

**University of Louisiana at Lafayette
College of Education
Class Syllabus**

Course: HLTH 312-2 (web-enhance/online)

Semester: Fall- 2006

Location: Bour 156B

Instructor: Jacqueline R. Benedik, CHES

Office: 139A Bourgeois Hall

Telephone: 337-482-6281

Office Hours: Posted at office door

Email address: jbenedik@louisiana.edu

Course Description:

HLTH 312: Wellness (3, 0, 3) The study of the balance of physical, emotional, social, spiritual, and intellectual health. Lifestyle changes to enhance awareness, change behavior and create healthy environments will be addressed.

Required Text:

Gordon, E., & Golanty, E. (2004) *Health and Wellness* (8th Ed.) Sudbury, Massachusetts: Jones and Bartlett Publishers

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a ***Responsive Professional***. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit Outcomes

- Identify and incorporate the major areas of health in his/her daily living. (CF-R1) Disp 4)
- Differentiate between the values of healthy living versus unhealthy living. (CF-K2) (Disp 2)
- Distinguish how mental health and stress play an important role in his/her life and how they are related to healthy living. (CF-P2) (Disp 1)
- Compare and contrast the importance of good nutrition and exercise in the role of healthful living. (CF-R1) (Disp 4)
- Survey the various types of diseases, with specific insight to the diseases of the heart and lungs, cancer, AIDS, and diabetes. (CF-K7) (Disp 3)

- Describe the diversity of concern in the areas of tobacco, drugs, alcohol, and personal and sexual relationships. (CF-D5) (Disp 5)
- Describe how consumerism and health care are related to each of the five dimensions of health. (CF-R2) (Disp 6)
- Identify how individual lifestyle behaviors affect the environment locally and globally. (CF-P6) (Disp 5)
- Identify and analyze the aging process and our final health status: the death and dying process. (CF-P4) (Disp 7)
- Describe how the attitudes of aging, death and dying are reflected in the American culture today. (CF-D1) (Disp 2)
- Demonstrate a commitment to an improved lifestyle by designing a contractual plan for quality of living. (CF-P2) (Disp 1)

Resources

Professional Associations

American Association of Health, Physical Education, Recreation, and Dance (AAHPERD)
 American Mental Health Counselors' Association (AMHCA)
 American Counseling Association (ACA)
 Louisiana Association of Health, Physical Education, Recreation, and Dance (LAHPERD)
 Louisiana Counseling Association (LCA)

Professional Journals

American Journal of Health Education
 Cerebrum
 Journal of the American Medical Association
 International Journal of Health Education

Related Materials and Resources

US Department of Health & Human Services: Global Health:
<http://www.globalhealth.gov/>
 The National Women's Health Information Center: <http://www.4woman.gov/>
 National Institutes of Health: <http://www.nih.gov/>
 Population Reference Bureau: <http://www.prb.org/>
 Medical Advice: http://www.healthandenergy.com/medical_advice.htm
 Environmental Issues: http://internet.ggu.edu/university_library/enviro.html

References

Office of Global Health Affairs: <http://www.globalhealth.gov/>
 Center for Disease Control: http://www.cdc.gov/nchstp/dstd/disease_info.htm
 About Alcoholism: <http://alcoholism.about.com/>
 National Institute on Alcohol Abuse and Alcoholism: <http://www.niaaa.nih.gov/>
 American Cancer Society: www.cancer.org
 National Cancer Institute: www.nci.nih.gov
 World Health Organization: <http://www.who.int/en>

Course Policies and Procedures

Emergency Evacuation Procedures

A map of this floor is posted near the elevator marking the evacuation route and the Designated Route Area. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Students who may need assistance should identify themselves to the teaching faculty.

Attendance Policy

There are **Four** formal class meetings: **first day of class- orientation, 1 film day and 2 test days.** Failure to attend the first day will result in being dropped from the course. **Students must attend the first day of class, all test day classes and meeting day and be on time.** It may be necessary for the class to meet for some other reason, so it is imperative that you check **Moodle EVERYDAY** for announcements. **If an announcement is posted it is your responsibility to take care of business. Not seeing an announcement is never an acceptable excuse.**

Tardiness

If you arrive more than five minutes late for a test, you will not be permitted to take the test and you will receive a zero.

Academic Honesty

The College of Education adheres to the policy on academic honesty as outlined on page 427 in the Undergraduate Bulletin (2003-2005).

Students Requiring Special Accommodations

Students requiring special accommodations must register with the Office of Services for Students with Disabilities and provide official documentation to the instructor on the first day of class.

Course Requirements

E-mail account- Students are required to set up an email account for this class. It will take the help desk 24 hours to activate your account, so please keep this in mind. **ALL COMMUNICATION IS THROUGH YOUR UL EMAIL ADDRESS.**

1. Exams –

- **2 exams worth 100 points each.** Materials will come from chapters, readings (websites), web lectures, PowerPoint notes, etc.. from topic areas covered. Tests are important and each one reflects **ALL OF THE MATERIAL COVERED** as stated above.
- **Scheduled examinations** are to be taken on the date set by the instructor. Make up examinations are given only in extreme cases with the permission and arrangement of the instructor. Students must initiate all make-up work and contact the instructor within **two working days** after a scheduled test. If the instructor is not contacted within these two days, the student will receive an F on that test. Always bring a 50-item Scantron, a #2 pencil and a blue

book for all tests. **You must present your University Identification Card at the time of any test.**

2. **Projects** – (explanation on individual project handouts) *Health Education is not only the acquisition of clinical knowledge but also developing an understanding of community resources and technology.* These projects are to assist you to these ends.
 - a. Stress/Time Management Interviews – **30 pts.**
 - b. Health Care Professional Interview Project – **30 pts.**
 - c. Health Issue Project – **30 pts.**

Due dates are found on the course calendar.

