HED 101: Foundations of Human Health-2 Credits, Section 002-T/Th. 9a-9:50a, Pulliam 208

Instructor: Dania Laubach  
Office: Pulliam 108, Mailbox: Pulliam 307  
Email: Dania.Laubach@siu.edu  
Office Hours: Wed. 230p-5p*Also available by appointment via email.

Faculty Advisor:  
Dr. Kim Miller - kmiller@siu.edu  
Office Location: Pulliam 321B, Phone: 618-453-2777

Course Description:

HED 101: Foundations of Human Health is designed to examine contemporary health-related issues for all dimensions of the individual,—physical, mental, social, emotional, and spiritual,—through focus on health promotion and disease prevention. Emphasis is placed on maintaining and improving the quality of life by developing personal and social skills (i.e., decision making, communication, stress management, and goal setting) across health content areas as well as identifying and accessing appropriate health-related resources.

Disciplinary Content Learning Objectives: At the end of this course, students will:

• Comprehend concepts related to health promotion and disease prevention to enhance health.
• Be able to analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
• Demonstrate the ability to access valid information, products, and services to enhance health.

University Core Learning Objectives: At the end of this course, students will:

• Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
• Demonstrate the ability to use decision-making skills to enhance health.
• Demonstrate the ability to use goal-setting skills to enhance health.
• Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
• Demonstrate the ability to advocate for personal, family, and community health.

Required Text:


Examinations: Written examinations (two exams and a final exam) will be based on textbook readings and classroom discussions. These exams, including the final, must be taken during scheduled times on the designated dates. Missed exams cannot be made up, except under extenuating circumstances.
**Course Assessments:** These assessments and the number of points assigned to them will vary by Instructor. However, all HED 101 students must complete:

- Personal Health Assessments: How Healthy Are You? (Beginning & end of the semester).

**Four Performance Assessments:**

- Goal-Setting (Chapter 1: The Basics of Health Change and monitored for one month)
- Stress Management (Chapter 2: Psychosocial Health)
- Communication (Chapters 4 and 5: Human Sexuality)
- Decision-Making (Chapters 6 and 7: Tobacco, Alcohol, and Drugs)
- College “Top Ten” (Culminating assignment related to Advocacy)

**Other Assignments:** Other reading assignments or class assignments (and the number of points they are worth) will vary by Instructor. The Faculty Advisory will review all syllabi to determine appropriateness of assignments.

**Extra Credit Assignments:** Extra credit assignments are at the discretion of the Instructor.

**Attendance Policy:** Attendance is required and will be recorded daily. Students will NOT receive extra points for attending class. However, final grades will be affected by multiple absences from class. Absent students are responsible for getting class notes and handouts on their own. Students will not be able to “make up” worksheets or activities covered in classes where they are absent.

**Class Participation:** Active participation in classroom activities and discussion is expected from all students. A variety of instructional strategies will be incorporated/evaluated on a regular basis during class. If you are not present in class, you cannot participate fully. *Participation scores will be based on the quantity and quality of class participation.*

**Course Requirements:** *(500pts.)*

**Participation-** based on in-class activities and group discussions *(50 pts)*

**Online Assessments (200pts)**

- Personal Health Assessment- (beginning & end of semester-20pts/ea.) *(40pts)*
- Goal-Setting I *(20pts)*
- Goal-Setting II *(20pts)*
- Stress Management *(20pts)*
- Decision-Making I *(20pts)*
- Decision-Making II *(20pts)*
- Communication *(20pts)*
- Advocacy Group Poster *(40pts)*

**Assignments (100pts)**

- Chapter 14- Environmental Health Project *(50pts)*
- Chapter 8- Menu Plan and Healthy Recipe *(50pts)*

**Exams (150pts)**

- Exam One (Chapters 1,2,3,6,7) *(50pts)*
- Exam Two (Chapters 8,9,10,11) *(50pts)*
- Final Exam (Chapters 4,5,12,13) **Tues. Dec. 9 2p-4p** *(50pts)*

**Extra Credit Assignments:** on D2L *(Total of 10pts Available)*
Grading Scale: If any of the class assignments are unclear, it is the student’s responsibility to discuss and clarify expectations with instructor as soon as possible.

