



SYLLABUS: HLTH 1360.02 Online (Spring 2018)

Course Information

Course: HLTH 1360 – Health Promotions and Health Promotion Professions
Term: Spring 2018
Meeting time: Online
Instructor: Tatiana Kovyrshina, MS
Email address: tak006@shsu.edu Please mention “HLTH1360” in the subject line
Office hours: I do not have an office on campus. I will be checking my email regularly.
If email does not suffice, we can schedule a phone call.

Course Description

This course explores the determinants of health, theories of health behavior, the nature and history of health education, and the role of the health educator as a professional in the school, work, clinical, and community settings to promote health and prevent disease. Credit 3 hrs.

RATIONALE: This three hour credit course is an introduction to the professional and academic field of health promotion and health careers. This course is designed to give students a working knowledge of health promotion concepts and methods and their application to health and health behaviors. Special emphasis will be placed on the philosophical and theoretical foundations of health promotion, specific theories of health promotion, health care careers, and how health promotion is used in health care careers. The course is not designed to overload you with specific facts, but to provide you broad understanding and with concepts and models to use health promotion and explore the different fields of health careers.

You will gain the necessary cognitive information through readings, media, discussion, lecture, and activities. Throughout the course, students will have opportunity to analyze their own attitudes and behaviors. Additionally, the course will allow you opportunity to analyze and discuss prominent societal and policy issues. Since this class is online, it is imperative that you keep up with the readings, assignments and discussions. Be sure to mark all deadlines on your personal calendar so you will have no surprises throughout the semester.

Textbook and/or Resource Material

Required Text/Readings:

Introduction to Health Promotions and Health Professions. Daphne Fulton. 2016

ISBN: 9781465298065

The text is mandatory for this class and can be found at the campus bookstore.

Course Objectives

Health Promotion and Health Promotion Professions Domains	Course Objectives <i>By the end of the course, you should be able to:</i>
Identify the determinants of health	<i>Identify and understand the determinants of health and how they work together</i>
Health Promotion Terminology	<i>Define key words and terms important to or frequently used in health promotion such as health, wellness, disease prevention, and health disparity</i>
Theories of Health Behavior Change	<i>Describe and compare the theories of health behavior change and models of program planning</i>
Introduction of jobs and job opportunities in the health service industry	<i>Identify jobs and job opportunities in the health service industry and how science and research influenced those careers</i>
Apply health promotion techniques in health careers	<i>Identify how to use health promotion techniques in health care careers</i>
Medical Ethics	<i>Identify and describe various ethical debates and professionalism in the health care industry</i>
National Health Promotion Initiatives	<i>Identify the rationale and objectives of Healthy People 2020</i>

Grading

EXAMS – 4 Exams (8 Pts./Exam)	30 PTS	A = 90-100%
QUIZZES (2 pts./quiz)	20 PTS	B=89-90%
Personal Questionnaire	5 PTS	C=70-79%
LOGIC MODEL	10 PTS	D=60-69%
PERSONAL INTERVIEW	10 PTS	F=<60%
DREAM JOB	15 PTS	
Blackboard discussion	10 PTS	
TOTAL	100 PTS	

*quizzes and exams are not assigned exact points, they have trailing decimals. There is also one extra discussion. This results in a total of 105 possible points for the class. Therefore, do not ask for extra credit, it is already included in your assignments.

EXAMS

Four exams will be administered in HLTH 1360. There is no Final/Comprehensive exam. The exams will be objective (primarily multiple choice and true false) and will cover the following chapters:

Exam One	February 5	7:00 AM – February 7	at 11:59 PM
Exam Two	February 26	7:00 AM – February 28	at 11:59 PM
Exam Three	April 2	7:00 AM – April 4	at 11:59 PM
Exam Four	April 30	7:00 AM – May 2	at 11:59 PM

The best way to study for the exams is by carefully completing the reading assignments, the Blackboard power points, and by reviewing the unit quizzes.