For each project: I will read each project until I find 4 grammatical and/or spelling errors. I will then deduct 10 pts. I will repeat this process twice for each project.

No late projects will be accepted.

3. **Assignments:** You will have **seven (7)** assignments each worth **20 pts.** Due dates for assignments are shown on the calendar and are due at **6AM** that day. Each assignment includes specific directions. Follow all directions for maximum points. **No late assignments are accepted.**
4. **Assignments which are not properly formatted will be given a zero**
5. **Service Learning Project (Field Experience) – 20 pts.**
3 volunteer hours (must be in one sitting) at any **ONE** chosen health related event approved by instructor followed by a reflective essay about the experience. (Explained in more detail in Calendar) All students are **required** to complete this portion of the course! **YOU CANNOT DOUBLE DIP WITH ANOTHER CLASS VOLUNTEER PROGRAM!**
6. **IF YOU ARE REPRESENTING THE UNIVERSITY AT A FUNCTION, PROJECTS AND ASSIGNMENTS MUST BE HANDED IN BEFORE OR ON THE DUE DATE.**
7. **Announcements & Emails** – you are responsible for visiting the course on the Moodle site & checking the site and your email daily for any posted information or any emailed information pertaining to the course.
When you email me, the following format must be used:
 - **: Subject Line of email:**– Last name, H312 –(name your section), assignment # _____. or topic of concern
 - **On the email itself:**
Left top corner: Name, H312 (name section #) Reference _____.

No late assignments are accepted. Assignments which are not properly formatted will be given a zero.

PASS-PORT Artifacts

N/A

Field Experiences = 9 hours

Service Learning Project = 3 hrs.)

Stress/Time Management Project = 3 hours

Professional Interview = 3 hours

Technology Integration

The course will integrate online technology and the delivery system being used is Moodle.

Evaluation

Exams-	200 pts.	90-100%	= A
Projects	90 pts.	80-89%	= C
Assignments	140 pts.	70-79%	= D
Service Hours	20 pts	60-69%	= D

Total Pts: 450 p

HLTH 312- 2 Calendar - Fall 2006

DATE	TOPICS/ACTIVITIES/ASSIGNMENTS & DUE DATES
M 8/21/06	Formal Class, Introduction to Moodle, Syllabus, Projects and Calendar Review, Etc. Text Resource Weblink: http://health.jbpub.com/hwonline/ Lesson 1 (Unit 1): Achieving Personal Health Read Directions for entire lesson before starting on assignment 1. Material Needed for Lesson 1: Text Pwpts: Chapters 1, 2, 3, 4 Instructor Bases Pwpts: Study Guide for Lesson 1
M 8/28/06	Lesson 1 continued
M 9/4/06	Lesson 1 continued Assignment 1 due at 6 am
M 9/11/06	Lesson 2 (Unit 2): Eating and Exercising Towards A Healthier Lifestyle http://health.jbpub.com/hwonline/ Read Directions for entire lesson before starting on assignment 2. Material Needed for Lesson 2: Text Pwpts: Chapters 5,6,7 Instructor Bases Pwpts: Study Guide for Lesson 2
M 9/18/06	Lesson 2 continued PROJECT 1 DUE no later than 6 am
M 9/25/06	Lesson 3 (Unit 6): Making Healthy Choices Lesson 4 (Unit 7) : Overcoming Obstacles http://health.jbpub.com/hwonline/ Read Directions for entire lesson before starting on assignment 3 and 4.

	<p>Material Needed for Lesson 3 and 4: Text Pwpts for L3: Chapters 19, 20, Text Pwpts for L4: Chapters 22, 23 Instructor Bases Pwpts: Study Guide for Lesson 3 and 4 Assignment 2 due at 6 am</p>
M 10/2/06	<p>EXAM 1 (Unit 1, 2,6, 7) Assignment 3 due at 6 am</p>
M 10/9/06	<p>Lesson 5 (Unit 3): Building Healthy Relationships http://health.jbpub.com/hwonline/ Material Needed for Lesson 5 Text Pwpts: Chapters 8, 9, 10, 11 Study Guide for Lesson 5 Assignment 4 due at 6 am</p>
M 10/16/06	<p>Lesson 5 continued PROJECT 2 DUE no later than 6 am</p>
M 10/23/06	<p>Lesson 6 (Unit 4): Understanding and Preventing Disease http://health.jbpub.com/hwonline/ Material Needed for Lesson 6 Text Pwpts: Chapters 12, 13, 14, 15 Study Guide for Lesson 6 Assignment 5 due at 6 am</p>
M 10/30/06	<p>Lesson 6 continued</p>
M 11/6/06	<p>Lesson 7 (Unit 5): Explaining Drug Use and Abuse http://health.jbpub.com/hwonline/ Material Needed for Lesson 7 Text Pwpts: Chapters 16, 17, 18 Instructor Based Pwpts Study Guide for Lesson 7 Assignment 6 due at 6 am</p>
M 11/13/06	<p>Mandatory class meeting Video: " Alcohol IQ" PROJECT 3 DUE no later than 6 am</p>
M 11/20/06	<p>Lesson 7 continued</p>
M 11/27/06	<p>EXAM 2 (Unit 3, 4, 5) Assignment 7 due at 6 am</p>