

**WESTERN KENTUCKY UNIVERSITY  
DEPARTMENT OF PUBLIC HEALTH  
PUBLIC AND COMMUNITY HEALTH  
PH 100-708: PERSONAL HEALTH**

**Contact Information**

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**Required Text/Materials**

Health - The Basics (2017) by Rebecca J. Donatelle, Pearson, 13th ed.

ISBN 13: 978-0-13-70968-0

**Course Description**

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 one's 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. **Colonnade E-SB | SB**

**Course Objectives**

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

1. Describe how personal health behaviors affect his/her current and future health status.
2. Investigate the role that heredity plays in one's health status.
3. Discuss how personal lifestyles contribute positively and negatively to one's personal health.
4. Develop skills necessary to make healthful choices and informed decisions for personal health.
5. Develop strategies to change personal health behaviors that affect health negatively.

**Attendance**

Although this is an online class that does not require face-to-face meetings, students are still expected to attend class. All assignments, tests, and Blackboard postings will count as attendance. It is your responsibility to meet appropriate deadlines.

### Class Policies

1. All class correspondence will be conducted via your official WKU email and blackboard. It is your responsibility to check these regularly.
2. Technological problems are not an excuse for a late assignment or late test. If you experience computer problems or you do have problems with Blackboard or a Technology product, it is your responsibility to call the helpdesk FIRST at 270-745-7000 or log onto their website [www.wku.edu/helpdesk](http://www.wku.edu/helpdesk). If they cannot solve your problem, then contact me via email or telephone with a case number and I will resolve the problem from my end if it is necessary.
3. Back-up all of your files and the course work you submit. Since we are dealing with the imperfections of cyberspace, unexpected errors can occur.

### Course Assessments

#### Health Behavior Project (HBP)

Part 1: Choose a health behavior you wish to change over the course of the semester. Write a **one-page** introduction (typed, double-spaced) on why you have chosen this health behavior. You will be given specific questions/topics to address later.

Part 2: Formulate your goal and objectives for the project. You will need to include ONE (1) goal with a maximum of TWO (2) objectives. Make sure these objectives are SMART objectives (Specific, Measurable, Achievable, Relevant, and Time-bound). This will result in **THREE (3)** statements that follow your introduction (Part 1). You will turn in a rough draft of your goal and objectives in Week 3. This draft is worth 2 points; if you do not submit a draft and incorporate feedback into your final project, you will not be able to earn full credit for this part of the project.

Part 3: Write one paragraph each week narrating your actions and progress towards changing your selected health behavior. This section will be **NINE (9)** paragraphs total; each paragraph should be about  $\frac{1}{2}$  **page long each**, typed and double-spaced.

Part 4: At the end of the project time, write a **one-page** summary (typed, double-spaced) of your successes and challenges. This summary should include a clearly delineated reflection on the overall experience you had completing the project.

**Exams (3 total):** Course exams will be based on class materials covered in the textbook, power-point slides, and additional resources posted on Blackboard. Exams will be online and will include a mix of Multiple Choice, True/False and or Short Answer questions. Tests will be open book and open notes. This means you may consult your Textbook and notes as you take the exam, but your answers MUST be your own. Do NOT copy material from your textbook, course Power Points, Web pages, or any other source—this is academic dishonesty and will result in Zero (0) on the exam. *Assesses Objectives 1-5.*

**Reflection Assignments:** Short response activities based on material covered in the textbook, Power-point slides, or additional resources posted on Blackboard. *Assesses Objectives 1-5.*

**Discussion Board participation:** Each week you will respond to a discussion prompt based on our current topic. Full participation includes one (1) initial post on the topic presented in the discussion prompt (posted by 11:59 PM each Wednesday) and one (1) thoughtful response to a classmate on their initial post (posted by 11:59 PM each Sunday).

<b>Grading</b>	
<b>Requirement</b>	<b>Assigned Points</b>
Exam 1	50
Exam 2	50
Final Exam	50
Class Activities/ Quizzes	60
Health Behavior Project	90
<b>Total Points</b>	<b>300</b>

<b>Grade Scale</b>
A = 270 – 300 points
B = 240 – 269 points
C = 210 – 239 points
D = 180 – 209 points
F = < 180 points

### **CAVEAT**

The above schedule and procedures in this course are subject to change in the event of Extenuating circumstances.

### **Academic Integrity**

#### **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. You need to remember that the Blackboard has a built in program that checks student 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.

### **ADA Accommodations**

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at [sarc.connect@wku.edu](mailto:sarc.connect@wku.edu). Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

### **Title IX/ Discrimination & Harassment**

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's [Sex and Gender-Based Discrimination, Harassment, and Retaliation](#) (#0.070) and [Discrimination and Harassment Policy](#) (#0.2040). Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Deborah Wilkins, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121. Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are "Responsible Employees" of the University and MUST report what you share to WKU's Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU's [Counseling and Testing Center](#) at 270-745-3159.

### **The Learning Center Peer Tutoring Services**

The Learning Center (TLC) provides free tutoring services that empower students to achieve academic success. Trained peer tutors are available to review course content, answer questions, and demonstrate effective study strategies. TLC offers individual appointments and group sessions (PASS) for hundreds of undergraduate courses. For more information or to make an appointment, visit [www.wku.edu/tlc](http://www.wku.edu/tlc).

### **Campus COVID-19 Statement**

All students are strongly encouraged to [get the COVID-19 vaccine](#). Out of respect for the health and safety of the WKU community and in adherence with CDC guidelines and practices of all public universities and colleges in [Kentucky](#), the University requires that a cloth face covering (reusable or disposable) that covers both the nose and mouth must be worn at all times when in public areas within all buildings. Students must properly wear face coverings while in class regardless of the room size or the nature of the classroom activities. Students who fail to wear a face covering as required will be in violation of the WKU Student Code of Conduct and will be asked to comply or will face disciplinary

action, including possible dismissal from the University. Accommodations can be requested in special cases through the Student Accessibility and Resource Center ([SARC](#)): [270-745-5004](tel:270-745-5004) (voice), [270-745-3030](tel:270-745-3030) (TTY), or [270-288-0597](tel:270-288-0597) (video).

All students must immediately report a positive Covid-19 test result or close contact with a person who has tested positive to the Covid-19 Assistance Line at 270-745-2019. The assistance line is available to answer questions regarding any Covid-19 related issue. This guidance is subject to change based on requirements set forth by public health agencies or the office of the governor. Please refer to the Healthy on the Hill website for the most current information. [www.wku.edu/healthyonthehill](http://www.wku.edu/healthyonthehill)