

**School of Health Sciences
 Department of Public & Environmental Wellness
 Wellness & Health Promotion Program
 Oakland University
 WHP 370/3700: Culture, Ethnicity & Well-Being; 4 Credits; Winter 2018**

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Office Hours: Mondays 10a-12p or by appointment
Course Time: Mondays and Wednesdays 8:00 am – 9:47 am
Classroom: Human Health Building, Room 5054

Course Description	<p>The interaction between biological, social, political and cultural environments as they affect health, illness, and treatment are discussed. This includes historical, organizational, demographic, ecological, behavioral and other examples influencing health and wellness outcomes. This course satisfies the university general education requirement in US diversity.</p> <p>Prerequisites: PSY 100 and HS 201 recommended.</p> <p>Required Readings: New York Times Online</p> <p>Articles: Relevant and required articles will be available on Moodle.</p>
Learning Outcomes	<p>By the end of the course, the student will be able to:</p> <ol style="list-style-type: none"> 1. Define culture as it relates to his/her life. 2. Enter into a dialogue with others about the underlying causes of health disparities by race, ethnicity, sex, immigrant status, and the other topics discussed in class. 3. Understand how to incorporate cultural competence into a professional career. 4. Become aware or more aware of one’s own unconscious bias and be open to that bias rather than dismissing it.
Expectations of WHP Students	<p>Students intending to major in WHP must retain a copy of this syllabus, and all major assignments, for inclusion in their Portfolio. WHP majors are expected to achieve a minimum grade of 2.5 for each WHP course (elective or required). Students who fail to achieve this grade standard will have their progress reviewed by the WHP program director and may be placed on academic probation within the WHP program.</p>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Course Procedures and Expectations of Students</p>	<p>All communication and musical devices are to be turned to silent and stored out of sight during the class. No text messaging is permitted during class.</p> <p>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.</p> <p>A credit hour is defined by the University as 50 contact minutes plus a minimum of 2 hours of independent study per week for 15 weeks. This translates to about 11-12 hours per week per 4 credit hours, or 33-36 hours per week for 12 credits. Therefore, logically, only 12-14 credits should be taken each semester once upper-level coursework is taken, especially if a student is also working. WHP students are expected to take this information into consideration when planning semester course loads and study plans. This definition should also alert students to the required weekly time commitment expected with university coursework.</p> <p>Students with disabilities or circumstances who may require special considerations should make an appointment with the on-campus Office of Disability Support Services. Students should bring in writing their needs and required accommodations to the instructor as soon as possible.</p> <p>Assigned readings must be completed prior to attendance at each class.</p> <p>Attendance is expected at all classes. Absence has to be supported by documentary medical evidence; or, appropriate written explanation/appeal in advance of missing a class. A grade deduction of 2% per missed class, 1% per late arrival, or 1% per leaving class early will occur. Poor attendance will result in lower grades up to a maximum of 10%, plus review of academic standing within the WHP program.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Academic Integrity</p>	<p>The faculty of the School of Health Sciences believes that the conduct of a student taking courses in the School should be consistent with that of a professional person. Courtesy, honesty, and respect should be shown by students toward faculty members, guest lecturers, administrative support staff, and fellow students. Similarly, students should expect faculty to treat them fairly, showing respect for their ideas and opinions and striving to help them achieve maximum benefits from their experience in the School.</p> <p>Student academic misconduct refers to behavior that may include plagiarism, cheating, fabrication, falsification of records or official documents, intentional misuse of equipment or materials, and aiding and abetting the perpetration of such acts. The preparation of reports, papers, and examinations, assigned on an individual basis, must represent each student's own effort. Reference sources should be indicated clearly. The use of assistance from other students or aids of any kind during a written examination, except when the use of aids such as electronic devices, books or notes has been approved by an instructor, is a violation of the standard of academic conduct expected in this course. The Oakland University policy on academic conduct will be strictly followed with no exceptions. See catalog under Academic Policies and Procedures.</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Student Evaluation</p>	<p>Students will be evaluated based on the following five components for a total of 100 points:</p> <ol style="list-style-type: none"> 1. <u>Tests (3 @ 15 points each = 45 points):</u> There are 3 exams, each worth 15% of the final grade. See course schedule for exam dates. No alternative dates will be scheduled for the tests. 2. <u>Group Project (17 points) & Presentation (8 points) = (25 points)</u> 3. <u>Race Card Assignment (5 points)</u> 4. <u>Project Implicit Social Attitudes (3 @ 3 points = 9 points)</u> 5. <u>New York Times Articles (4 @ 4 points = 16 points)</u>

