**COURSE SYLLABUS**

 **BALL STATE UNIVERSITY
Fall 2020**

**COURSE NUMBER: HSC 160**

**TITLE: Fundamentals of Human Health**

**CREDIT HOURS: 3**

**INSTRUCTOR: Jean Marie S. Place, PhD**

 **Contact Information: jsplace@bsu.edu**

 **Virtual Office Hours: contact by email (Video conferencing is available by appointment)**

**PREREQUISITES: None  CO-REQUISITES: None**

**COURSE DESCRIPTION:**The course emphasizes lifestyle behaviors contributing to health promotion and disease prevention. General areas affecting health status are identified and suggestions are offered as to how health-related behaviors, self-care, and individual decisions contribute to wellness and influence dimensions of health.

**COURSE OBJECTIVES:**

Completion of this course should enable students to:

* apply necessary knowledge to make meaningful decisions regarding health promotion and disease prevention.
* clarify personal health values and foster awareness of health values held by others.
* recognize and actively seek solutions to common health problems related to personal and social lifestyles.
* By the end of the course, students will be able to:
* identify and recognize key terms, perspectives, and theories in health science
* apply stage and psychological theories to health issues; compare the various perspectives of health issues that are proposed by different theories
* identify the epidemiological methods health scientists employ to gather health data; recognize the strengths and weaknesses of each method.
* explain pathogenesis and describe the various categories of the disease process
* explain salutogenesis in the context of the dimensions of health; apply the principles of prevention
* recognize the factors that influence psychological well-being; including stress and emotional health
* identify the major components of the U.S. health care system including health literacy, self-care and utilization of health care providers.
* recognize cultural diversity and how culture influences health behaviors
* recognize important public health initiatives and describe the influence on health status
* recognize the factors that produce health behavior change
* explain health knowledge and skills necessary to make meaningful decisions regarding personal health

**TEXTS:**Title: Choosing Health, Third Edition

Authors: Lynch, Elmore, Kotecki

ISBN - 13: 9780134605418

\*\*Please purchase a new book because you will need the access code for the “Mastering” sections\*\*\*

**ONLINE RESOURCES:** A BSU network account for email and Canvas. An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your instructional associate and/or professor. For web-based courses, students should have a basic working knowledge of computers and Internet use as well as access to a computer with a broadband (DSL, cable, satellite) Internet connection. Other requirements for each course are listed in the university catalog.

**SOFTWARE:**At a minimum, you must have Microsoft Office 2003, XP, 2007 or OpenOffice. Microsoft Office is the standard office productivity software used by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. You will also be required to copy + paste and attach and upload documents for assignment submissions.

**COURSE POLICIES:**

*Attendance:*Attendance in Ball State University online classes is measured by your active participation in course activities at least once each week. Be sure to complete your course work as assigned to ensure you are recorded as attending the course.

*Participation and Timeliness:*Your regular participation and timeliness are important to your academic success.  In online courses this takes the form of participation in discussion via forums, chat, and other electronic means provided. As this is an online course, it is up to every student to stay on track and not fall behind.  You must be self-motivated and disciplined to meet all due dates.  Developing a routine is essential. All assignments are expected to be submitted by a specific time and date.  Assignments submitted late will not be accepted – no exceptions.

*Students with Disabilities:*  Some elements of this course may not be accessible to persons with some types of disabilities. If you need course adaptations or accommodations because of a disability, please contact Ball State’s Disabled Student Development (DSD) office.  DSD coordinates services for students with disabilities. Documentation of a disability needs to be on file in that office before any accommodations can be provided.  Disabled Student Development can be contacted at 765-285-5293 or dsd@bsu.edu. For more information a link to “Student Support Services” can be found on the tab located on the left side of the screen.

*Communication:*

Questions of a personal nature, such as questions about your grade or anything personal intended for the instructor, please use your BSU email. The instructor will typically respond to messages within 48 hours of receiving them.

*Academic Integrity:*Students are expected to adhere to University guidelines as presented in the Code of Student Rights and Responsibilities as outlined in the student handbook. For more information a link to “Student Support Services” can be found on the tab located on the left side of the screen.

*Diversity:* Ball State University aspires to be a university that attracts and retains a diverse faculty, staff, and student body. We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse as expressed in our [Beneficence Pledge](http://cms.bsu.edu/about/administrativeoffices/studentrights/policiesandprocedures/beneficence) and through university resources found at <http://cms.bsu.edu/campuslife/multiculturalcenter>.

**TECHNICAL INFORMATION:**Become familiar with the class interface before the semester begins and seek help if necessary.  BSU provides resources to help you.  A lack of Canvas knowledge is not an acceptable excuse for late or incomplete work. For further assistance a link to “[Student Support Services](https://www.bsu.edu/academics/collegesanddepartments/online/services-for-students)” can be found on the tab located on the left side of the screen.

*Technical Equipment:*In order for you to be successful in this type of course (e.g. online delivery, distance education), you will need the technology listed in the “Technology for Online and Distance Education Students.”

