Oakland University
School of Health Sciences
Health Sciences Program

HS 2000 (Formerly HS 201) – Health in Personal and Occupational Environments – 4 Credits
CRN 10395, Winter Semester, 2018 Syllabus

Instructors:
Terry Dibble, MS
Office: 3135 Human Health Building
Office Hours: Monday/Wednesday 1:00-3:00pm
Tuesday/Thursday 10:00am-12:30pm
Before or after class. By appointment

E-mail: dibble@oakland.edu
Office Phone: 248-364-8663

Class place/time: HHB4050– 6:30-9:50 pm

Course (Catalog) Description: Current information about the impact of environmental and lifestyle factors on health. Examination of issues related to human exposure to physical, chemical, and biological stresses. 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. *This class satisfies the General Education requirement in the Natural Science and Technology category.*

This class satisfies the General Education requirements in the Natural Science and Technology category.

Course Prerequisites/corequisites: None.

Course Objectives (*the required General Education Learning Outcomes and cross-cutting capacities are in bold italics)*:

After completion of this course students will:

1. Understand the role of lifestyle choices in the prevention of disease and the promotion of well-being (see the detailed course objectives on pages 7-11 of this syllabus).
2. Understand the impact of environmental stresses on health.
3. Understand how to integrate personal wellness choices into everyday life.
4. ***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*** 4 interactive ***laboratory experiences*** examining physical fitness & obesity, cardiovascular disease, use/abuse of alcohol, and unintentional injury.
5. ***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.
6. ***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***.
7. ***Demonstrate knowledge of the personal, professional, ethical, and societal implications of these*** health promotion and disease prevention ***applications.***
8. Via the above objectives, ***develop and enhance the cross-cutting capacities of information literacy and critical thinking skills*** (become a critical consumer and user of the informed literature in presenting laboratory results, conclusions, and the evaluation and discussion of the relevance of findings); and, ***develop effective communication skills*** in laboratory report submissions.

Required Text and Supporting Course Material:

Access to Health, DONATELLE, Rebecca, 15TH edition, Publisher: PEARSON
Oakland University's e-Learning software Moodle.
Students will need to purchase the on line access code.

Course Procedures: To meet the course objectives the format for this class will be presentation of theoretical, conceptual and analytical information in a wide variety of areas of health science pertinent to personal well-being. Small group discussion and presentation to the larger group, and interactive discussion of the material typically form the basis for many classes. Every student will complete 4 laboratory exercises (see course outline) by collecting data on themselves and others, then submitting a laboratory report for each lab detailing findings and discussing the relevance of these findings for well-being. This process will be supported by the university's e-Learning software, Moodle. Readings associated with each topic are listed in the Topical Outline (below). It is strongly recommended that students read these materials before each associated class session. There will be a total of 4 quizzes, and a comprehensive final examination. Lecture material, laboratory experiences, and required readings are examinable.

Expectations of Students: Regular class attendance and active participation in class discussions is important. Students are expected to arrive for class on time and refrain from disturbing the flow of the class through conversation or distracting behavior. Students are encouraged to exchange ideas and to integrate personal experiences in class sessions. All communication devices (pagers and cell phones) are to be turned off before entering the classroom. By completing the laboratory data collection and/or answering the questions on the laboratory questionnaires it is understood that implied informed consent has been granted.

Academic Conduct Policy: Cheating on examinations, plagiarism, falsifying reports/records, and unauthorized collaboration, access, or modifying of computer programs is considered serious breaches of academic conduct. The Oakland University policy on academic conduct will be strictly followed with no exceptions. See catalog under Academic Policies and Procedures.

Add/Drops: The University add/drop policy will be explicitly followed. It is the student's responsibility to be aware of the University deadline dates for dropping the course.

Special Considerations: Students with disabilities who may require special considerations should make an appointment with campus Disability Support Services. Students should also bring their needs to the attention of the instructor as soon as possible.

