

# ALHS 3360 – Principles of Community and Public Health

**7-Week Spring 2026**

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## Instructor Information

**Instructor:** Blair Zdenek, MPH, CHW

**Title:** Adjunct Instructor

**Phone:** 903-877-5925

**Email:** blair.zdenek@uttyler.edu

**Office Hours:** By appointment. Please email to schedule a virtual or phone meeting.

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## Course Information

**Course Modality:** Fully Online

**Dates:** March 2, 2026 – April 25, 2026

**Required Text:** None

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## Catalog Description

Study of the basic components of community and public health services and education. This course is fundamental preparation for the Certified Health Education Specialist (CHES®) examination.

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## Course Objectives

Upon successful completion of this course, students will be able to:

1. Summarize major developments in the history of public health from early origins to the present, with emphasis on U.S. public health.
2. Define core concepts and principles fundamental to community and public health practice.
3. Discuss ethical principles in public health, including tensions between individual rights and population health.
4. Describe the relationship between culture and health and define cultural competence.
5. Identify and use local, state, and national health data sources to recognize community health problems.

6. Identify local, state, and national organizations that provide community health services.
  7. Describe the process of developing health programs, including assessment, planning, implementation, and evaluation.
  8. Compare and contrast different health programs.
  9. Define Community-Based Participatory Programming.
  10. Examine multiple perspectives on current public and community health issues, including health disparities, family planning, and access to care.
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## Grading Scale

- **A:** 90–100
  - **B:** 80–89
  - **C:** 70–79
  - **D:** 60–69
  - **F:** Below 60
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## Grading Plan (140 Total Points)

- **Quizzes (10):** 10 points each (100 points total)
  - **Discussions (3):** 5 points each (15 points total)
  - **Final Exam (1):** 25 points
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## CHES® Exam Alignment

The CHES® exam covers eight Areas of Responsibility. This course is designed to support student preparation in the following areas:

- Assessment of Needs and Capacity
- Planning Health Education Strategies, Interventions, and Programs
- Implementation
- Evaluation and Research
- Advocacy
- Communication
- Leadership and Management
- Ethics and Professionalism

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## Course Expectations (7-Week Accelerated Format)

This course is delivered in a condensed 7-week format and requires consistent weekly engagement. Students should expect to spend significant time each week reviewing materials and completing assignments.

To be successful, students should: - Schedule dedicated time each week to review course materials and complete assignments. - Read all assigned materials carefully and on time. - Monitor Canvas announcements regularly (notifications can be forwarded to email).

This is a fully asynchronous course with no scheduled virtual meetings. Because of the accelerated format, assignments are central to demonstrating participation, learning, and attendance. Students are expected to engage independently, practice reflective learning, and manage their time effectively.

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## Assignment Formats

**Quizzes (10):** Designed to assess comprehension, preparedness, and retention of course material. Question formats may include multiple choice, true/false, short answer, or problem-solving.

**Final Exam (1):** A comprehensive, untimed final exam consisting of 50 multiple-choice questions. One attempt will be allowed.

**Discussions (3):** Used to demonstrate understanding of selected community and public health topics, encourage academic engagement, and meet attendance requirements.

**Extra Credit:** Two optional extra-credit opportunities will be offered during the course.

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## Use of Artificial Intelligence (AI)

The use of artificial intelligence (AI) tools is **not permitted** in this course. All assignments, quizzes, discussions, and exams must reflect the student's own work, reasoning, and understanding of course material. Use of AI-generated content in any form will be considered a violation of academic integrity.

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# University of Texas at Tyler Policies

## Students' Rights and Responsibilities

Students are responsible for understanding policies affecting their rights and responsibilities at UT Tyler. Information is available at:  
<http://www.uttyler.edu/wellness/rightsresponsibilities.php>

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## Grade Replacement/Forgiveness and Census Date

Students seeking grade replacement must submit a Grade Replacement Contract to the Enrollment Services Center (ADM 230) by the Census Date of the semester. Failure to do so will result in both grades being calculated in the GPA. Undergraduates may replace up to three course grades; graduate students may replace up to two. Census Dates are listed on the Academic Calendar and Grade Replacement Contract.

The Census Date is also the deadline for schedule changes, tuition refunds for partial withdrawals, reinstatement after non-payment, and completion of tuition exemption or waiver processes.

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## State-Mandated Course Drop Policy

Texas law limits students who first enrolled in college in Fall 2007 or later to six course drops during their undergraduate career. Courses dropped after the Census Date count toward this limit. Exceptions may be granted with documented extenuating circumstances through Enrollment Services.

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## Disability Services

UT Tyler provides accommodations in accordance with Section 504 of the Rehabilitation Act, the ADA, and ADAAA. Students with documented disabilities or who believe they may qualify are encouraged to contact Student Accessibility and Resources (SAR):

**Location:** University Center, Room 3150

**Phone:** 903-566-7079

**Email:** [cstaples@uttyler.edu](mailto:cstaples@uttyler.edu)

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## Student Absences

**Religious Observances:** Students anticipating absences due to religious observance should notify the instructor by the second class day of the semester.

**University-Sponsored Activities:** Students participating in official university events must notify the instructor at least two weeks in advance to arrange make-up work.

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## FERPA and Social Security Statement

UT Tyler protects the confidentiality of student records and Social Security numbers. Grades will not be transmitted electronically to avoid FERPA violations.

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## Emergency Exits and Evacuation

In the event of an alarm, all individuals must exit the building immediately and follow official instructions. Students requiring evacuation assistance should notify the instructor during the first week of class.

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## Academic Integrity

Students and faculty share responsibility for maintaining an environment that upholds academic integrity. Scholastic dishonesty—including cheating, plagiarism, collusion, or the use of unauthorized tools such as artificial intelligence—will be addressed according to university policy and must be reported when observed or suspected.

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## Tobacco-Free Campus

UT Tyler is a tobacco-free institution. All forms of tobacco and electronic smoking devices are prohibited on all university property. Cessation resources are available at:  
[www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free)