from refereed and non-refereed sources, scholarly and public.
7. **Demonstrate how practical knowledge, skills, and strategies in a field outside of the student's major can be evaluated and applied to solve problems across a range of health promotion and disease prevention applications.**
8. **Demonstrate knowledge of the personal, professional, ethical, and societal implications of these health promotion and disease prevention applications.**

Course Materials:

- Textbook: *Access to Health*, 15th Ed. by Rebecca Donatelle; Publisher: Pearson
 - Older versions available on reserve at Kresge Library.
- White iClicker remote (iClicker, iClicker2, Or iClicker+ [new or used])
 - If you are using the white iClicker remote (iClicker1, iClicker2, or iClicker+) Register your clicker at <https://www.iclicker.com/remote-registration-form-for-classic>
When registering your iClicker, it is important that you use your @oakland.edu email as your student ID (include the @oakland.edu).
- Additional material: Moodle, Oakland University's e-Learning software
 - Screencasts will be available on Moodle

Course Format:

Class sessions will include a combination of lectures, discussions, group activities, and exams. Each class session will consist of class lectures that will emphasize the most important material from the assigned reading(s). Lectures will also contain supplemental illustrations (e.g., screencasts) and examples that are likely to appear on Moodle quizzes and exams.

Course Procedure and Grade Determination:

Pre-class assignments:

Students will complete a total of 9 pre-class activities and one post-class activity. The goal of these assignments is to assist students in preparing for lecture and to assess students' knowledge of course concepts. The assignments will be comprised of True/False, multiple choice, and/or short answer questions. The pre-class activities will be open a week advance to provide student with suffice time to complete them. Students will have one attempt. They will close @11:55 pm, the day before the respective lecture. Exact dates can be found on course calendar. There is one post-class activity that occurs on March 7. These activities are open book and students should complete them independently. Students found to have collaborated on the assignments will receive a zero for the assignment and may be subject to further disciplinary action. Additional details are found on the course calendar and Moodle.

Course procedure and grade determination continues.

Course Procedure and Grade Determination:

Pre- and post-knowledge assessment:

The pre- and post- knowledge assessment consist of 20 questions that will be completed via Moodle. The assessment will have True/False and multiple-choice questions. The purpose of the pre-knowledge assessment is to provide the instructor with an insight to students' bases level knowledge of course concepts. Students will receive **full points for completing the assessment**, not for their score on the assessment. Students have the first week to complete the pre-knowledge assessment. Students will not receive partial points for starting the assessment. The objective of the post-knowledge assessment is to increase students' awareness of knowledge gained throughout the semester. Again, students will receive full points for completing the assessment. **Students should not read or prepare for pre- and post-assessments.** Due dates can be found on the course calendar.

Assignments:

Each student will complete a total of **4** assignments, each worth 100 points (400 points total). Two of the assignments emphasize health behavior modification and the other two assignments emphasize health research. All assignments must be **typed in a .doc file, and submitted through Moodle** by 11:55 p.m. of its due date. All assignments submitted after the due date/time will be deducted 5 points. An additional 5 points will be deducted for each day late. Papers not submitted in a doc file will be deducted 5 points. Last, student will be deducted 5 points for not following writing format instructions (e.g., not using submission template). Students that submit their assignment late not in a .doc file and/or wrong writing format will experience a delay in receiving the score on the assignment, as graders will not be able to grade these assignments until they are done grading assignments submitted on time. Please double check that you have submitted the right document. **Students will receive a zero, and will not have the opportunity to resubmit the assignment.** Late assignments will not be accepted if graded assignment has been returned to students. Details of the assignment submission process can be found in their respected folders on Moodle.

- *Behavior Assignments:* There will be **2** behavior assignments. The objective of these assignments is to increase students' awareness and understanding of health behaviors, health risks, and the importance of promoting lifestyle modifications. The behavior assignments also provide students the opportunity to apply concepts learnt in-class to their own lives.
 - **Behavior Assignment 1:** Students will monitor their behavior for three activities (dietary intake, physical activity, and sleep). After monitoring these activities, students will identify one of the three that they want to change their behavior for. Each student will create a SMART goal for the behavior that they plan to change.
 - **Behavior Assignment 2:** Students will enact the SMART goal developed in assignment 1. The behavior change will occur over a two-week period. Students will monitor their behavior change and write a reflection, utilizing credible scientific literature, on their experience.
- *Research Assignments:* The objective of the research assignments is to provide students with a basic understanding of how to perform health research. Students will gain insights into searching and identifying credible scientific literature, interpreting the results of studies, and describing the significance of the findings.
 - **Research Assignment 1:** Students will complete a survey on the health behaviors of Oakland University students. Students will interpret the results and describe the findings of the study.
 - **Research Assignment 2:** Students will critically review a peer-reviewed journal article and answer questions on the article. This assignment will assess students understanding of health science concepts and enhance their familiarity of the scientific method (e.g., hypothesis testing).

Please note accommodations will be made for assignments in extreme circumstances, which include funerals of close family members, grave personal illness, or required attendance of a legal proceeding. Written documentation is required prior to the due date for an extension to be considered.

Course procedure and grade determination continues.