Exams must be completed in the designated time frames found in the course calendar. Please pay close attention to the exam periods. Exams consist of 50 objective items. There is a 75 minute time limit on exams. Do NOT ask for an extension to take an exam. If you have a scheduling conflict and cannot take an exam at the designated time, you must inform me at least 5 days prior to the due date. If you have an emergency, you must provide documentation to be able to take the missed exam. **Once an exam closes, it will not reopen for any reason (including your Wi-Fi is down), so do not ask. If you have technical issues, please contact Blackboard.**

QUIZZES

Each student will complete ten quizzes covering the material from the text. Quizzes are located under the corresponding unit in Blackboard. Each quiz is worth two points. Quizzes must be completed by the deadline indicated below. Pay close attention to the open and close dates of each quiz. You have more than enough time to complete the quizzes. **Once a quiz closes, it will not reopen for any reason, so do not ask.** To avoid problems related to quiz completion (including technical problems) do not procrastinate the completion of quizzes until the last minute. If a problem does arise, you must notify me no later than five days **before** the close date for those quizzes. You may have your book and power points available when taking the quiz. You are allowed an unlimited number of attempts for each quiz, with the highest grade recorded in the Blackboard grade book.

Quizzes for each unit open and close on:

Unit 1	January 17	7:00 AM – February 2	11:59 PM
Unit 2	February 8	7:00 AM – February 23	11:59 PM
Unit 3	March 1	7:00 AM – March 29	11: 59 PM
Unit 4	April 5	7:00 AM – April 27	11:59 PM

Blackboard Discussion

In each unit we will have two or three discussion questions on Blackboard. Please follow the instructions for each discussion carefully. **You will have to respond to others' opinions to receive credit. The discussions will open and close on the same dates as the quizzes above.**

Personal Questionnaire

Each student will complete the personal questionnaire located under the assignments tab. This does not need to be in complete sentences but will let me know about who is taking the class and how I can tailor the class to meet your needs. **The Personal Questionnaire is due January 26 at midnight.**

Logic Model

Using the Health Belief Model as a template, explain a health behavior. Choose a health behavior such as smoking, condom use, washing hands, etc. and fill in each construct of the Health Belief Model Template. The template is in Word and you should be able to write in each shape as a text box. If you wish, you can email it to me at least 1 week before the due date to make sure you are on the right track. There will be an example for you to follow for the assignment. **This is due February 16 at midnight.**

Personal Interview

Each student will conduct a personal interview with a health care professional. This essay must be written in APA format and must be 2-3 pages in length. You must include the person's name, their profession, how they decided on that profession, what training they had to work in the field, how they see that field changing in the future, and how they use health promotion in their job. This can be submitted under the assignments tab. **This is due March 23 at midnight.**

MAJOR PROJECTS

Dream Job Paper. This is a written paper project and should be in essay form Using APA format including an APA formatted reference section. Turn in TYPED with headings for each component and a cover sheet – TYPED. **This is due April 20 at midnight.**

1. Using the following information, explain your dream job: This will take research and you must have current **real** information
2. Name of the company/organization/agency you work for (you can make this up)
3. Your official title
4. What are the specific training and educational requirements? What kind of training - classroom or clinical? How much education? Where are the clinical affiliates located where you would take classes?
5. How much will it cost? Is there financial aid available?
6. What other qualifications are needed? Does the career demand a certain training, skill, or aptitude you do or do not have? Is experience required or will you have on the job training?
7. What are the main elements of the career? Would you like them? Are they the sort of things you could do over a long period of time? Write a paragraph of your job description with at least 3-5 bullet points of duties
8. With what population you will work?
9. Where is the work done? Is the occupation only in a hospital? Office? What about the hours? Can you work only part-time?
10. What kind of salary can you earn (what is the salary range from beginner to the

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- experienced)? Will this amount of money satisfy me?
11. Where can you find such a job? Only in a big city? In a small town? Is the job located where you want to live?
 12. What is the employment outlook for the job? Will there be openings after you complete your education?
 13. Will the career permit me to live the lifestyle you want? How much freedom will you have? Will you be expected to take emergency call? Would you have to work nights or weekends?
 14. What are the pressures? Is this a high-stress job? Will the job be in keeping with your personal values?
 15. Does this career mean you would be forced to work for a big hospital? If so, would you be able to cope with it?
 16. Would you be successful? Would the career push me to meet my potential? Would you be bored with the job in a few years? Why did this company hire you?
 17. How will you include health promotion in your job? What opportunities will you have to use health promotion techniques?

