

HED 461
MANAGING HEALTH PROMOTION IN THE WORKPLACE
Summer 2008 – Mini-term

- INSTRUCTOR:** Bill Hyman
- OFFICE:** HKC 208
- OFFICE HOURS:** Before or after class or during break
- CONTACT:** HKC - 294-1212 bhyman@shsu.edu
- TEXT:** Packet from Eagle Graphics.
- COURSE GOAL:** Since the workplace is one setting that most Americans enter, it can provide an ideal avenue for health promotion. The goal of this course is to prepare health educators to promote health among workers in any occupational setting.

COURSE OBJECTIVES:

The student will be able to:

1. explain the health status of Americans and the impact it has on business and industry;
2. justify a worksite health promotion program;
3. describe a comprehensive worksite health promotion program;
4. evaluate health promotion facilities;
5. conduct various needs assessments necessary for planning a worksite health promotion program;
6. develop individual health promotion components;
7. locate and utilize a wide variety of health promotion resources; and
8. apply appropriate evaluation techniques to a health promotion program.

COURSE REQUIREMENTS:

1. Each student will complete 2 exams worth 100 points each.
2. Each student will participate in a 75 point term project.
3. Each student will complete all daily work and labs for 75 points.
4. Attendance! Be here all the time!

GRADING SCALE:

Your final grade will be determined by the number of points you earn as described here:

Test (2 X100)	200	315 - 350 = A
Project	75	280 - 314 = B
<u>Daily Work & Labs</u>	<u>75</u>	245 - 279 = C
Total Possible	350	210 - 244 = D
		<210 = F

DAILY WORK/LABS:

Each student is expected to complete all labs and daily work assigned. Each assignment or lab not completed and turned in on time will deduct fifteen points from your total points accumulated.

ATTENDANCE POLICY:

No absences allowed. If you MUST miss ONE class period due to an emergency, see Dr. Hyman as soon as possible.

I WILL NOT ACCEPT LATE ASSIGNMENTS!

There should be no mistake concerning what is required in the course. If you have any questions or problems at any time during the course, do not hesitate to contact me. I am very glad to have you enrolled in my course.

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY:

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

STUDENTS WITH DISABILITIES POLICY:

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, 294-1720.

2008 WELLNESS PROGRAMS

Students will work individually or with one partner to develop one component of a health promotion program which could be implemented into a generic worksite. The following outline may be used to present your program in an orderly fashion.

- I. Planning
 - A. Cover Sheet – with introduction, justification for topic selection and reason chosen, what you learned from the project, and how you might apply it.
 - B. Eye catching logo and program title
 - C. Program goal - one general long-range desired outcome
 - D. Program objectives - specific step-by-step targets leading to the goal
 - E. Milestone chart - target dates, persons responsible

- II. Implementation
 - A. Screenings and assessments - any tools used to gather data or information
 - B. Educational modules - Create a one page outline for each module (4-6). Choose one of those modules and fully develop it:
 1. Educational content
 2. Teaching materials
 3. Resources
 4. Auxiliary personnel
 - C. Publicity/promotional events and materials - general marketing campaign
 - D. Recruitment/motivation materials - which target clients on a more individual basis
 - E. Kickoff event and closure

- III. Evaluation
 - A. Process evaluation - How efficiently was the program implemented?
 - B. Impact evaluation - Did the program change knowledge, attitude, behaviors?
 - C. Outcome evaluation - Did the program improve health status? Can cost/benefit outcomes be shown?

Select a hypothetical time frame with target dates based on a 2008 calendar. All materials should be neatly diagrammed and processed, and the manual should be bound. The instructor will keep all manuals, so be certain to keep a copy for yourself.

The notebook must be turned in to my office no later than **5:00 p.m. on Friday, June 6.**