

WKU
Department of Public Health
PERSONAL HEALTH 100 (WEB)
Spring 2012

BLACKBOARD: This course will be conducted entirely on the Blackboard online course management system which can be accessed at <http://ecourses.wku.edu> or by clicking **Blackboard** in the More Links menu at <http://www.wku.edu>.

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REQUIRED TEXT: Payne, Hahn & Lucas, (2010). Understanding Your Health. (11th edition). McGraw-Hill

COURSE DISCRIPTION

Examines behaviors and environmental conditions that enhance or hinder an individual's health status. In addition to exploring social and environmental factors, students are encouraged to think critically about behavioral choices that impact ones' health. Students assess their individual behavior in the light of current scientific knowledge concerning mental health; drugs alcohol and tobacco; health care; selection of health products; prevention of disease; nutrition; exercise, and stress management. This course meets Category F General Education requirement and helps students understand the factors that enhance health, well-being, and quality of life”.

COURSE OBJECTIVES: Upon completion of this course, students will be able to:

Course Objectives	Activities to support the objectives	Assessment of the objectives
1. List and discuss the concepts of all dimensions of health and the acquired knowledge of the science of health.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Thinking Quiz Discussion Board	Discussion Board Exam Personal Wellness Project
2. Discuss how personal health behaviors and habits affect his /her current and future health status.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Discussion Board	Discussion Board Exam Personal Wellness Project

3. Identify current health issues and problems that are especially related to college students.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Discussion Board	Discussion Board Exam Personal Wellness Project
4. Demonstrate skills necessary to make healthful choices and informed decisions for personal health.	Comprehensive Health Assessment Personal Wellness Project Longevity Quiz Calculate your body mass index(BMI) Rate Your Restaurant Diet Quiz Review Mayo Clinic Alcohol Quiz Use Smoking calculator to see how much smoking is costing you or a friend Health Curriculum Quiz & watch the video on Secondhand Smoke Examine information on InnerBody and Go Ask Alice Examine Successful contraception questionnaire Take the Safe Cycling Quiz and Post a brief summary of the condition and disease you choose along with a brief description of what NIEHS is doing about it from the National Institute of Environmental Sciences website and Learn about EMPACT Discussion Board	Discussion Board Exam Personal Wellness Project
5. Discuss and demonstrate the importance of civic engagement as a component of a healthy and productive citizen.	Civic Engagement Project	Civic Engagement Project

GRADING: Students will accumulate points throughout the semester, based on their exam, civic engagement project and wellness project grades. All assignments can be found in this syllabus and under Assignments in Blackboard. A maximum of 600 points can be earned as follows:

<i>Assignment</i>	<i>Possible Points</i>
4 Multiple Choice Exams @ 50 points each	200
Final Exam	100
Personal Wellness Project mid-semester review – 20 pts.; completed project – 80 pts.	100
Civic Engagement	100
Discussion boards & Participation 10 @ 10 pts	100
<i>TOTAL</i>	<i>600</i>

A = 540 – 600 points

B = 480 – 539 points

C = 420 – 479 points

D = 360 – 419 points

F = 0 – 359 points

EXAMS:

- **Multiple choice**
- **All questions will come from text and PowerPoint's**
- **Exams can be taken from any computer**
- **You will have 2 hours to complete exams I, II, III, & IV, and 2.5 hours to complete the final.**
- **Dates of exams are given in the Course Calendar.**

PERSONAL WELLNESS PROJECT

Each student will be required to conduct a personal wellness project throughout the semester based on the results of his/her initial **Comprehensive Health Assessment, which is found on pages 21-30 of the Text.**

This project will include: 1) Introduction (10 points); 2) Goal (or goals) statement and a list of measurable objectives (15 points); 3) Journal with weekly entry for 14 weeks (40 points); and 4) summary (15 points). Mid –semester review (20 points). Total possible points = 100

The mid-semester Personal Wellness Journal review is worth 20 points and must be turned in as a “.doc” or “.docx” attachment in the Assignments section under “Personal Wellness Journal – Review” on Blackboard. This portion of the Personal Wellness Project must include the Introduction, the Goal(s) and Objectives, and weeks 1-7 journal entries. The complete project will be turned in on Blackboard under Assignments titled: Personal Wellness Project.

Guidelines for preparation of the Personal Wellness Project are in the Course Documents section of Blackboard. Due dates are also given in the Course Calendar.

CIVIC ENGAGEMENT PROJECT:

Upon completion of this project the student should be able to discuss and demonstrate the importance of civic engagement as a component of a healthy and productive citizen.

Each student should identify the community for which they will assess a health issue. Describe the characteristics of the community **in brief** and include statistics (Demographics, economics, social characteristics, etc).

Go to the U. S. Health Policy Gateway at <http://ushealthpolicygateway.wordpress.com/> . Scroll down to the **Key Health Policy Issues** portion, which provides a listing of resources related to a comprehensive set of health policy topics and subtopics that users may select for viewing. These topics are given below.

- [Burden of Illness](#)
- [Health Spending](#)
- [Health Financing](#)
- [Public Health](#)
- [Environmental Health](#)
- [Health Promotion](#)
- [Health Protection](#)
- [Prevention](#)
- [Public Medical Programs](#)
- [Health Care Delivery System](#)
- [Health Insurance Coverage](#)
- [Access to Care](#)
- [Quality/Satisfaction](#)
- [Health Demographics](#)
- [Minority Health](#)
- [Bioethics](#)
- [Health Care Regulation](#)
- [Health Reform](#)

Pick **one** of the topics.

- Interview **a minimum of three** people from the community you select to understand how this health topic affects the community. (One of which has to be from the local government/administrative authority and one from the local health department.) The interview should be in a question and answer format.
- Write a paper about the health issue, your interview and any secondary sources of information, along with your recommendations on what can be made to minimize the problem in this community. Be sure and include the interviews in your paper.
- A reference page **should** be included at the end. The references should be in APA style.

The Civic Engagement Guidelines provide detailed information about this project, as well as, due dates and are in the Course Documents section of Blackboard

DISCUSSION BOARD:

Each student must post on Discussion Board comments on the assigned question for the chapter. You will also be required to comment on at least one other post (**Not simply yes, no or I agree, a significant comment of why you agree or disagree with the student's comment is required**).

You will be graded on:

- 1) Posting by due date
- 2) Participation in discussion board (Must have at least **2** postings, your original

and one reply)

3) Grammar and expressiveness of your comments.

CLASS PARTICIPATION

Class participation is expected in the form of weekly discussion boards.

STUDENT DISABILITY SERVICES

In compliance with university policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Office for Student Disability Services in Downing University Center, A-200. The phone number is 270 745 5004. Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

WKU POLICY ON PLAGIARISM

To represent ideas or interpretations taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of students must be their own. Students must give the author(s) credit for any source material used. To lift directly from a source without giving credit is a flagrant act. To present a borrowed passage after having changed a few words, even if the source is cited, is also plagiarism. Papers will be processed through **Turnitin**, a software program used to check work for plagiarism.

WKU POLICY ON CHEATING

No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment, or other project that is submitted for purposes of grade determination.

PRIVACY POLICY

While every effort will be made to respect the privacy of students, the study and discussion of personal health topics has the potential for revealing sensitive issues. Any personal health information openly shared by students in class (such as family or personal health history, medical concerns, habits, etc.) must be considered private and confidential. No personal information shared in class will be divulged to others outside of class.

****** The Course Calendar Including topics, assignments and due dates will be posted on blackboard prior to the beginning of the semester ******