Division: Division of Kinesiology, Health and Sport Studies

Program Area: Health

Course #: HE 2310-200 and 201

Course Title: Dynamics: Personal Health

Section #: Sections 25563 and 25976

Term/Year: Winter, 2014

Course Location: Online

Day: NA Time: NA

Instructor: Janne Postma

Office Address: N/A

Home Address: 48470 Lake Land Drive. Shelby Township, MI 48317

Office Hours: N/A

Office Phone #: N/A

e-mail: jannepostma@gmail.com or aw0934@wayne.edu
Course Description: Critical health issues relevant to college students today with application to school age children, personal and family needs

Course Outcome: Upon successful completing this course, the student will

- Identify personal behaviors that tend to promote or compromise health
- Demonstrate an understanding of the major health areas as they apply to social, mental, physical and environmental health including the wellness, stress, fitness, nutrition, addictive substances, disease prevention/management, sexuality, consumerism, environmental issues, and death…the grief process
- Make informed decisions for healthy daily living
- Develop and implement strategies used to recognize, avoid and manage health risks and safety risk
- Demonstrate knowledge of personal genetic history in relation to medical conditions
- Develop and implement strategies to change a selected health behavior
- Obtain health related data about the social and cultural environments, growth and development factors, needs and interests of school age people
- Research health topics on the internet. Select valid and current sources of information and data.

Required Text(s): Understanding Your Health, 12th edition

Payne, Wayne, et al

McGraw Hill Publishers

Additional References: N/A
Course Assignments: Evaluation Component:

There are 1,000 possible points. The grading criteria is as follows:

Journal: **200 points**. First part of assignment “changing Health Habits (75 points) journal 125 points

Using the Health Belief Model, choose a health related behavior you would like to change during the course and keep a journal of your progress.

Participation: **130 points**

Attendance and participation is a critical part in forming a dynamic learning experience. You are expected to participate in activities and discussions.

The weekly discussion board is where you will earn your participation points. You are expected to make substantial comments in the discussion board. Full participation points are earned by making substantial comments at a minimum of one response on three different days of the week. You earn participation points by making comments either to the questions I post in the discussion boards or responses made by classmates to the questions I post. Substantial means several sentences that express your thoughts or experiences to the subject matter. Submitting one response on three different days of the week will qualify for 10 participation points. Submitting responses on two different days of the week will qualify for 6 points and a response of one day qualifies for 2 points. You will earn 0 points if you do not submit a response.

Your responses must be on different days of the week to earn credit.

Think of participation as normal conversation/discussion you have with other people. You interact going back and forth and offering thoughts, opinions, etc., allowing everyone to contribute. The same holds true for discussion here, it is just not face to face. Advancing the discussion involves taking an interest in the topic (someone’s response) by asking questions, reinforcing their opinion by offering a real life example or text reference, offering an alternate view point (remember not everyone agrees). use the forum as a place to learn versus rehashing the same thing note after note. Take advantage of an opportunity to learn more about the concepts.

Learning does not occur passively. Rather it requires you to work and interact with the learning materials and participate in the activities. To gain the full benefits you need to be actively involved in the learning process.

One Week Food Plan - **120 points**

You will develop a 5 day food plan based on the Choosemyplate.gov recommendations for a healthy diet. This food plan will personalized to you and (for full credit) will include breakfast, snack, lunch, snack, dinner, and snack.

Assessments - **120 points**

Complete the assigned risk assessments and report the results

Surgeon General Report - **130 points**

Imagine that you are the Surgeon General of the United States who formulates national health policy. (A former Surgeon General, C. Everett Koop, formulated the crusade against tobacco smoking a generation ago). Describe what you believe is the primary health problem in the United States today. Justify your choice with as many facts as you can find. Describe the steps you believe should be taken by government, private companies, organizations and individuals to eradicate this problem.
Quizzes - 2 quizzes worth 50 points each

Mid Term and final - worth 100 points each

**Attendance:**
Attendance and participation is critical in forming a dynamic learning experience. You are expected to participate in activities and discussions. Attendance in the online environment is evaluated based on participation in the discussion boards and timely submission of assignments.

You are expected to make substantial comments to your classmates in the weekly discussion boards. You may make these responses either to the questions I post or comments made by classmates. To earn full participation points (10 points each week) you must submit at least one post on three different days of the week. If you respond on two different days of the week you will earn 6 participation points and a response on one day earns 2 points.

**Late Policy:**
The online environment is very fast paced and we move through topics quickly. It is important that you stay on schedule with the materials so that you can best learn the concepts. Running behind will impact your ability to successfully achieve the objectives of this course. Assignments submitted after the due date will not receive full credit. Assignment points will be reduced based on the following schedule:

- 1-3 days late - 10 penalty points
- 4-6 days late - 20 penalty points

All assignments are due by 11:59 p.m. of the date indicated on the class calendar. Assignment dates are also identified in the weekly announcements.

