

University of Maryland, College Park

Department of Public and Community Health

HLTH 140.0101 - Personal & Community Health

Instructor: Professor Mia Ko, PhD, CHES
Office/Phone: HHP 2377/ 301-405-2521
Email: mjko@umd.edu
Semester: Spring 2008
Classroom/Time: HHP 1312 / T, Th 9:30 – 10:45AM
Teaching Assistant: Katie Howard, klh@umd.edu
 2238-C, Health GA Office, 301-405-3453
 Office hours 10-1 Wed

OFFICE HOURS
 Tuesday – 10:45 – 11:30 am
 Thursday – 10:45 – 11:30 am
 Wednesdays 3:15 – 4 pm, by appt.

Required Textbooks & Other Readings	Donatelle, R.J., (2007). <u>Health: The Basics w/ My Diet & Health Lab</u> NY: Benjamin Cummings. ISBN 0536551944 REQUIRED
Course Description	An introduction to the factors influencing the physical, mental, emotional, social, environmental, and spiritual health of individuals and communities. This survey course will cover a variety of health-related topics. Emphasis will be placed on the impact of personal lifestyle choices on health status. Students will be equipped with the knowledge and skills necessary to select and implement individualized health behavior strategies to optimize current and future health and enhance quality of life.
Course Objectives	<p><u>At the conclusion of this course, the student will be able to:</u></p> <ul style="list-style-type: none"> • Identify issues influencing all aspects of health. • Recognize how individual beliefs, behaviors, and choices affect personal and community wellness. • Develop awareness of his/her own health status and family health history • Develop skills and integrate skills with knowledge of behavior change necessary to alter health behaviors. • Identify available on-campus health promotion programs, activities, and resources.

Course Policies

Missed Exams or other policies:

- **The most important aspect of class is to LEARN and HAVE FUN! ☺**
I want to get to know you not only as a student, but (more importantly) as a person. Please help me get to know your name. Class discussions are vital for accomplishing our course objectives—know that I value and respect ALL opinions and beliefs!!
- **Regular attendance is required.** Although the total work-load for the course is light and online notes are provided, class attendance is critical.
- **Work assignments should be handed in on the date specified in the syllabus---** so plan accordingly. If class has ended, you may hand in work up to 4:30 pm on the stated due date, but it will be penalized 5 points. Sorry, No EXCEPTIONS. Late assignments will have 10% deducted from the total score for each day it is late. I will not accept emailed assignments unless that arrangement has been previously approved by me—where approved, emailed assignments are subject to a 5 point penalty.
- **All assignments should be WORD PROCESSED and STAPLED together and given to me in hard copy.** Assignments can be single or double spaced. No work whatsoever will be accepted past the final day of classes.
- It is your responsibility to notify the instructor within 1 day of a scheduled exam if you cannot take the exam. Make-ups will only be given for university-approved absences. **Final examinations will only be given during the time approved for this course:** <http://www.testudo.umd.edu/soc/exam200801.html>. If you fail to show for the final exam at that time and you do not have a University approved reason for absence, your final grade will be determined upon the total points received up to that time unless previous arrangements have been made.
- **DO NOT book your ride or airplane flight home for the break until after you've checked the Schedule of Final Examinations found under "Academic Calendar" to make sure you will be in attendance for the final exam.**
- The grade of "I," Incomplete, will only be given when verifiable circumstances prevents a student from completing coursework during the given term—the *majority* of coursework must have already been completed.

A Code of Academic Integrity will be strictly enforced. Please refer to the regulations regarding academic integrity, cheating, plagiarizing, etc., found at <http://www.studenthonorcouncil.umd.edu/whatis.html>. Any assignment, exam, etc., in which cheating is documented will result in a grade of "0" for that assignment and failure in the course for a second infraction.

Academic Integrity:

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

- ✓ CHEATING: intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

Accommodations for students with disabilities:

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.

Religious Observances:

The University System of Maryland policy provides that students *should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.* **It is the student's responsibility to inform the instructor in advance of any intended absences for religious observance.**

The following class outline is a guide for course structure. I may change the order of the topics and/or dates of exams depending upon the needs of the class and the amount of class participation.

