

HED 101: Foundations of Human Health

Instructor: Heather Tillewein
Phone: 618-453-2777

Office: Pulliam 108
Email: hatqnf@siu.edu

Office Hours: Monday and Wednesday 3:00pm to 5:00pm
Thursday 10:00am – 10:50am

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 and Support Materials: Donetelle, Rebecca J. (2013) My Health: An Outcomes Approach, 1st Edition

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 when they are absent.

Grading Scale (based on xx total points): If any of the class assignments are unclear, it is the student's responsibility to discuss and clarify expectations as soon as possible. NOTE: NO CREDIT WILL BE GIVEN FOR ASSIGNMENTS RECEIVED AFTER THE DUE DATE.

Grading Scale: 305 final points

A (273-305) 90-100%

B (243-272) 80-89%

C (212-242) 70-79%

D (182-211) 60-69%

F (181 total points or less) Less than 60%

Examinations (150 points): Written examinations (two exams and a final exam) will be based on textbook readings and classroom discussions and are worth 50 points each. 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.

Class Participation (50 points): 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.

Syllabus Quiz (5 points): A quiz to reflect your knowledge and to encourage reading the quiz.

Assignments (100 points):

Family Health History Paper (50 points): Students will consult with family members to determine illness and disease that is prevalent in their family history. The paper will include 1 page of their family health history and 1-2 pages focusing on the most common illness or disease discovered in their family. Students are to describe the cause of the illness, the harm it places on the body, how to treat the disease and prevention strategies. (12 point font, 1 inch margins, double spaced)

Drugs and Alcohol Group Presentation (50 points): Students will be placed into groups and given a specific abused substance to research and present with a PowerPoint presentation to the class. Presentations will include a description of the drug, history, statistics, physiological and psychological effect the drug has on the body, and a health-related agency directed for addicts to seek help. Presentations should be 5 minutes long, and sources must be credited on the last slide.

Incomplete grades

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 close of the term in which the course was taken, *or graduation*, whichever occurs first.

If the coursework is not completed within the designated time period, the incomplete will be converted to a grade of F and the grade will be computed in the student'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.

Tentative Course Outline (and Assignments with Due Dates)(Subject to change with instructor notice)

DATE	DISCUSSION TOPIC	READINGS/ASSIGNMENTS (DUE DATES)
Week 1 1/19- 1/21	Introductions; Review of Syllabus Definition of Health; Dimensions of health; Determinants of health Chapter 1: The Basics of Health Change	Read Chapter 1 <i>Syllabus Quiz- 1/21 (Thursday)</i>
Week 2 1/26-1/28	Chapter 2: Psychological Health	Read Chapter 2 Stigma Box in class (2)
Week 3 2/2-2/4	Chapter 3: Stress	Read Chapter 3
Week 4 2/9-2/11	Chapter 10 Fitness	Read Chapter 10
Week 5 2/16-2/18	Review for Exam	<u>Exam 1 Thursday 2/18</u> <u>(Chapters 1,2,3,10)</u>
Week 6 2/23-2/25	Chapter 4: Relationship and Sexuality	Read Chapter 4
Week 7 3/1-3/3	Chapter 5: Reproductive Choices	Read Chapter 5
Week 8 3/8-3/10	Chapter 12: Infectious Diseases	Read Chapter 12 <i>Family Health History Paper Due 3/10 (Thursday)</i>

Week 9 3/15-3/17	Spring Break	-----
Week 10 3/22-3/24	Chapter 8 Nutrition	
Week 11 3/29- 3/31	Review for Exam	<u>Exam 2 Thursday 3/31</u> <u>(4,5,8,12)</u>
Week 12 4/5-4/7	Chapter 7: Alcohol and Tobacco	Read Chapter 7
Week 13 4/12-4/14	Chapter 6: Drugs	Read Chapter 6
Week 14 4/19-4/21	Chapter 13: Violence and Unintentional Injuries	Read Chapter 13
Week 15 4/26-4/28	Chapter 9: Weight and Management and Body Image	Read Chapter 9
Week 16 5/3-5/5	Presentations!!!!	<i>Drug Alcohol Presentations</i> Groups 1-4 (5/3 Tuesday) Groups 5-9 (5/5 Thursday)
Week 16 5/9-5/13	<u>Final</u> <u>Chapters (6,7,9,13)</u>	<u>Final Exam Schedule</u> HED 101-002: 8:00am – 10:00am 5/12 (Thursday) HED 101-010: 10:15am-12:15pm 5/12 (Thursday) HED 101-014: 12:30pm – 2:30pm 5/10 (Tuesday)

DISRUPTIVE BEHAVIOR POLICIES

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 device, you will be 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.siu.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.

Also, according to Kibler, W. (1993). Academic Dishonesty: A student development dilemma. *NASPA Journal*, 30(4).

- 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.

Pavela, G. (1978). Judicial review of academic decision-making after Horowitz. *School Law Journal*, 55(8), 55075. See also p. 29 in the 1996 SIUC Student, Faculty, and Staff Information Booklet.

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

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.

Syllabus Quiz	/5
Exam 1	/50
Family Health Paper	/50
Exam 2	/50
Drug Presentation	/50
Exam 3	/50
Class Participation	/50