Textbook & Required Reading

**RECOMMENDED TEXT:**
- *Health the Basics, 11th Edition*
  - Author: Rebecca J. Donatelle

Additional readings and videos may be suggested or required during the semester on WebCampus.

Course Description & Objectives

**PREREQUISITES:**
No prerequisites required for this course.

**COURSE OVERVIEW:**
Study of health principles as they apply to college and adult life, including mental health, sexuality, substance abuse, nutrition, health care, and environmental health. Increases understanding of underlying causes of, and cultural, social, and personal influences on these principles, and helps move students toward optimal physical, emotional, social and mental health.

**COURSE OBJECTIVES:**
Students will be able to:
- Define health and identify several personal factors that influence your health and classify them as modifiable or non-modifiable.
- Define psychological health, and identify the basic traits shared by psychological health, and discuss the positive steps you can take to enhance psychological well-being.
- Identify psychological disorders, such as anxiety disorders and depression, and explain their causes and treatment.
- Define stress, identify the effects of stress, and how to manage stress in college.
- Identify and explain unintentional injuries.
• Define and explain intimate relationships and how communication is the key to good relationships.
• Define drugs, understand how caffeine is considered a drug, and identify and explain the common drugs of abuse.
• Identify the essential nutrients for health, and understand how to eat healthier.
• Define overweight and obesity describe the current epidemic of overweight/obesity in the U.S. and globally, and understand risk factors associated with these weight problems; describe factors that place people at risk for problems with obesity; distinguish between factors that can and cannot be controlled; discuss reliable options for determining percentage of body fat and a healthy weight for yourself.
• Discuss the roles of exercise, diet, lifestyle modification, fad diets, and other strategies of weight control, and which methods are most effective.
• Distinguish the physical activity required for health, fitness, and performance; identify the motivating factors for becoming physically fit, including the benefits, goals, and challenges to manage; understand and be able to use the FITT principles for the health-related components of physical fitness.
• Identify the different types of sexually transmitted infections and discuss HIV/AIDS, trends, treatment, and prevention.

ASSOCIATION OF SCHOOLS OF PUBLIC HEALTH UNDERGRADUATE LEARNING OUTCOMES:

“1.1 Define public health and related roles and responsibilities of government, nongovernment agencies, and private organizations.
1.5 Discuss the role of gender, race, ethnicity, and other evolving demographics in affecting population health.
1.10 Assess the values and perspectives of diverse individuals, communities, and cultures and their influence on health behaviors, choices, and practices.
2.1 Describe how the methods of epidemiology and surveillance are used to safeguard the population’s health.
2.4 Communicate health information to a wide range of audiences through an array of media.
2.5 Conduct a literature search on a health issue using a variety of academic and public resources.
2.7 Analyze alternative viewpoints regarding a health topic.
3.2 Discuss the role of community engagement in promoting population health and social justice.
3.10 Endorse lifestyle behaviors that promote individual and population health and well-being.” (ASPH, 2011, p.2, 3, 4).
UNIVERSITY UNDERGRADUATE LEARNING OBJECTIVES:

1. Intellectual Breadth and Lifelong Learning – Graduates are able to understand and integrate basic principles of the natural sciences, social sciences, humanities, fine arts, and health sciences, and develop skills and a desire for lifelong learning.

2. Inquiry and Critical Thinking – Graduates are able to identify problems, articulate questions, and use various forms of research and reasoning to guide the collection, analysis, and use of information related to those problems.

3. Communication – Graduates are able to write and speak effectively to both general and specialized audiences, create effective visuals that support written or spoken communication, and use electronic media common to one’s field or profession.

4. Global/Multicultural Knowledge and Awareness – Graduates will have developed knowledge of global and multicultural societies and an awareness of their place in and effect on them.

5. Citizenship and Ethics – Graduates are able to participate knowledgeably and actively in the public life of our communities and make informed, responsible, and ethical decisions in their personal and professional lives.

Course Evaluation

- All power point lectures, videos and supplemental material will be posted by 10am on Monday for the week indicated on the syllabus.

CLASS DISCUSSIONS
A discussion topic will be posted each week that relates to the content being covered. This course requires students to engage in active participation. To receive full credit (25 points), students are expected to create FIVE original posts and must contribute to Five other discussions posts made by other students by the end of the semester. The posts and comments must be related to the current module. Posts can be something interesting from the readings, a relevant current event or link, a personal story, connection or experience, journal article, facts, statistics, etc. Due to the nature of topics covered please know many controversial topics will be discussed. All original and supplemental posts must be respectful, thoughtful, intentional and meaningful.

JOURNAL DISCUSSIONS
Over the course of the semester, students will be required to respond directly to four journal or news articles related to topics discussed in class. Each response should be well throughout and express if you agree or disagree with the article and why. Responses should be a paragraph in length. Students must work alone on these responses. All posts will be submitted on WebCampus by 11:59pm on the due dates. Submit only in Docx, Doc, or Txt Format! DO NOT SEND IN APPLE OR GOOGLE DOC FORMAT (Will not be accepted)!!
Stress Free Day Assignment 25 PTS POSSIBLE

Students will be given time to conduct a stress free activity. Directions will be given at the end of Chap. 3 lecture.