For most of this you will need to **research** what is really 'out' there in the health field. Make sure to include your source citations (APA referencing). Wikipedia is not an acceptable reference.

PARTICIPATION

It is YOUR responsibility to keep up with reading, Power Points, assignments and exams. Due dates are published in the syllabus and in a calendar on Blackboard and no reminders will be given. If there are date discrepancies of any kind in the syllabus or on Blackboard, please contact the instructor immediately and go by the dates on the syllabus.

COURSE ASSIGNMENT CRITERIA AND COURSE FORMAT:

The content of this course is delivered online using lecture, class discussion, student activities, exams, and assignments. Evaluation consists of exams, participation in class activities and written assignments.

The course is divided into 4 Units.

- Unit 1 includes the introduction, Professionalism, Chapters 1 & 2
- Unit 2 includes Chapters 3 & 4
- Unit 3 includes Chapter 5, 6, 7, and the first part of chapter 8
- Unit 4 includes the last part of Chapter 8, Chapters 9 and 10

COURSE REQUIREMENTS:

- Each student will complete 4 exams
- Each student will complete 10 chapter quizzes
- Each student will complete all additional assignments – Ms. Kovyrshina does not accept late work.
- Each student will participate in all Blackboard discussions
- All students will purchase the required textbooks and keep up with reading the texts
- ALL assignments are to be written in Times New Roman, 12 point font with 1 inch margins unless otherwise specified and double spaced in accordance with APA guidelines.
- ALL essays and papers are to be written in APA format (*Publication Manual of the American Psychological Association, Sixth Edition*) including references

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- ❑ If an assignment seems unclear, it is *YOUR* responsibility to talk to the instructor early.
 - ❑ Please submit ALL assignments in **Microsoft Word**. It is the program on the SHSU computers. If the submitted file is not a .doc, .docx, or .pdf, I will not be able to open it and you will not receive credit for the work.
 - ❑ If you require academic accommodation for a documented disability, contact the instructor ASAP.
 - ❑ *Plagiarism* is a big word that simply means using someone else's work or writing without giving credit. If you copy a paragraph, sentence or even phrase from someone else's work, you must place quotes around what you have copied and cite the author. If you borrow an idea from someone else, but don't quote them exactly, you don't need to add the quotes, but you still must cite the author. When citing an author, use the APA method. This is your warning; if you borrow without giving credit you will get zero points for the parts borrowed and/or fail the class. If you are working on an assignment that requires all your own work (or an exam), you should not be citing other authors anyway. Academic integrity and honesty is expected from all students.

TECHNOLOGY: All students are expected to be familiar with the use of Blackboard on-line classroom. Course information, announcements, quizzes, and assignments will be accessible through Blackboard. Make sure your SHSU email is up to date as that is how I will send all correspondence.

Sam Houston State University Policies

Attendance and Make-up Policies

The University views class attendance as the responsibility of an individual student. Attendance is essential to complete the course successfully. University rules related to excused and unexcused absences are located on-line at [SHSU Attendance Policy](#)

You will be graded during each one of the course sessions. For these reason, it is imperative you keep up with Blackboard assignments and discussions.

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.

Other Pertinent Course Information

Every effort will be made to ensure that power point lecture files, notes, articles and assignments are available online in a timely manner. Written assignments will be delivered thru the Blackboard course website. Handouts, changes in assignments or the schedule of class modules will be announced on the Bb course webpage. E-mail contact will be initiated with all students the first week of class. If you do not have access to your assigned SHSU e-mail account, it is your responsibility to make the instructor aware of that fact so that other arrangements may be made. You are expected to use SHSU e-mail address for all official correspondence.

