

HED 532 - COURSE SYLLABUS

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Office hours: SAM Center Tu 2:00 – 4:00
M, W, F 7:30 – 10:30
HKC 208 W 2:00 – 4:00

Required Text: Core Concepts in Health, 10th edition, Insel and Roth
ISBN 0-07-297230-0

I am sorry for the price of the textbook. I cannot teach the class on-line without the use of the text. If possible, you may split the cost of the text with a classmate – you will just have to work out how you will share it.

Course Objectives:

By the completion of the course, the student will:

1. develop a personal philosophy of health, wellness, and healthy lifestyles;
2. become familiar with current literature in the field of health and wellness;
3. demonstrate the ability to research an area of wellness which will enhance the student's professional practice;
4. comprehend the various components of health and understand how these components interact to impact total well-being;
5. assess their personal health status and be capable of administering a variety of health assessments and interpreting the results to clients;
6. identify strengths, weaknesses, opportunities, and barriers to high level health, not only for themselves but for other groups of our population;
7. be conversant in the major current health issues facing today's society; and
8. define their personal views of social health issues and describe how those views impact their effectiveness as health educators.

Course Requirements:

Course grading will be done on a contract basis. Each student should review each of the following contracts and decide which one they wish to pursue. You do not have to commit to a specific contract at the beginning of the semester, but in order to attain that grade, all requirements must be of high quality and must be submitted on time. You will be asked to indicate a contract grade with Module Three. General requirements for the course are:

1. Each student will be required to complete all reading assignments including chapters in the text, instructor lecture notes and essays, and assigned articles.
2. Each student will complete 2 exams.
3. Each student will participate in regular discussion groups with classmates.
4. Each student will complete 3 – 8 abstracts.
5. Each student must complete regular assignments which may include assessments, reaction papers, and additional tasks as assigned.
6. Each student will complete additional assignments as indicated by their contract.

Grading scale and contracts:

To attain an A, the student must:

1. maintain an A average (90 or above) on the two major exams;
2. visit and report on two health agencies;
3. complete eight abstracts;
4. complete term projects A, B, and C;
5. develop a resource notebook;
6. complete a book review;
7. write a book;
8. complete all module activities; and
9. make a significant contribution to the class through discussion group participation.

To attain a B, the student must:

1. maintain a B average (80 or above) on the two major exams;
2. visit and report on one health agency;
3. complete five abstracts;
4. complete term project A;
5. develop a resource notebook;
6. complete all module activities; and
7. make a significant contribution to the class through discussion group participation.

To attain a C, the student must:

1. maintain a C average (70 or above) on the two major exams;
2. visit and report on one health agency;
3. complete three abstracts;
4. complete term project A;
5. develop a resource notebook;
6. complete all module activities; and
7. make a significant contribution to the class through discussion group participation.

ASSIGNMENTS REQUIRED BY ALL STUDENTS

All students will complete the following required assignments:

Course Exams:

Each student will take two exams. At least 2 exam times will be offered for each exam, and students will come to campus to complete the exams. Arrangements for the administration of the exams will be made at least one week prior to the exam date. If you are unable to come to campus, arrangements can likely be made with another University, a school district, or other possible setting for the administration of the exam at a location that is convenient for you. The first exam is tentatively scheduled for the week of March 3-7. The second exam is tentatively scheduled for the week of April 28 – May 2. Exam dates are subject to change.

Abstracts:

Using current literature in the field of health and wellness, each student will abstract 3 – 8 articles pertaining to the aspect of health and well-being scheduled for the current module. The articles may come from **any reliable health journal or periodical**. Provide the APA citation at the top of your paper. Summarize the article and provide your insightful reaction to it, fitting everything on to one page. If you are contracting for an A, an abstract is due for each module. If you are contracting for a B, select 5 modules, and for a C select 3 modules. **If you are contracting for a B or a C, one abstract may be submitted for modules of your choice, but save at least two of your abstracts until after exam one as they will be a part of the module assignments.** Be sure to place your name, unit topic, and abstract number at the top of the page.

