

**WESTERN KENTUCKY UNIVERSITY
DEPARTMENT OF PUBLIC HEALTH
PUBLIC AND PERSONAL HEALTH
PH 100-001
Tuesdays/Thursdays 9:35am-10:55am
AC 0118**

Contact Information

Instructor/pronouns: Angel N. Shoemake (she/her/hers)

Office: Academic Complex 129F

Office Hours: By appointment, in person or Zoom

Phone: 270-745-4796

Email: angel.shoemake@wku.edu

Email is the preferred method of contact

Required Text/Materials

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

IBSN 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 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. **Colonnade E-SB | SB**

Full Use of AI Permitted:

In this class you are free to use generative artificial intelligence (AI) tools such as on assignments and activities in this course. If you chose to utilize AI, you will be expected to properly document and cite this information. For this course, we will use (APA). *Examples of citing AI are available at: <https://libguides.wku.edu/stylewrite/ai.>*)

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

See WKU Academic Attendance Policy.

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. 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 (4 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).

Grading	
Requirement	Assigned Points
Exam 1	50
Exam 2	50
Exam 3	50
Final Exam	50
Class Activities/ Quizzes	60
Health Behavior Project	140
Total Points	400

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. 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.

Inclusion Statement

Western Kentucky University (WKU) is committed to ensuring all members of our campus community have access to equitable and inclusive learning, working, and living environments. At the heart of our mission, we seek to provide holistic education and employment experiences that prepare students, faculty, and staff to become effective scholars, contributors, and leaders in our diverse and evolving communities. Consistent with our campus purpose statement and creed, this classroom will be a respectful space, welcoming all sexes, races, ages, national origins, ethnicities, gender identities/labels/expressions, intellectual and physical abilities, sexual orientations, faith/non-faith perspectives, income levels and socio-economic classes, political ideologies, educational backgrounds, primary languages, family statuses, military experiences, cognitive styles, and communication styles. If at any time during this course you are excluded or feel a sense of alienation from the course content, please feel free to contact me privately without fear of reprisal.

Pregnancy and Parenting Students

Western Kentucky University does not discriminate against any student or exclude any student from its educational programs or activities, including classes or extracurricular activities, on the basis of pregnancy and/or pregnancy-related conditions such as, but not limited to, childbirth, false pregnancy, termination of pregnancy, or recovery therefrom. Students who seek pregnancy or pregnancy-related accommodations should make their requests as soon as possible via WKU's Title IX Website at www.wku.edu/titleix/ under the heading, "Pregnancy or Pregnancy-Related Conditions." Students can also contact the Title IX Coordinator, Ena Demir, via email

at ena.demir@wku.edu or by phone at (270) 745-6867 to request accommodations or seek assistance. We encourage students and faculty to work together to establish a plan that allows the student to complete the class and coursework without jeopardizing academic integrity and course standards. The Title IX Coordinator can help facilitate conversations between students and faculty regarding appropriate and reasonable accommodations.

If you are a WKU student and believe that you have experienced an incident(s) of discrimination or harassment based on pregnancy (or pregnancy related conditions or issues), please report it to the Title IX Coordinator via email at ena.demir@wku.edu or by phone at (270) 745-6867.

Land Acknowledgement Statement

The history of our community and land gives us the opportunity to recognize, respect, and appreciate our place within that history. Western Kentucky University (WKU) honors and acknowledges the Indigenous peoples' land on which this University was built. All land in the state of Kentucky was once Indigenous territory, which is why it is our duty to acknowledge that WKU exists on Native land. This particular region of Kentucky was home to both the Shawnee (Shawandasse Tula) and Cherokee East (ᏌᏍᏏᏉᏍᏏ Tsalaguwetiyi) tribes.

We also honor and acknowledge the former residents of Jonesville. According to the [Jonesville History Project](#), "Jonesville was a predominantly African American community in Bowling Green, Kentucky, that was demolished in the 1960s to make way for the expansion of the WKU campus. This incident echoed a pattern across the country where the power of eminent domain was utilized to seize property from minority communities for large public works projects under the guise of urban revitalization."