

## HED 490 ENVIRONMENTAL HEALTH

**Instructor:** Bill Hyman  
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**Office hours:** SAM Center M,W 7:30 – 12:00, Tu 2:00 – 5:00, Fr 7:30-10:00  
HKC 208 Wed. 2:00 – 4:00 or by appointment

**Text:** Our Global Environment: A Health Perspective, Nadakavukaren,  
6<sup>th</sup> edition. ISBN1-57766-402-7

### **Course goals:**

As technology continues to develop and natural resources decrease, our abilities and intelligence to respond and adapt to environmental changes are constantly challenged. Awareness and knowledge concerning environmental factors are essential if we are to survive as individuals, societies, nations, and in our world. This class is intended to provide basic environmental information which can aid individuals in making intelligent decisions regarding health behavior and the environment.

### **Course objectives:**

1. The student will be able to describe the complex network and interactions between man and ecosystems.
2. The student will be able to apply the principles of population dynamics to natural balance and the impact that people have on their environment.
3. The student will be able to name and explain the etiology of the major environmentally related diseases and disorders.
4. The student will be able to delineate causes and effects of air, water, land, and noise pollution.
5. The student will generate potential solutions to the environmental degradation of our planet.

### **Course requirements and evaluation:**

Three exams (100 points each)	300
Term project	40
Environmental Action Plan	40
Daily assignments	30
Abstracts	<u>40</u>
Total Possible Points	450

### **Grading scale:**

405-450 points	= A – 90-100%
360-404 points	= B - 80-89%
315-359 points	= C - 70-79%
270-314 points	= D - 60-69%
Below 270 points	= F - <60%

**Term project:**

Working in groups of 2-3, students will present an end of semester report on some aspect of the environment. Select a topic which interest you and that you believe will be of interest and have practical application to the other students in the class. Some of the better reports from past semesters have brought a “field trip” into the classroom with slide shows and visuals from an interesting location, or have presented the information in a “how-to” manual, giving specific but practical suggestions and guidelines concerning taking action to live in a healthier environment. On the date of your presentation, you are expected make a professional presentation to the class and turn in a 1-2 page summary sheet of your project.

**Daily assignments:**

Several assignments, including in class group work and position papers, will be due throughout the semester. Participation in field trips and attendance for guest speakers will also be considered as daily assignments. All papers must be typed and turned in on the due date. Type your name at the top, center a title, and complete the assignment on one sheet of paper. The grading scale for daily assignments is:

Complete all	30 points
Miss one	30 points
Miss two	20 points
Miss three	10 points
Miss four or more	0 points

**Attendance:**

Regular and punctual attendance is expected of all students. Whereas absences are not tabulated for a reduction of points or letter grades, poor attendance will affect the daily assignments grade. Additionally, no student can pass HED 490 with five or more absences. It is the student’s responsibility to sign the roll sheet every day. (Signing for another person, or having someone sign for you will be considered academic dishonesty). Students who come in after the roll is taken will be considered late, and may be counted absent on that day. Also, please turn your cell phones off in class.

### ***Abstract assignments:***

On assigned Thursdays, beginning on January 24, each student will bring a one-page, typed abstract of a current article dealing with an environmental issue. Articles must be 2000 or later. Briefly summarize the article and provide a personal reaction to its content (see example). Be prepared to discuss the article in class. Each abstract is worth eight points, and will not be accepted late.

#### Abstract group A:

January	24	Ecosystems/Impacts on ecosystems
February	7	Human population dynamics
March	6	Environmental disease
March	27	Food quality/Foodborne disease
April	17	Water resources/quality/pollution

#### Abstract group B:

January	31	Wildlife
February	14	Food/Hunger
March	20	Toxic substances/Pesticides
April	10	Air quality/pollution
April	24	Solid Waste

There should be no mistake concerning what is required in the course. I anticipate a good, exciting class. If you have any questions or problems at any time during the course, do not hesitate to contact me.

I am glad that you are in my class!

### **Attitude**

By Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

***“Attitudes are contagious – Is yours worth catching?”***

### **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 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.**

*"We travel together, passengers on a little spaceship, dependent on its vulnerable resources of air, water, and soil...preserved from annihilation only by the care, the work, and the love we give our fragile craft."*

*Adlai E. Stevenson*

*"What is the use of a house if you don't have a decent planet to put it on?"*

*Henry David Thoreau*