Agency Visitations:

Each student will visit one or two health agencies or organizations in their community to investigate what health promotion and health education services they offer. Collect printed materials from the agency to be included in your resource notebook. Type a brief description (approximately two pages) summarizing your visit and explaining what you learned about the agency. The reports of agency visitations are due **by May 9**. While there are numerous health agencies that could be considered for this assignment, a few examples might include:

American Heart Association	Local mission organizations
American Cancer Society	March of Dimes
Local Health Department	American Red Cross
Food Pantry/Food Kitchen	Public Health Clinic
Children’s Protective Services	WIC Center

Term Project A:

Interest area research – Each student will demonstrate graduate level research skills pertaining applied to a specific current health issue which they feel will enhance their professional practice and prepare a 4-5 page written report on that topic. You are encouraged to select a topic that is of personal interest to you. Spend quality research time and be thorough enough to become an “expert” on the topic. At least six articles

from the current literature in health and wellness should be referenced. Reference the report using APA citation style. You may find the following website helpful: (http://www.shsu.edu/~wctr/handouts/APA_references.pdf.) **Due date: May 9**

Resource Notebook:

Each student will compile a resource notebook containing current information on the wide variety of health topics that we cover in the course. Present the notebook in an orderly state including a table of contents and chapter dividers. Select at least six topics from the course (use the table of contents in the text) that hold particular interest for you. Include any information that you gather from your agency visitations and any other materials that you may gather from health fairs, doctors offices, other health agencies, interesting articles, internet resources, class assignments, etc. **This notebook will have to be mailed to me or delivered to my office by May 9.**

Module Activities:

On the first day of each module, all students should check their *Assignments* folder and respond to the posted assignments by the due date. Assignments will be posted well in advance of their due dates in order to provide students with ample time for completion.

Discussion groups:

On the first day of each unit, all students should check their *Discussion Group* folder and respond to the posted discussion questions by the due date.

OPTIONAL ASSIGNMENTS ACCORDING TO STUDENT GRADE CONTRACT

Depending on your selected course contract, some students will complete the following elective assignments:

Term project B:

Behavior change – Use the materials presented in Chapter One to develop your own model for implementing a behavior change framework. Identify your predisposing, reinforcing, and enabling factors. Keep in mind that although this is for you, the model may eventually be used by you to aid a client in making a behavior change. The behavior change contract is due with Module One (January 26). Write a two page summary and reaction to the entire process evaluating your success and drawing any applicable conclusions to the behavior change process. Your summary/reaction is due on **May 9**.

Book Review:

Select a popular book (there are dozens out there that are popular at any given time) on any health topic of interest to you and critique it on an evaluation form that you develop. Complete the evaluation form that you have created and write a summary critique of no more than two pages. **Due date: May 9.**

Write a book:

Each student who chooses to write a book will display a high level of creativity and originality as they write a book/manual/guide to enhancing life. Any format may be used. You may use other resources as examples and formulate your publication similar to others that you have read. Examples of other formats may be a book of quotes, “Life’s Little Instruction Book”, car owner’s manual, a comic book, etc. Your book, however, should reflect your own creative approach to enhancing well-being. Bind the book any way you wish. This project cannot be submitted on-line, so you will need to make arrangements to **deliver it to my office or mail it to me by May 9.**

TENTATIVE COURSE CALENDAR

Module:	Dates:	Topic:	Chapter(s):
1	1/16 – 1/26	Taking Charge of Your Health	1
2	1/27 – 2/6	Stress and Psychological Health	2 and 3
3	2/7 – 2/18	Nutrition	12
4	2/19 – 3/2	Exercise and Weight Management	13 and 14
Week of March 3 - 7		EXAM ONE	
5	3/16 – 3/27	Drugs, Alcohol, Tobacco	9, 10, and 11
6	3/28 – 4/8	CVD and Cancer	15 and 16
7	4/9 – 4/19	Environmental Health	23
8	4/20 – 4/27	Relationships/Sexuality	4, 5, and 18
Week of April 28 – May 2		EXAM TWO	
May 9		All assignments are due	