

The University of Texas at Tyler
College of Nursing and Allied Health
Department of Health and Kinesiology

ALHS 1300

ALHS 1100

PERSONAL AND COMMUNITY WELLNESS

*COURSE SYLLABUS

FALL 2008

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Office hours:

Class Time: **MWF 9-9:50**

W 10-12 (Lab)

HPC 2255

In health there is freedom. Health is the first of all liberties.

~ Henri Frederic Amiel

**Current learning opportunities or needs may require that some components of this syllabus be revised over the course of the semester. This will be done at the discretion of the faculty of the Department of Health and Kinesiology. Any substantive changes will be communicated to enrolled students verbally (in class) and/or by e mail, before the change goes into effect, and in time for students to make adjustments in class preparation or laboratory schedule..*

Course Description (Catalogue)

The study of individual, societal, and cultural considerations in health and wellness. Emphasis is on health-related factors that the individual can effect and on individual decision-making.

WELCOME !

This course is designed to challenge and expand students' assumptions, beliefs and understanding about health and wellness, through exercises in introspection and open discourse. You will be engaged in a variety of teaching/learning activities with an emphasis on increasing the knowledge and skills that should help you to achieve optimal health and wellness throughout the lifespan. Teaching and learning activities will take place in the classroom, the laboratory, and in selected health /service agencies in the community.

Essentially, this course is about **wellness** – yours, as well as that of your friends, family, community, country, and the very small planet we all share. Some of you will eventually enter the health professions where you may be dealing directly with health, illness and disease every day. Some of you will be addressing health and wellness concerns indirectly as athletic coaches, athletic trainers, or health educators. And most of you will, at some time in your lives, experience serious illness, in a personal way.

If you are to become a competent and effective professional in a health field, you will come to understand that health, wellness, illness and disease are complicated concepts and involve many “ways of knowing”- knowing *that*, knowing *how* and knowing *why*. You will also come to understand that there is a powerful relationship between our level of physical wellness, and the knowledge, beliefs, attitudes and values that all of us learn from our culture.

Over the semester, we will try to address these ideas in a variety of ways. You will be introduced to a variety of perspectives from individuals who have specialized knowledge and expertise as researchers, practitioners, therapists and patients. You will become familiar with the work being done here at the university and in the community, to promote health and wellness in individuals, families and populations.

Course Materials

- Text: Hales, D., (2008) *An Invitation to Health 5TH Edition*
Thompson Higher education: Belmont, California
- Internet Access
- Student E mail address
- Lab fee : (\$30 for CPR training(if selected)
- Lab fee : (\$10) –First Aid Training (if selected)

LEARNING OBJECTIVES

Upon successful completion of this course student will be able to:

1. Identify hereditary, lifestyle, environmental, social and economic factors that affect the health of individuals and populations.
2. Conduct a personal health risk assessment including a family medical history.
3. Identify and discuss the leading causes of morbidity and mortality (including sexually transmitted infections, substance abuse, and mental illness) among college students and other young adults. Cite some recent published statistics. (Sorensen)
4. describe the basic principles of scientific research, and select a peer reviewed scholarly health/wellness related research report (article) from the UT Tyler library, describe the research problem addressed in the report, the methods used to collect data, and summarize a major finding.
5. access and critically evaluate selected health oriented web sites targeted for consumers.
6. critically analyze and discuss some **selected** contemporary health issues and how they might affect individual, family and community wellness. These issues will be selected from the following: human genome project, genetic engineering, microbial resistance, health disparities, prejudice and stereotyping, healthism, harm reduction, causality, physical disabilities, global health programs, health literacy, health care agenda of the 2008 presidential candidates)
7. describe some current research projects being conducted by faculty in the Department of Health and Kinesiology.
8. identify and describe a variety of career options available to students with undergraduate degrees in **health studies** and **health and kinesiology**

9. demonstrate knowledge, skills and /or competency in selected laboratory activities.
(Details in laboratory section)

Grading and Evaluation : This class requires you to be an active learner. You are unlikely to be able to successfully meet the course requirements *in absentia*. Group interaction is a requirement, *as it will be for most future careers*.

About Your grade: For those of you who have a need or desire for a higher than average grade for the course, course it will be generally unwise to miss more than a few classes or laboratories. Missing more than 5 classes and 2 required laboratory sessions , indicates that a student has very modest expectations in terms of a final grade.(Perfect attendance does not guarantee an A, however). Many of the components of the final grade will require your presence and active participation. Several questions on each exam will relate to information not found in your text or other readings. The last day to withdraw passing is

Finally: the faculty of the department of Health and Kinesiology have put considerable thought and effort into this course. You should not assume that it will be an “easy” class – or that grading will be less rigorous than for other classes.