NOTE: NO CREDIT WILL BE GIVEN FOR ASSIGNMENTS RECEIVED ONE WEEK AFTER THE DUE DATE. ½ CREDITS FOR LATE ASSIGNMENTS TURNED IN WITHIN A WEEK OF THE DUE DATE.

Grading Scale: 500 final points
A  90-100% (448-500 pts)
B  80-89% (398-447pts)
C  70-79% (348-397pts)
D  60-69% (298-347pts)
F  Less than 60% (0-297pts)

An incomplete (INC) is assigned when, for reasons beyond their control, students engaged in passing work are unable to complete all class assignments. An INC must be changed to a completed grade within a time period designated by the instructor, but not to exceed one year from the course’s grade point average.

Students registered for a course may not withdraw merely by stopping attendance at class. A student who does not officially withdraw from a class and stops attending will likely receive a WF, which will be calculated as an F in his/her GPA.

Course Outline (and Assignments with Due Dates)
- Readings are expected to be completed before class.
- Assignments and Assessments are due at the beginning of class the day they are due.

<table>
<thead>
<tr>
<th>DATE</th>
<th>Chapter/ Topic</th>
<th>Class Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Introductions; Review of Syllabus, Online Demo. &amp; Tour.</td>
<td>Tues: Assign Discussion Groups</td>
</tr>
<tr>
<td>Jan. 20/22</td>
<td>Homework: Read Chapter 1, Familiarize yourself with D2L.</td>
<td>Homework: Read Chapter 1, Familiarize yourself with D2L.</td>
</tr>
<tr>
<td></td>
<td>Chapter 1: The Basics of Health Change Determinants, Definitions, and Dimensions of Health.</td>
<td>Thurs: Review Chapter 1, Health Assessment: How Healthy Are You?-In Class (20pts)</td>
</tr>
<tr>
<td></td>
<td>Homework: Read Chapter 2</td>
<td></td>
</tr>
</tbody>
</table>