PUBLIC HEALTH PAPER 50 PTS POSSIBLE

Each student will pick a different health topic of their choice. The student will conduct scientific research on a topic and write a 3 to 5 page paper discussing key points on the topic. Guidelines and a rubric will be provided. Final Project will be due via Webcampus only in DOC or DOCX Format!! DO NOT SEND IN APPLE OR GOOGLE DOC FORMAT (Will not be accepted)!!

EXAMS 2 @ 50 PTS EACH/ 100 PTS POSSIBLE

There will be two equally-weighted exams throughout the duration of the course. Exams will be 50 questions in length; format includes multiple-choice, true/false, definitions and 1 short answer essay response. Students will be given adequate amount of time to complete the exams. Exams will be posted on WebCampus for one week to be completed. Any scheduling conflicts must be addressed in advance of the exams. No makeup exams will be offered unless students have a documented emergency.

* In an effort to maintain academic honesty, a number of versions may be provided of each exam.

FINAL EXAM 100 PTS POSSIBLE

There will be a final exam based on material after the second exam. The exam will be 100 questions in length; format includes multiple-choice, true/false, and short essay answers. The exam will be posted for one week. FINAL EXAM IS DUE Dec 15, 2017.

* In an effort to maintain academic honesty, a number of versions may be provided of each exam.

PLEASE NOTE:

All assignments must be submitted via the appropriate channels, as indicated on the syllabus and assignment instructions

Late assignments will be assessed a penalty of one letter grade for each day late that they are received. Further, late assignments will not be accepted more than two days after the original due date.

Make-up exams will NOT be offered after designated dates, except in verified emergency situations.
Mr. Hunt reserves the right to change the schedule and requirements for this course. Announcements regarding changes to the syllabus and/or class assignments posted to WebCampus are the student's responsibility.

<table>
<thead>
<tr>
<th>GRADE</th>
<th>%</th>
<th>POINTS</th>
<th>Expectations/Evaluation Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94 – 100%</td>
<td>374 – 400</td>
<td>Student demonstrates mastery of the concepts; completes all assignments with a high degree of effort and skill; shows initiative and goes well beyond the minimum requirements; consistently participates and contributes.</td>
</tr>
<tr>
<td>A-</td>
<td>90 – 93%</td>
<td>358 – 373</td>
<td>Student understands and integrates terms and concepts; completes all assignments with a moderate level of effort and skill.</td>
</tr>
<tr>
<td>B+</td>
<td>87 – 89%</td>
<td>346 – 357</td>
<td>Student understands the core concepts; completes all assignments at an acceptable level and shows willingness to improve skills; usually participates.</td>
</tr>
<tr>
<td>B</td>
<td>84 – 86%</td>
<td>334 – 345</td>
<td>Student understands the core concepts; completes the minimum work required; occasionally participates/contributes.</td>
</tr>
<tr>
<td>B-</td>
<td>80 – 83%</td>
<td>318 – 333</td>
<td>Student understands most of the core concepts; completes the minimum work required; occasionally participates/contributes.</td>
</tr>
<tr>
<td>C+</td>
<td>77 – 79%</td>
<td>306 – 317</td>
<td>Student does not understand all of the core concepts; does not complete the minimum work required; does not participates/contributes often.</td>
</tr>
<tr>
<td>C</td>
<td>74 – 76%</td>
<td>294 – 305</td>
<td>Student does not understand many of the core concepts; does not complete the minimum work required; does not attended most classes and does not participates/contributes.</td>
</tr>
<tr>
<td>C-</td>
<td>70 – 73%</td>
<td>278 – 293</td>
<td></td>
</tr>
<tr>
<td>D+</td>
<td>67 – 69%</td>
<td>266 – 277</td>
<td>Student does not understand many of the core concepts; does not complete the minimum work required; does not participate.</td>
</tr>
<tr>
<td>D</td>
<td>64 – 66%</td>
<td>254 – 265</td>
<td></td>
</tr>
<tr>
<td>D-</td>
<td>60 – 63%</td>
<td>238 – 253</td>
<td></td>
</tr>
<tr>
<td>F</td>
<td>&lt; 60%</td>
<td>&lt; 237</td>
<td>Student has not performed at the level acceptable for this course</td>
</tr>
</tbody>
</table>

**Total points possible for the course:** 400 pts

### Important WebCampus Information

The instructor is not able to assist students with technical support for WebCampus. Should issues arise, students should contact the IT Help Desk as soon as possible. **Issues with technology will not be a sufficient excuse for late/missing assignments or exams.**

**WebCampus Support:** (702) 895-0777  
**E-mail:** ithelp@unlv.edu  
**Help Desk Hours:** Monday – Friday, 8:00AM – 5:00PM (PST)  
Saturday & Sunday, 12:00PM – 5:00PM (PST)  
**Online Help Requests:** http://oit.unlv.edu/help/webcampus
### Additional Information

**Academic Misconduct**—Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility, and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling at UNLV assume the obligation to conduct themselves in a manner compatible with UNLV’s function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the Student Academic Misconduct Policy (approved December 9, 2005) located at: https://www.unlv.edu/studentconduct/student-conduct.