Grading Specifics

Midterm exam	25%
Final Exam	25%
Journal	25%
Laboratory	<u>25%</u> (30 hours required – no exceptions)

Miscellaneous Policies

1. LATE ASSIGNMENTS.

All assignments-written and oral-are due on the date assigned. If, due to an excused illness or other emergency, the project cannot be submitted on time, I must be notified at least 2 days in advance (the sooner the better). Have an alternative plan. It is not acceptable to notify me that a project is not ready on the day it is due. Points will be deducted from the final exam score (one for each day late).

If I am not notified at least 2 days in advance that an assignment will not be ready on time, all involved will be docked 5 points or half a grade *for each day the work is late*. Late papers should be put in my mailbox in the department office. Late papers must be initialed and dated by a department member before it is left in my mailbox, otherwise I will assume it was submitted on the date and at the time I picked it up.

2. EXTRA CREDIT.

Extra credit projects are not available. Rather than do additional work on a different project, you are encouraged to focus more time and attention on the required course assignments.

3. WRITTEN WORK - QUALITY

Work that is not professional – that is, messy, and/or laden with grammatical and spelling mistakes, will be returned for rewriting. The earned score of the rewritten paper will be reduced by 10%.

4. BACK-UP COPIES

Students are expected to keep and have available upon request back-up copies of all written assignments

5. ATTENDANCE and MISSED CLASSES

Attendance will be taken daily.

Students who must miss class **for any reason**, are responsible for obtaining missed information **from other students**. Please do not ask the instructor to provide this information.

*There will be **no make-up exams** except under **VERY UNUSUAL** circumstances.*

6. CLASS PARTICIPATION - includes but is not limited to the following:

- *Questions in class*
- Questions after or before class
- Questions in my office
- Questions by e mail or telephone (that involve clarification of class material)
- Answering questions in class
- Participating in class discussions
- Written or verbal responses to videos or speakers
- Suggestions (politely offered) for making class time more meaningful, valuable or interesting for students (and teacher)
- AND last but not least**Showing up**

University policies taken from the Handbook of Operating Procedures that you should be aware of and adhere to.

CLASS ATTENDANCE

Responsibility for class attendance rests with the student. A student shall make every attempt to notify each instructor in advance, or as soon as possible thereafter, when there is a legitimate (unforeseen or unavoidable) reason for being absent.

STUDENT CODE OF CONDUCT

. . . Disciplinary proceedings may be initiated against any student for any of the following acts or omissions:

. . . Scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

- (i) "Cheating" includes, but is not limited to:
- copying from another student's test paper;
 - using during a test, materials not authorized by the person giving the test;
 - failure to comply with instructions given by the person administering the test;
 - possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically prohibited by the person administering the test;
 - using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test, key, homework solution, or computer program;
 - collaborating with or seeking aid from another student during a test or other assignment without authority;
 - discussing the contents of an examination with another student who will take the examination;
 - divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;

- substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
- paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution or computer program;
- falsifying research data, laboratory reports, and/or other academic work offered for credit;
- taking, keeping, misplacing, or damaging the property of U. T. Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; . . .

“Plagiarism” includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another’s work and the submission of it as one’s own academic work offered for credit.

“Collusion” includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

FOOD AND DRINK IN CLASSROOMS

Consumption of food and drink in university classrooms is prohibited.

INDOOR SMOKE-FREE CAMPUS

The University of Texas at Tyler is an indoor smoke-free campus. No smoking will be permitted in any building, hallway, classroom, laboratory, restroom, lounge, or other indoor location.

B. Religious Holy Days. In accordance with Texas Education Code, Section 51.911, a student may be excused from exams or assignments in observance of a religious holy day if at least 5 days before the date of absence the student delivers written notice of the absence to the instructor(s) of the class (es) by either (1) personal hand-delivery, with acknowledgement of receipt by instructor(s) or (2) certified mail, return receipt requested.

"Religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under section.

A student shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after an absence due to observance of a religious holy day provided the student has met the conditions listed above.

DISABILITY SUPPORT SERVICES

If you have a disability, including a learning disability, for which you request disability support services/accommodation, please contact Ida MacDonald in the Disability Support

Services office so that the appropriate arrangements may be made. In accordance with federal law, a student requesting disability support services/accommodation must provide documentation of his/her disability to the Disability Support Services counselor. For more information, call or visit the Student Services Office located in the University Center, Room 282. The telephone number is 566-7079 (TDD 565-5579).