<p>| Week 2     | Chapter 2 Psychological Health / Goal Setting                               | Tues: NO CLASS.                                                               |
| Jan. 27/29 | Homework: Read Chapter 2                                                    | Homework: Read Chapter 2                                                     |
| Jan. 25-Last day to add a class. | Thurs: Goal-Setting I Assessment and Review Chapter 2.                      | Homework: Work on Goal-Setting II Assessment-Due Feb. 24, Read Chapter 3.   |</p>
<table>
<thead>
<tr>
<th>Week 3</th>
<th>Feb. 3/5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last day to drop for 100% Refund Sunday, Feb. 1st</td>
<td></td>
</tr>
<tr>
<td>Chapter 3: Managing Your Stress.</td>
<td></td>
</tr>
</tbody>
</table>
Homework: Stress Assessment (Due Tues. Feb. 10th). |
| Thurs: Continue reviewing Chapter 3-Relaxation Techniques  
Homework: Read Chapter 6, Continue Stress Assessment- (Due Tues. Feb. 10th). |
| Week 4  | Feb. 10/12 |
| Chapter 6: Addiction and Drug Use. Stress Assessment Due-Tues. Feb 10th at beginning of class. |
| Tues: Review Chapter 6 – In-Class Balloon Exercise.  
Homework: Read Chapter 7. |
| Thurs: Review Chapter 6.  
Homework: Read Chapter 7. |
| Week 5  | Feb. 17/19 |
| Chapter 7: Alcohol and Tobacco. |
Homework: Finish Decision Making Assessments I and II (Due Thurs. Feb. 26th) |
| Week 6  | Feb. 24/26 |
| Tues: Review for Exam One.  
Goal-Setting Two Assessment Due Tues. Feb. 24th at the beginning of class.  
Thurs: Exam One (Chapters: 1,2,3,6,7) |
| Tues: In-Class Review for Exam One.  
Homework: Review for Exam. |
| Thurs: Exam One.  
Homework: Read Chapter 8 |
| Week 7  | Mar. 3/5 |
| Chapter 8: Nutrition.  
Menu Plan Assigned. (Due Tues. Mar. 17th) |
| Tues: Review Chapter 8, Review Menu Plan Assignment.  
Homework: Work on Menu Plan  
Thurs: Review Chapter 8.  
Homework: Read Chapter 9, Work on Menu Plan-Write Reflection. |
| Week 8  | Mar. 10/12 |
| Spring Break March 7-15th  
No Classes! |
| Enjoy Your Break! |
| Week 9  | Mar. 17/19 |
| Tues: Ch. 9-Weight Management/Body Image Menu Plan and Reflection-Due Tues. Mar. 17th |
| Tues: Review Chapter 9.  
Homework: Read Chapter 10.  
Thurs: Guest Speaker- Body Image. |
| Week 10 | Mar. 24/26 |
| Chapter 10: Fitness |
| Tues: Review Chapter 10. Review of Midterm Evaluations  
Homework: Read Chap 11, Catch Up on Late Work. |
<table>
<thead>
<tr>
<th>Week: 11 Mar. 31/ April 2</th>
<th>Tues: Chapter 11: Cardiovascular Disease, Cancer, and Diabetes. Thurs: Chapter 12: Infectious Disease Top Ten Partner Advocacy Poster Assigned, Presentations. Due April 9&lt;sup&gt;th&lt;/sup&gt;</th>
<th>Thurs: Guest Speaker- Rec Center Tour? Homework: Read Chapter 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun, 4/5-Last day to drop via Salukinet. Week 12 April. 7/ 9</td>
<td>Tues: Chap 12: Infectious Disease. Thurs: Poster Presentations</td>
<td>Thurs: Poster Presentations Homework: Begin Reviewing for Exam Two</td>
</tr>
<tr>
<td>Week 14 April 21/23</td>
<td>Tues: Chapter 4: Relationships and Sexuality Thurs: Communication Assessment Assigned. Due: April 30&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Tues: Review Chapter 4-Relationships/Sexuality. Thurs: Review Communication. Homework: Read Chapter 5. Complete Communication Assessment</td>
</tr>
<tr>
<td>Week 15 April 28/30</td>
<td>Chapter 5: Pregnancy and Reproductive Choices Tues: Ch. 14 Env. Health Project- Due Tues May 5&lt;sup&gt;th&lt;/sup&gt; Thurs: Stations</td>
<td>Tues: Review Chapter 5 Thurs: Birth Control and Family Planning Stations</td>
</tr>
<tr>
<td>Week 16 May 5/7</td>
<td>Tues: Chapter 13: Violence and Unintentional Injuries ENV. Health Project Due.</td>
<td>Tues. Review Chapter 13, Second Personal Health Assessment Homework: Review For Final Exam</td>
</tr>
<tr>
<td>Thurs. May 14, 8a-10a, Pullium 208</td>
<td>Thurs: Review for Final Exam (Chapters 4, 5, 12, 13).</td>
<td>Thurs. Review For Final Exam, Class Evaluation. Homework: Review For Final Exam</td>
</tr>
<tr>
<td>Thurs.</td>
<td>Final Exam (Chapters 4,5,12,13)</td>
<td>Enjoy your break!</td>
</tr>
</tbody>
</table>
SYLLABUS

Use of laptops, iPods, iPads, cell phones, MP3 players, magazines, newspapers, eating/drinking during class, or any other disruptive behavior is unacceptable. The classroom is a shared space where consideration of others is not negotiable. The first time you are caught using these electronic devices or engaging in any other disruptive behavior, you will be asked to discontinue the behavior. If you are using an electronic devise, you will asked to bring it to the front of the room and allowed to pick it up at the end of class. The second time, you will be asked to leave the class and will receive NO PARTICIPATION POINTS for that day. View the SIUC Student Conduct Code at: http://policies.siuc.edu/policies/conduct.html