Blackboard (Bb Statement)

Blackboard (Bb): This course will be supported via Blackboard, your online learning community, where you will interact with your classmates and with me. Within the course Blackboard site you will access the learning materials, tutorials, and syllabus; discuss issues; submit assignments; take quizzes; email other students and the instructor; participate in online activities; and display your projects.

In order to access the course material you will need to go to <https://shsu.blackboard.com> or look for Campus Tools on the top of the University's homepage. **Please do not contact your instructor with technical problems.** If you are having a technical problem with the course, review the support resources at <http://distance.shsu.edu/tech-support/>. You will need to possess the required computing technology to be successful in an online course. **Important!!!** Save your work as you go along. Nothing is more discouraging than to lose an assignment due to a computer hang ups! You may want to also make hard copies of your work to have "proof" and save yourself time and trouble!

Plagiarism Virtual Course

Plagiarism is the leading form of academic dishonesty that the Department of Health Services and Promotion has to address. As a HSP student, you are responsible for knowing what plagiarism is and how to avoid it.

End of Course Evaluation

Constructive feedback from students on course evaluations is taken very seriously at the College of Health Sciences. I am asking for your assistance in helping the Department in its assessment of courses and faculty through your participation in the evaluation of your courses. As health professionals you will one day have the responsibility to evaluate colleagues and health initiatives. The College views providing feedback on the Department's courses as part of your professional responsibility.

Population Health Mission

The mission of the Department of Population Health is to foster student-centered learning for early and advanced health professionals; to conduct applied, evidence-based research in population health; and to improve health and wellbeing through community engagement at the local and global levels.

Americans with Disabilities Act (ADA)

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. Students with disabilities that may affect adversely their work in this class should register with the SHSU Counseling Center and talk with their University supervisor and classroom mentor teachers about how they can help. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until registration with the Counseling Center is complete.

STUDENTS WITH DISABILITIES POLICY

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720.

Academic Integrity

According to the administration's guidelines: "All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials."

"Students will refrain from behavior in the classroom that intentionally or unintentionally disrupts the learning process and, thus, impedes the mission of the university. Cellular telephones and pagers must be turned off before class begins. Students are prohibited from eating in class, [chewing gum], using tobacco products, making offensive remarks, reading newspapers, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result in a directive to leave class. Students who are especially disruptive also may be referred to the Dean of Students for disciplinary action in accordance with the university policy."

The full policy for "Code of Student Conduct and Discipline" is found at the following link:
<https://www.shsu.edu/students/guide/dean/codeofconduct.html>

FERPA

The Federal Education Rights & Privacy Act requires that we advise students that by registering for this course, their SHSU assigned e-mail address will be revealed to classmates and the instructor. By continuing your enrollment in the course you acknowledge your understanding of this policy. By enrolling in this course you agree to the following statement: "I understand that as a result of registering for this course, my SHSU/Blackboard assigned e-mail address will be revealed to classmates and the instructor."

Equal Opportunity Statement

Sam Houston State University is an Equal Opportunity / Affirmative Action Institution.

DISCLAIMER

This syllabus is representative of materials that will be covered in this class; it is not a contract between the student and the institution. It is subject to change. These changes will be communicated via email or posted as announcements. If you have any problems related to this course, please feel free to discuss them with the instructor.

Title IX

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Title IX of the Education Amendments of 1972 is a federal law that prohibits sex discrimination in education.

NOTICE OF NON-DISCRIMINATION

Sam Houston State University complies with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act. Sexual misconduct, as defined in the University's Sexual Misconduct Policy, constitutes a form of sex discrimination prohibited by Title IX and Title VII.

TITLE IX CONTACTS

Sex discrimination includes sexual harassment and sexual assault. While it is often thought of as a law that applies to athletics programs, Title IX is much broader than Athletics and applies to many programs at Sam Houston State University. While compliance with the law is everyone's responsibility at SHSU, below is a list of staff members that have primary responsibility for Title IX Compliance.

Title IX Coordinator--Jeanine Bias
Associate Dean of Students --Lowman Student Center, Suite 215
936-294-3026 or jbias@shsu.edu

I _____ have read the entire syllabus and hereby agree to abide by the policies contained herein.

Signature

Date