Date	Topic	Instructor	Chapter (or Pgs.)/ Assignments
1-29	Introduction & Definitions of Health	Dr. Ko	1/Visit ELMS
1-31	Health Care System	Dr. Ko	17
2-5	Tobacco	Dr Glover	8, pgs. 222-235
2-7	Consumer Health Issues	Dr. Ko	18
2-12	Stress & Stress Management	Dr. Ko	3
2-14	“My Diet Analysis” Assignment explanation— Attendance mandatory Time Management & Sleep Abuse	Rob Brown, Beverly Greenfeig, Learning Assistance Service	3, pgs. 80-81
2-19	Dating Violence	Dr. Ko	4, pgs. 96-101
2-21	Suicide	Carrie Martin, UMCP Health Cente	2, pgs. 53-56
2-26	Violence/Sexual Assault	Ms. Mollie Monahan- Kreishman, M.Ed	4, pgs. 101-107
2-28	Alcohol & Drug Use	Kendra Smoak	8, pgs. 208-224
3-4	Anxiety & Depression	Dr. Ko	2
3-6	Exam 1—Bring #2 pencil		
3-11	Nutrition	Dr. Ko	9
3-13	Nutrition	Dr. Ko	9
3-25	Exercise & Fitness	Brianne Rowh, Coordinator of Fitness Programs	11
3-27	Weight Control & Obesity	Dr. Ko/Jane Jakubczak	10, pgs. 276-298
4-1	Body Image & Eating Disorders	Dr. Ko/Health Center	10, pgs. 298-301
4-3	Cardiovascular Disease	Dr. Ko	12
4-8	CVD/Cancer	Dr. Ko	12/13
4-10	Cancer	Dr. Ko	13
4-15	Exam 2—Bring #2 pencil		
4-17	Reproductive Anatomy & Menstrual Cycle	Dr. Ko	5, pgs. 131-143
4-22	Contraception	Guest Lecture	6, pgs. 148-163
4-24	STDs	Guest Lecture	14, pgs. 388-395/ Assignments DUE
4-29	Catch-up/HIV & AIDS	Dr. Ko	14, pgs. 395-399
5-1	Pregnancy	Dr. Ko	6
5-6	Labor & Delivery	Dr. Ko	6
5-8	Public Health Informatics	Dr. Atkinson	None
5-13	Catch-up, Course Evals, and Review for FINAL	Dr. Ko	Last Day of Classes
5-16 Friday	Bring a #2 pencil		FINAL EXAMINATION Rm. 1312 Time: 8 am.

- S y l l a b u s -

Evaluation

Assignment—100 pts. TOTAL

You are required to complete the following on stated due date:

- **My Diet Analysis Assignment--**(100 points)
<http://www.aw-bc.com/mydietanalysis>
- Specific details are available in ELMS under “Assignments”. It is **CRITICAL** that YOU ARE IN ATTENDANCE when the representative from the textbook company comes to explain online access and how to use the program.

To receive full credit, include all printed reports in a 3 ring-binder with each report separated by tabs. Make sure you **print name, section number, and student id number** on all pages of each report.

There is also a required typed reaction/analysis of your reports, the results, and what you have learned from this assignment. Your written analysis should be approximately 2-3 paragraphs in length [about ½ -1 full page to no more than 2 full pages, typed, double-spaced.] You may single space if you want, but ensure that the length is sufficient as described. Partial credit may be given. Follow the instructions on ELMS.

Assignments will be graded on completeness, effort, and writing style--not necessarily what you reveal. It should be clear to the reader that you took time to critically analyze learning outcomes for this experience. PLEASE feel free to be open and honest—information is kept confidential.

Exams—300 pts. TOTAL

There will be **3 exams** throughout the semester covering material from the texts, class discussion, guest lectures, and videos. The majority of the questions will come from what occurs during the lectures. Each exam will have **50** questions worth 2 points each and will be primarily multiple choice, true/false, and matching items.

- I can't stress enough the **IMPORTANT OF ATTENDING CLASS!!!!**
- The people who do the best on the exams are always the ones who come to class regularly.
- You can't get an “A” without coming to class—sorry!—people have tried! ☺
- Even if you have a friend take notes for you, it's just not the same!

Grading

A total of **400 points** can be accumulated towards the final grade with each exam worth 100 points & the 2 work assignments worth 50 points. There will be **no** extra credit assignments. Your semester grade will be based upon the total points you **earn**.

384-400 points	A+
372-383 points	A
360-371 points	A-
344-359 points	B+
332-343 points	B
320-331 points	B-
304-319 points	C+
292-303 points	C
280-291 points	C-
264-279 points	D+
252-263 points	D
240-251 points	D-
239 & below	F

Competencies

Health Education Competencies Addressed in this course:

Area I: Assessing Individual and Community Needs for Health Education

Area VI: Serve as a Health Education Resource Person

Area VII: Communicate and Advocate for Health and Health Education