Grading Scale

A	100%-92%	4.0	B	87%-86%	3.7	C	75%	2.9	D	65%	1.9	
	91%-90%	3.9		85%-84%	3.6		74%	2.8		64%	1.8	
	89%-88%	3.8		83%-82%	3.5		73%	2.7		63%	1.7	
				81%-80%	3.4		72%	2.6		62%	1.6	
				79%	3.3		71%	2.5*		61%	1.5	
				78%	3.2		70%	2.4		60%	1.4	
				77%	3.1		69%	2.3		59%	1.3	
				76%	3.0		68%	2.2		58%	1.2	
							67%	2.1		57%	1.1	
							66%	2.0		56%	1.0	
										F	<56%	0.0
* Probation grade for WHP majors.												

Date	Topic	Activity
Week 1 Jan 3		
	Culture and Health	Introductions Explain Group Project
Week 2 Jan 8	What is "health?" How should we define it? How should we measure it? Culture, heritage, and history	
	Diversity	Select group project
Week 3 Jan 15	Martin Luther King Jr Day: No Class	
	Health and Illness Epigenetics	Epigenetics videos
Week 4 Jan 22	Unnatural Causes: Segment 1: In Sickness and in Wealth	In class: Unnatural Causes Worksheet
	Health & Healing Traditions Healing Traditions	
Week 5 Jan 29	Health and Illness in Modern Health Care	
	Health and Illness in the American Indian and Alaska Native Population	DUE: New York Times Summary
Week 6 Feb 5*	Unnatural Causes: Segment 4: Bad Sugar	In class: Unnatural Causes Worksheet DUE: New York Times Summary
	Exam #1	

Week 7 Feb 12	Health and Illness in the Asian Population Unnatural Causes: Segment 5: Place Matters	In class: Unnatural Causes Worksheet
Week 8 Feb 19	No class: Spring Break - Have fun, be safe, & be happy.	
Week 9 Feb 26	Health and Illness in the Foreign-Born Population	
	Arab American Video Immigration Video	DUE: Arab-Muslim IAT
Week 10 Mar 5	Health and Illness in the Arab Population **Guest Lecture by Dr. Dallo**	DUE: New York Times Summary
	Health and Illness in the LGBT Population **Guest Lecture by Dr. Dallo**	DUE: Sexuality IAT

Week 11 Mar 12		
	Health and Illness in the Black Population	In class: Unnatural Causes Worksheet
Week 12 Mar 19	Unnatural Causes: When the Bough Breaks	DUE: Group Project Rough Draft DUE: Race IAT
	Exam #2	DUE: Race card assignment
Week 13 Mar 26	Health and Illness in the Hispanic Population	
	Unnatural Causes: Episode 3: Becoming American What Should We Do to Reduce Health Disparities?	In class: Unnatural Causes Worksheet
Week 14 Apr 2	Levels of Racism: A Gardner's Tale	Class Discussion Skit
	A Primer on Research Strategies to Obtain Cultural Information	
Week 15 Apr 9	Incorporating Cultural Knowledge in Health Promotion Interventions	
	Group work	DUE: New York Times Summary
Week 16 Apr 16	Group Projects Presented	Group Projects Due
	Exam #3/Final Exam- DATE & TIME TBD	

Please email me a photo/image of your *spirit animal* as an agreement to the syllabus by the start the second class meeting for +5 points of extra credit on Exam 1.