ACADEMIC HONESTY POLICY

The mission of the Department of Health Education and Recreation (HER) is to create, discover, and disseminate knowledge through effective teaching, scholarship, and service in the professions of health education and recreation. To pursue this mission, the Department of HER believes in the importance of reinforcing academic honesty. An Academic Honesty Code used by students and faculty promotes an atmosphere of integrity and honesty. Review SIUC statement on academic/honesty/plagiarism online (http://libguides.lib.siu.edu/plagiarism)

The following behaviors are some examples of academic dishonesty:

I. Taking an exam for another student.
II. Forging or altering an official document.
III. Paying someone to write a paper to submit under one’s own name.
IV. Copying (with or without another person’s knowledge and claiming it as one’s own work).
V. Including items on a list of references that were not used.
VI. Doing assignments for someone else.
VII. Obtain a copy of a test before it is given.
VIII. Working with other students on an assignment when not expressly told to do so.


IX. Cheating, which is intentionally using unauthorized material, information, or study aids in any work submitted for credit.
X. Fabrication, which is intentional and unauthorized falsification or invention of any information or citation.
XI. Plagiarism, which is the deliberate use of ideas, words, or statements of another person as one’s own without acknowledgment being given.
XII. Facilitation, which is knowingly helping someone else do any of the above.


The following approach will be used in incidents of academic dishonest:

1. An academic "honor board" will consist of five members. The make-up of the board is as follows: the vice-presidents of Eta Sigma Gamma and the Student Recreation Society, one faculty member of the Department of Health Education and Recreation, one Health Education student, and one Recreation student, the latter three to be appointed by the department chair. The function of this board will be to review charges of academic dishonesty, and work with the instructor who has brought the charge to decide upon a sanction or response.
2. The first time a student is found engaging in academic dishonesty, the instructor or faculty member involved in the incident has the option of either handling the issue individually or forwarding it to the honor board. If the incident is handled between the student and the faculty member, the faculty member will provide the department chair with a brief description of the infraction and the resolution. Both the student and the faculty member should sign this. Every effort should be made to review and clarify to the student the reasons why their
behavior constitutes academic dishonesty, thus allowing the student to fully understand the ethical basis of the policies, and offer the student the opportunity of integrating these values into his/her own value system.

3. Any student who engages in academic dishonesty twice during his/her academic career will be required to have a hearing with the honor board. This hearing will consist of a review of the incident and an opportunity for the student to respond to the charge. The honor board, in consultation with the instructor, will decide upon the sanction to be imposed. The sanction would be commensurate with the magnitude of the offense.

4. If the student disagrees with the department’s decision, he/she may then request a new hearing with the Dean of the College of Education and Human Services, who will, if guilt is determined, decide upon the appropriate sanction. To begin this process, the student should schedule a meeting with the College’s Chief Academic Advisor located in Wham 135

**STUDENT COMPLAINTS**

Support is given to the belief that in most instances complaints and grievances can be minimized if communication is maintained between students and faculty. If the student, after discussing the complaint with the faculty member or members involved, still wishes redress, the Chair should be consulted.

When a student requests an appointment with the Department Chair to voice an academic complaint about an instructor, the student will be asked to provide details on a Request to See Department Chair form. An appointment will be scheduled when the form is returned. Prior to the appointment, the faculty member involved will provide information to the Department Chair on the Information for Student Meeting with Department Chair form. The Department Chair will maintain a record of the discussion/outcome on the Record of Meeting with Department Chair form. If the Department Chair is unable to resolve the complaint to the mutual satisfaction of those concerned, then the formal grievance procedure will be followed.

**SIUC EMAIL POLICY**

Email is a mechanism for official communication within Southern Illinois University Carbondale. The University has the right to expect that such communications will be received and read in a timely fashion. Students are responsible for checking their University email account of a frequent and consistent basis to stay current with University-related communications. Students have the responsibility to recognize that certain communications may be time-critical. "I didn’t check my email", error in forwarding mail, or email returned to the University with "Mailbox Full" messages are not acceptable excuses for missing official University communications via email.

Users should exercise extreme caution in using email to communicate confidential or sensitive matters, and should not assume that email is private and confidential. It is especially important that users are careful to send messages only to intended recipient(s). Particular care should be taken when using the "reply" command during email correspondence.