Grading: Students will be graded based on the following assessments.

1. There will be 4 laboratory reports (400 points) Required
2. 4 Dynamic Study Modules (DSM) (160 points). Required.
3. 3 Exams (300 points). Required.
4. Final examination (100 points). Required.
5. 11 quizzes (102 points). Optional
6. 5 written assignments (100 points). Optional.

Your final grade will be based on a total number of points for the semester. **There will be 1163 points available for the semester. In order to get a 4.0 you must earn between 987-1050 points of the 1163 available**. **Failure to complete any of the mandatory class assignments may result in a failing grade for the course.**

So in order to get a 4.0 you must complete the mandatory assignments and a combination of points from the quizzes and/or the written assignments. It is your choice how you earn the optional points. This grade format allows the student the freedom to choose how they earn their points for the semester. It also requires the student a higher level of responsibility to ensure they complete the assignments on time.

The quizzes will be available all semester excluding the syllabus quiz, which is due the first week. The writing assignments will only be available a limited time. If you miss the open period, you will not be allowed to make up the writing assignment.

- **Laboratory Reports:** There are 4 laboratories to be completed this semester. Each laboratory experience requires a typed report, worth 400 points of the final grade. The laboratories are designed for you to gather data to test a hypothesis on yourself, your friends and acquaintances. For each laboratory, you will need to initiate data collection at least two weeks before the laboratory report is due. Once you have your data, you need to submit it to the class database through the course website at least a week before the lab report is due. One week before the lab report is due you need to go to the course website and obtain class summary data for use in your lab report. Your laboratory report (Lab Submission Form found on the course website), itself, is intended to be a summary of the purpose, methods, results, of the laboratory. In addition, you are expected to draw conclusions about the hypothesis tested, and discuss these conclusions in light of the informed literature on this topic. To this end you are strongly encouraged to search the informed literature for relevant articles on the topics of the laboratories and bring this information into your report. Doing this early in the semester will facilitate excellent laboratory reports.
- **The Health Science Faculty acknowledges the value of collegial interaction and the learning that can come from exchanging ideas with other students on course assignments. We encourage students to work together to generate ideas for the lab assignments. However, it is required that each student do their own work in completing the written laboratory reports, and use their own search of the "informed literature," and their own words for the discussion portion of the report. The Labs will be due on the following dates:**
    a. **Lab 1- January 28th**
    b. **Lab 2– February 18th**
    c. **Lab 3- March 18th**
    d. **Lab 4- April 8th**

  The laboratory reports will be evaluated on: a) your understanding of the health science concept being tested; b) evidence of information literacy through being a critical consumer and user of the informed literature in presenting laboratory results; c) evidence of critical thinking skills through appropriate drawing of conclusions, and the evaluation and discussion of the relevance of findings; and, d) evidence of effective communication skills in laboratory report submissions.

- **Penalties for late submissions** – Assignments must be submitted by midnight of the date due. We will not accept laboratory reports not typed. **Laboratory reports are not accepted via e-mail. Assignments will be penalized 10% per day late when submitted after date due.**

- **Exams*:** There are 3 exams, worth 300 points of the final grade. The exam questions will be multiple choice and true:false and multiple choice in nature. The exams are to be held on the following dates:
  January 31st
  February 28th
  March 28th
- **Final Examination*:** The final examination is worth 100 points of your final grade. It is a comprehensive examination, covering all course readings, lectures, and laboratories. Like the exams, the final examination questions will be multiple choice and true:false in nature. **The final examination is to be held on April 25th from 7:00 pm until 10:00 pm.**
    - ***Please note:** All quiz and final examination questions will focus on: a) knowledge of major concepts in health science or technology; b) how practical knowledge, skills and strategies from health sciences can be evaluated and applied to solve problems across a range of health promotion and disease prevention applications; and c) knowledge of the personal, professional, ethical, and societal implications of these health promotion and disease prevention applications.