Course Procedure and Grade Determination continued.

Attendance and Participation:

Attendance will be taken using the iClicker remote, and will constitute 70 points of students' final grade. To receive the full 70 points, students must participate in at least 75% of the questions during the class session. Students are not able to hand-in clicker questions on a paper or to make-up missed points for iClicker questions. A maximum of 4 attendance sessions will be dropped for any situation resulting in lack of participation (e.g., illness, emergencies, accidents, car trouble, or clicker malfunction). The objective of iClicker questions is to assess students' understanding of the material, facilitate class discussions, and provide students with practice questions for exams. *Students are responsible for remembering to bring their iClicker to every class. Bringing and using another student's clicker so they can receive participation points constitutes as cheating. **Both students will be penalized 300 points (30%) of their final grade.***

Students are expected to participate in class discussions and group activities, and therefore they should be prepared and attentive in class sessions. Lack of participation in class can lead to a deduction in the attendance and participation grade. **Students will be deducted 1 point from the attendance and participation grade for performing non-class related activities.** Example of non-class related activities include:

- ✓ Sleeping
- ✓ Unpermitted use of cell phone (e.g., texting, playing games, or on social media sites)

Exams:

There will be four exams (3-general exams and a final exam) that will include true/false and multiple-choice questions. A study guide and sample exam questions will be posted on Moodle for each exam. Students will complete exams (Exam 1 through the Final Exam) using the Akindi sheets. Dr. Dean will provide the Akindi sheet for each exam. All exams will be destroyed at the end of the semester.

- *General exams:* Each exam is worth 300 points; 100 points per exam. The general exams will contain 50 true/false and multiple-choice questions, and will cover material from assigned readings, lectures, and class discussions from lectures given since previous exam.
- *Final exam:* Will be cumulative and is worth 130 points. It will have 75-100 multiple choice and true/false questions, and will be held on April 25.

Please note that make-up exams will be given in extreme circumstances, which include funerals of close family members, grave personal illness, or required attendance of a legal proceeding. Written documentation is required prior to the exam for a make-up exam to be considered.

Screencasts:

Screencasts are digital recordings that will be created to aid students in grasping course concepts and in performing course activities. The screencasts will be made available via Moodle. Students experiencing technical difficulties should consult University Technology Services.

Grade Distribution:	
Component	Points
Attendance and participation	70
Pre-class assignments (9x10)	90
Post-class assignment (1x10)	10
Assignments (4 assignments)	400
Pre- and Post- knowledge assessment (25 x 2)	50
General exams (3 exams)	300
Final exam	120
Totals:	1,040

Course Expectations:

Cheating on examinations:

“This includes using materials such as books and/or notes when not authorized by the instructor, copying from someone else’s paper, helping someone else copy work, substituting another’s work as one’s own, theft of exam copies, or other forms of misconduct on exams.”

Plagiarizing:

“Plagiarism is using someone else’s work or ideas without giving that person credit; by doing this students are, in effect, claiming credit for someone else’s thinking. Whether students have read or heard the information used, they must document the source of information. When dealing with written sources, a clear distinction should be made between quotations (which reproduce information from the source word-for-word within quotation marks) and paraphrases (which digest the source of information and produce it in the student’s own words). Both direct quotations and paraphrases must be documented. Even if students rephrase, condense or select from another person’s work, the ideas are still the other person’s, and failure to give credit constitutes misrepresentation of the student’s actual work and plagiarism of another’s ideas. Buying a paper or using information from the World Wide Web or Internet without attribution and handing it in as one’s own work is plagiarism.”

Special Considerations:

Students in need of academic accommodations are encouraged to contact the Office of Disability Support Services (<https://wwwp.oakland.edu/dss/>). It is also important for the student inform the professor of their needs as soon as possible.

Adding/Dropping the course:

“Courses may be dropped with full refund through the second week of a full semester and the first week of a half semester. Courses may be dropped without academic penalty through the ninth week in a full semester and the fifth week of a half semester. A “W” grade denoting withdrawal is recorded for courses dropped after the second week in full semesters and after the first week in half semester. Failure to drop a course on or before the appropriate drop deadline will result in the recording of a 0.0 grade on the student’s record. Courses of other lengths have specific refund and withdrawal dates which are available at oakland.edu/registrar.”

Personal Conduct:

It is important for students to conduct themselves in a professional manner. This includes communication/emails to your professor and classmates, and being respectful of guest lecturers and opinions of classmates.

Course expectations continues.

Course Expectations continued:Incomplete Grade (“I” grade):

Students, who for reasons beyond their control (illness, bereavement, accident) are unable to complete the coursework by the end of the semester may request an “incomplete grade”. The student and the professor must complete the “Request for an Incomplete Grade” form. The incomplete grade must be approved at least one day before the final examination. It is the professor’s decision to allow an incomplete grade.

Email:

It may take the professor up to 48 hours to respond to an email. If a response is not provided by that time, please send the email again. Students should also keep in mind that the professor might not answer emails on the weekend.

Emergency Procedure:

In the event of an emergency on campus, your professor will provide guidance and direction on actions to be taken.