*Technical Assistance:*If you have technical questions, you can contact Ball State's Help Desk. In addition, the Help Desk staff has put together many [how-to video clips](http://cms.bsu.edu/About/AdministrativeOffices/HelpDesk/TechClips.aspx) in its Tech Clips section that can guide you through many of the most common questions. The helpdesk can be contacted at: 1-765-285-1517 or email at helpdesk@bsu.edu.

**COURSE GRADING:**

|  |  |  |
| --- | --- | --- |
|  | **Points** | **Total Points** |
| Four exams | 30 points | 120 points  |
| Chapter Assignments | 10 points | 170 points |
|  | **TOTAL:** | 290 points  |

**GRADING SCALE:**

|  |  |  |
| --- | --- | --- |
|   |  B- 82 – 84% |  D+ 68 – 71% |
|  A- 92 – 94% |  C+ 78 – 81% |  D 65 – 67% |
|  B+ 88 – 91% |  C 75 – 77% |  D- 62 – 64% |
|  B 85 – 87% |  C- 72 – 74% |  F < 62% |

*Description of assignments*

**Exams**: Each module will have one 30-point exam due at the end of the module. You will have 90 minutes to complete each exam on Canvas. The exams are open-book, open-note but NOT open-classmate. You are expected to do your own work and not collaborate in any way with other classmates. Exam 4 will be considered the course final exam but only cover the Module 4 content.

**Extra Credit**:

* You can earn 5 extra credit points for writing a letter as a form of advocacy about a health topic of your choice. The topic of your letter should relate to health. You can write a letter to the editor of a local newspaper, to a blog, to a representative in Washington DC, to an online magazine, etc. This letter should express concern about your particular issue and detail the reasons for your concern. Inform your audience about what actions you recommend readers take regarding this issue. Please cite several facts about this issue, along with any sources. This writing can be as creative as you like, design it for the audience you are trying to reach. You will be required to submit your letter to the newspaper, to the blog, to the representative in Indiana or Washington DC, etc. It may not get published, but you will be required to submit it in order to get the extra credit points. If you chose this extra credit option, please email me.

**COURSE OUTLINE AND SCHEDULE:**

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| --- | --- | --- |
| Module | Activities | Due Date |
| Module 1 | Read Chapters 1,2,3,4Review PowerPoint for Chapters 1,2,3,4 | Before Exam #1 |
| Introduce yourself on the Canvas Discussion Board | Wed. Aug. 26th  |
| Complete Assignment #1 | Friday Aug. 28th |
| Complete Assignment #2 | Friday Sept. 4th |
| Complete Assignment #3  | Friday Sept. 11th |
| Complete Assignment #4 | Friday Sept. 18th |
| Take exam 1 on Module 1 on Mastering | Open from Friday Sept. 18th at midnight to Saturday Sept. 19th at 11:59 pm |
| Module 2 | Read Chapters 5,6,7,8Review PowerPoint for Chapters 5,6,7, 8 | Before Exam #2 |
| Complete Assignment #5 | Friday Sept. 25th |
| Complete Assignment #6 | Friday Oct. 2nd |
| Complete Assignment #7  | Friday Oct. 9th |
| Complete Assignment #8 | Friday Oct. 16th |
| Take exam 2 on Module 2 on Mastering | Open from Friday Oct. 16th at midnight to Saturday Oct. 17th at 11:59 pm |
| Module 3 | Read Chapters 9,10,11,12Review PowerPoint for Chapters 9, 10, 11, and 12 | Before Exam #3 |
| Complete Assignment #9  | Friday Oct. 23rd     |
| Complete Assignment #10 | Friday Oct. 30th |
| Complete Assignment #11 | Friday Nov. 6th |
| Complete Assignment #12 | Friday Nov. 13th |
| Take exam 3 over Module 3 on Mastering | Open from Friday Nov. 13th at midnight to Saturday Nov. 14th at 11:59 pm |
| Module 4 | Read chapters 13, 14, 15, 16, 17Review PowerPoint for Chapters 13, 14, 15, 16, 17 | Before Exam #4 |
| Complete Assignment #13 | Friday Nov. 20th  |
| Complete Assignment #14 | Friday Nov. 27th |
| Complete Assignment #15 | Friday Dec. 4th |
| Complete Assignment #16 | Friday Dec. 11th |
| Complete Assignment #17 | Friday Dec. 18th  |
| Take Exam 4 on Module 4 on Mastering | Open from Friday Dec. 18th at midnight to Saturday Dec. 19th at 11:59 pm |

**GRADING POLICIES:**

* In order to be eligible to receive full credit, assignments must be submitted by midnight on Canvas on the due date. The date/time stamp on assignments submitted electronically must precede midnight on the due date.
* Assignments submitted after the due dates will receive a zero for that assignment.
* Grades are private and available only on Canvas. Grades from assignments and exams taken on Mastering will take a few hours to update onto Canvas. Communication of a confidential nature with the instructor is to be conducted via your BSU email or through Skype.
* Please take note that the grading scale I use may be more strict than ones you’ve seen. Please be aware of this as you work toward a successful grade in this class!