No credit will be given to assignments submitted more than 7 days late.
Grading System:
The College of Education faculty members strive to implement assessment measures that reflect a variety of strategies in order to evaluate a student's performance in a course. For undergraduates and post-degree students C grades will be awarded for satisfactory work that satisfies all course requirements; B grades will be reserved for outstanding performance. (For graduate students B grades will be awarded for satisfactory work that satisfies all course requirements; B+ grades will be awarded for very good work, and A grades will be reserved for outstanding performance). Please note that there is a distribution of grades from A to F within the College of Education and that plusses and minuses are recorded and distinguish distinct grade point averages. Remember I do not summarily give grades, you earn your grade based on your performance.

For this course the following points to letter grade will apply. The Blackboard grade book keeps track of the number of points a student has received. At the end of the course your final grade will reflect the number of points earned during the class.

- 1000 - 960 points   A
- 959 - 900   A-
- 909 - 860   B+
- 859 - 830   B
- 829 - 800   B-
- 799 - 760   C+
- 759 - 730   C
- 729 - 700   C-
- 699 - 660   D+
- 659 - 630   D
- 629 - 0   F

University Policies and Student Handbook: As a student at Wayne State University, you are required to know the policies described in the Student Bulletin. My policies in this course are guided by the policies described in the student handbook. You may access the WSU Student Bulletin at: http://www.bulletins.wayne.edu/ubk-output/index.html

Withdrawal Policy
Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested.

WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested.

WN will be awarded if no materials have been submitted, and so there is no basis for a grade.

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. Withdrawals can be requested at any point from the fifth week of class through the tenth week of classes (Friday, January 17, 2014)

Academic Dishonesty: Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If
there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an “F” for the assignment, project, paper, or exam in question.
Assign the student an “F” for the entire course.
Recommend the student be placed on probation or suspended for a period of time.
Recommend that the student be expelled from the university (repeated offenses.)

Anyone with specific questions regarding academic misbehavior should consult the source document at http://www.doso.wayne.edu/codeofconduct.pdf or http://www.doso.wayne.edu/judicial/academic-integrity.htm

Plagiarism: The definition of plagiarism is "to use/steal the language, ideas, or thoughts from another and to represent them as your own original work." If you use another person's words, ideas, or thoughts in your papers, you must cite the author(s) in your paper using APA style. I can check for plagiarism by running your papers through a software application that instantly detects papers with unoriginal material. In addition, if you can Google it, so can I. For your own sake, please avoid the temptation to use someone else's words as your own. Any cases of detected plagiarism will result in an "F" on the assignment. A second offense will result in an "F" for the course.

Accommodations for students: In accordance with university policy, if you have a documented disability and require accommodations to obtain equal access in this course, or are a student athlete and need accommodations, please contact the instructor at the beginning of the semester or when given an assignment for which an accommodation is required.

Students with Disabilities:
If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.
Religious Observance Policy:

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.
**Class Schedule:** This is an online class and we will have no face to face meetings.

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<thead>
<tr>
<th>WEEK</th>
<th>DAY</th>
<th>DATE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>One</td>
<td>M-S</td>
<td>1/6</td>
<td>The Mind</td>
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<tr>
<td>Two</td>
<td>M-S</td>
<td>1/13</td>
<td>Psychological Health and Stress Management</td>
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<tr>
<td>Three</td>
<td>M-S</td>
<td>1/20</td>
<td>Physical Fitness &amp; Nutrition</td>
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<tr>
<td>Four</td>
<td>M-S</td>
<td>1/27</td>
<td>Healthy Weight</td>
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<td>Five</td>
<td>M-S</td>
<td>2/3</td>
<td>Drug Use &amp; Alcohol Use</td>
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<td>Six</td>
<td>M-S</td>
<td>2/10</td>
<td>Tobacco Use</td>
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<td>Seven</td>
<td>M-S</td>
<td>2/17</td>
<td>Mid Term Exam</td>
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<td>Eight</td>
<td>M-S</td>
<td>2/24</td>
<td>Cardiovascular Health and Cancer</td>
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<td>Nine</td>
<td>M-S</td>
<td>3/3</td>
<td>Chronic and Infectious Disease</td>
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<td>Ten</td>
<td>M-S</td>
<td>3/17</td>
<td>Sexuality and Sexual Behavior</td>
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<td>Eleven</td>
<td>M-S</td>
<td>3/24</td>
<td>Fertility and Becoming a Parent</td>
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<td>Twelve</td>
<td>M-S</td>
<td>3/31</td>
<td>Being a Wise Health Care Consumer &amp; Safety</td>
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<td>Thirteen</td>
<td>M-S</td>
<td>4/7</td>
<td>Environment</td>
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<td>Fourteen</td>
<td>M-S</td>
<td>4/14</td>
<td>Aging, Dying and Death</td>
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<tr>
<td>Fifteen</td>
<td>W-T</td>
<td>4/21</td>
<td>Final Exam and project due</td>
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