**Copyright**—The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you, nor assume any responsibility for employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: http://www.unlv.edu/provost/copyright.

**Disability Resource Center (DRC)**—The UNLV Disability Resource Center (SSC-A 143, http://drc.unlv.edu/, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

**Final Examinations**—The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: http://www.unlv.edu/registrar/calendars.

**Incomplete Grades**—The grade of I—Incomplete—can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving "I" grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

**Library Resources**—Students may consult with a librarian on research needs. Subject librarians for various classes can be found here: https://www.library.unlv.edu/contact/librarians_by_subject. UNLV Libraries provides resources to support students’ access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at https://www.library.unlv.edu/.

**Rebelmail**—By policy, faculty and staff should e-mail students’ Rebelmail accounts only.
Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. Emailing within WebCampus is acceptable.

Religious Holidays Policy—Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor within the first 14 calendar days of the course for fall and spring courses (excepting modular courses), or within the first 7 calendar days of the course for summer and modular courses, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: http://catalog.unlv.edu/content.php?catoid=6&navoid=531.

Transparency in Learning and Teaching—The University encourages application of the transparency method of constructing assignments for student success. Please see these two links for further information:
https://www.unlv.edu/provost/teachingandlearning
https://www.unlv.edu/provost/transparency

Tutoring and Coaching—The Academic Success Center (ASC) provides tutoring, academic success coaching and other academic assistance for all UNLV undergraduate students. For information regarding tutoring subjects, tutoring times, and other ASC programs and services, visit http://www.unlv.edu/asc or call 702-895-3177. The ASC building is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of SSC A (ASC Coaching Spot). Drop-in tutoring is located on the second floor of the Lied Library and College of Engineering TBE second floor.

UNLV Writing Center—One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: http://writingcenter.unlv.edu/.

## Tentative Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity/Content</th>
<th>Reading</th>
<th>Assignment Due</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>Introductions, Course Objectives, Syllabus Review</td>
<td></td>
<td></td>
</tr>
<tr>
<td>August 28-</td>
<td>Assessing Your Health</td>
<td>Chapter 1</td>
<td></td>
</tr>
<tr>
<td>Sept 3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Week 2</strong></td>
<td>Promoting &amp; Preventing Your Psychological Health</td>
<td>Chapter 2</td>
<td></td>
</tr>
<tr>
<td>Sept 4-10</td>
<td>Managing Stress &amp; Coping with Life’s Challenges</td>
<td>Chapter 3</td>
<td></td>
</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>Stress Free Activity Due 11:59pm Sept 17, 2017</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept 11-17</td>
<td>Preventing Violence &amp; Injury</td>
<td>Chapter 4</td>
<td></td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>Promoting Environmental Health</td>
<td>Chapter 15</td>
<td>Journal Discussion # 1 Due @ 11:59pm Sept 24, 2017</td>
</tr>
<tr>
<td>Sept 18-24</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Environmental Film*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Week 5  
Sept 25- Oct 1 | EXAM 1 (Chp. 1-4, 15 & Film) Due by 11:59pm Oct 1, 2017 |
|----------------|----------------------------------------------------------|
| Week 6  
Oct 2-8 | Building Healthy Relationships Chapter 5 |
| Week 7  
Oct 9-15 | Understanding Sexuality Chapter 6 |
| Week 8  
Oct 16-22 | Recognizing & Avoiding Addiction & drug Abuse Chapter 7 |
| Week 9  
Oct 23-29 | Building Healthy Relationships Chapter 5 |
| Week 10  
Oct 30-Nov 5 | EXAM 2 (Chp. 5-9) Due by 11:59pm Nov 5, 2017 |
| Week 11  
Nov 6-12 | Reaching and Maintaining a Healthy Weight Chapter 10 |
| Week 12  
Nov 13-19 | Improving Your Personal Fitness Chapter 11 |
| Week 13  
Nov 20-26 | Reducing Your Risk of Cardiovascular Disease & Cancer Chapter 12 |
| Week 14  
Nov 27-Dec 3 | Protecting Against Infectious Diseases & STIs Chapter 13 |
| Week 15  
Dec 4-10 | Thanksgiving Week |
| Week 16  
Dec 11-15 | Health Paper Due on Webcampus by 11:59pm on Dec 10, 2017 |
| Week 16  
Dec 11-15 | FINAL EXAM (Chp 10-14,16) due by 11:59pm on Dec 15, 2017 |