- **Make-up Exams:** An excused absence from taking a exam on the designated day will constitute that the next exam count double. An excused absence must be previously arranged or notice of absence must be received by the end of the class on the day of the exam. Otherwise the absence is not excused and a grade of 0.0 will be recorded. Students who miss two exams in a sequence will receive a grade of 0.0 for the first exam. Pre-approval must be obtained for an excused absence from taking the final exam at the indicated examination time. Students who are not present when any exam or the final exam is distributed will not be allowed to take the exam. Therefore, students must arrive on time. Students are advised to save all materials such as scantrons, assignments, etc. for later reference.
- **Quizzes:** There will be 12 quizzes posted on the MyLab link. The quizzes will be available for the entire semester. Each quiz is worth 10 points (one 2 point quiz) and will be completed on the MyLab link. You have the option of doing all or just some of the quizzes. It will be the student's responsibility to keep track of when the quizzes are available. Once the quizzes have closed you will not be able to access it. The quizzes will be true:false and multiple choice type questions. You can take the quizzes up to 4 times. **There are no make ups for the quizzes.**
- **Incomplete Grade ("I" grade):** Students who, for reasons beyond their control (illness, bereavement, accident) are unable to complete the work in HS 2000 by the end of the semester may request an Incomplete grade from the professor. The student and the professor must complete the form "Request for an Incomplete Grade," available from the professor or the Dean of Health Sciences office. The "I" grade must be approved at least one day before the final examination. It is the Professor's decision whether to allow an Incomplete grade. An Incomplete grade must be converted to a numerical grade within the first 8 weeks of the next Fall or Winter semester for which the student registers. Procedures for completing the work in the course are spelled out on the "Request for an Incomplete Grade" form.

- **Grading Scale.**

A	100%	4.0	B	89%	3.8	C	79%	3.1	D	69%	2.1
	99%	4.0		88%	3.8		78%	3.0		68%	2.0
	98%	4.0		87%	3.7		77%	2.9		67%	1.9
	97%	4.0		86%	3.7		76%	2.9		66%	1.8
	96%	4.0		85%	3.6		75%	2.8		65%	1.7
	95%	4.0		84%	3.5		74%	2.7		64%	1.7
	94%	4.0		83%	3.4		73%	2.6		63%	1.5
	93%	3.9		82%	3.3		72%	2.5		62%	1.4
	92%	3.9		81%	3.2		71%	2.3		61%	1.3
	91%	3.9		80%	3.1		70%	2.2		60%	1.0
	90%	3.8									
									F	□59%	0.0

Time Schedule and Topical Outline: The class schedule, below, indicates class dates, exam dates, specific topical material to be covered, and reading/homework assignments. The instructor reserves the right to make minor adjustments to this schedule.

Winter Semester, 2018

Week	Date	Topics	To Do	Readings
1	1/3	Course introduction. Using Moodle. The Scientific Method. Finding, reading, and interpreting informed literature. Wellness		Moodle Notes Topic 1 Chapter 1
2	1/10			Chapters 2,3
3	1/17			Chapters 4,7
4	1/24		**Lab 1 due 28th**	Chapter 8
5	1/31		**Exam 1**	Chapter 8,9
6	2/7			Chapters 9,10
7	2/14		**Lab 2 Due 2/18th**	Chapter 10,11
8	2/21	**WINTER BREAK-NO CLASS. ENJOY THE TIME OFF.**		
9	2/28		**Exam 2**	Chapters 12, 13
10	3/7			Chapters 14, 15
11	3/14		**Lab 3 due 3/18th**	Chapter 16
12	3/21			Chapters 16, 17
13	3/28		**Exam 3**	Chapters 18, 19, 20
	4/4		**Lab 4 due 4/8th**	
14	4/11	**Review for Final Exam**		
	4/25		**FINAL EXAM – 7:00-10:00pm**	Final examination is comprehensive, covering all course readings, lectures.