Recommendation:

The professor is more than happy to write recommendation for students that actively engage in class sessions and scored a 3.7 or better in the course.

Student Resources:

<i>Name</i>	<i>Contact Information</i>
<u>Disability and Support services</u>	North Foundation Hall, Room 103A, 318 Meadow Brook Road; (248) 370-3266; website: https://oakland.edu/dss/
<u>Oakland University Counseling Center</u>	Graham Health Center, East Wing, 408 Meadow Brook Road; (248) 370-3465; website: https://oakland.edu/oucc/
<u>The Writing Center</u>	Kresge Library, Room 212, 100 Library Drive; (248) 370-3120; website: https://www.oakland.edu/ouwc/
<u>Student Technology Center</u>	Oakland Center, Room 44, 312 Meadow Brook Road; (248) 370-4TEC (4832); website: https://oakland.edu/stc/software/
<u>Veterans Support Services</u>	North Foundation Hall, Room 116, 318 Meadow Brook Road; (248) 370-2010; website: https://oakland.edu/veterans/
<u>Gender and Sexuality Center (GSC)</u>	Oakland Center, Room 49D, 312 Meadow Brook Road; (248) 370-4336; website: https://oakland.edu/gsc/

Grading scale:

	Percent	Points	Grade point		Percent	Points	Grade point		Percent	Points	Grade point
A	98-100%	980-1000	4.0	C	79%	790-799	2.9	D	69%	690-699	1.9
	96-97%	960-979	3.9		78%	780-789	2.8		68%	680-689	1.8
	94-95%	940-959	3.8		77%	770-779	2.7		67%	670-679	1.7
	92-93%	920-939	3.7		76%	760-769	2.6		66%	660-669	1.6
	90-91%	900-919	3.6		75%	750-759	2.5		65%	650-659	1.5
					74%	740-749	2.4		64%	640-649	1.4
B	88-89%	880-899	3.5		73%	730-739	2.3		63%	630-639	1.3
	86-87%	860-879	3.4		72%	720-729	2.2		62%	620-629	1.2
	84-85%	840-859	3.3		71%	710-719	2.1		61%	610-619	1.1
	82-83%	820-839	3.2		70%	700-709	2.0		60%	600-609	1.0
	81%	810-819	3.1								
	80%	800-809	3.0					F	≤59%	<599	0.0

Course Calendar:				
Week	Date	Topic(s)	Readings	Due Dates
Week 1	1/3	Introduction and overview	Syllabus	
Week 2	1/8	Accessing your health	CH 1	
	1/10	Behavior assignment #1	Supplemental Reading†	Pre-class activity #1 closes 1/09 @ 11:55 pm
Week 3	1/15	HOLIDAY: MARTIN LUTHER KING JR. DAY		
	1/17	Using evidence and citing them	Supplemental Reading†	Pre-knowledge assessment due @ 11: 55pm
Week 4	1/22	Managing stress	CH 3	
	1/24	Improving sleep	CH 4	Pre-class activity #2 closes 1/23 @ 11:55 pm
Week 5	1/29	Scientific method	Supplemental Reading†	
	1/31	Exam 1		
Week 6	2/5	Interpreting findings and making conclusions	Supplemental Reading†	Behavior assignment 1 due @ 11:55 pm
	2/7	Research assignment 1	Supplemental Reading†	
Week 7	2/12	Infectious diseases	CH 14	Pre-class activity #3 closes 2/11 @ 11:55 pm
	2/14	Sexually transmitted infections	CH 15	
Week 8	2/19	WINTER BREAK		
	2/21	WINTER BREAK		
Week 9	2/26	Reproductive choices	CH 10	Pre-class activity #4 closes 2/25 @ 11:55 pm
	2/28	Research Assignment 2	Supplemental Reading†	Pre-class activity #5 closes 2/27 @ 11:55 pm
Week 10	3/5	Exam 2		
	3/7	Cardiovascular health	Supplemental Reading†	Post-class activity closes 3/10 @ 11:55 pm
Week 11	3/12	Cancer	CH 17	Pre-class activity #6 closes 3/11 @ 11:55 pm
	3/14	Tobacco use	CH 12	Research assignment 1 due @ 11:55 pm
Week 12	3/19	Diabetes	Pgs. 446-457	Pre-class activity #7 closes 3/18 @ 11:55 pm
	3/21	Cardiovascular disease	CH 16	
Week 13	3/26	Coping with chronic conditions	CH 18	Pre-class activity #8 closes 3/25 @ 11:55 pm
	3/28	Behavior assignment 2	Supplemental Reading†	Research assignment 2 due @ 11:55 pm
Week 14	4/2	Exam 3		
	4/4	Healthy weight	CH 6	
Week 15	4/9	Nutrition	CH 5	Pre-class activity #9 closes 4/8 @ 11:55 pm
	4/11	Your financial health	Pgs. 90-100	
Week 16	4/16	Fitness	CH7	Behavior assignment 2 due @ 11:55 pm
	4/22			Post-knowledge assessment due @ 11:55 pm
Week 17	4/25	Final Exam April 25 from 12:00 pm - 3:00 pm		

† All supplemental Material are available via Moodle.