HEALTH 235L: Health Promotion Lab (1 credit)
Section: 01

COURSE SYLLABUS
FALL 2014

TIME & PLACE: TBD

INSTRUCTOR: Chelsea L. Demarest, MPH

Office Hours: Wednesdays 11:00-12:30PM
Thursdays 2:00-3:30PM
*Or by appointment

OFFICE: Room 222, Silcox Physical Education and Health Center

PHONE/FAX: N/A

E-mail: DEMARESTCL@COFC.EDU
*All emails must include “HEALTH_325L” in the subject line.
*Emails with an incorrect subject line will NOT be answered.

PREREQUISITES: HEAL 216, Junior status
CO-REQUISITE: HEAL 325


COURSE DESCRIPTION: Apply the course material and work on Council on Education in Public Health (CEPH) and Certified Health Education Specialist (CHES) competencies in a profit or nonprofit health agency.

Helpful link:
Trident United Way
http://www.tuw.org/

COURSE OBJECTIVES: Upon successful completion of this course, students should have experience in at least three (3) of the following CEPH competencies

As educated members of society, all undergraduates should be able to….

1.2 Describe risk factors of infectious and chronic diseases and how these diseases affect both personal and population health

1.11 Appreciate the role of community collaborations in promoting health

2.2 Identify scientific data and other information for assessing the well-being of a community

2.4 Communicate health information to a wide range of audiences through an array of media
2.6 Engage in collaborative and interdisciplinary approaches and teamwork for improving population health
2.10 Recognize the impact of policies, laws, and legislation on both individual and population health
3.1 Identify stakeholders who influence health programs and interventions
3.5 Champion the role of prevention in promoting a healthy community

AND at least three (3) of the following CHES competencies: (HEJA)

I.A.E.4 Select valid sources of information about health needs and interests
I.B.E.3 Conduct health related needs assessment
I.C.E.1 Identify diverse factors that influence health behaviors
I.C.E.2 Identify behaviors that tend to promote or compromise health
II.A.E.1 Identify populations for health education programs
II.A.E.2 Elicit input from those who will affect, or be affected by, the program
II.B.E.3 Suggest approaches for integrating health education within existing health programs
II.G.E.2 Identify barriers to the implementation of health education methods
III.C.E.1 Use the Code of Ethics in professional practice
III.C.E.3 Demonstrate skills needed to develop capacity for improving health status
IV.D.E.1 Use appropriate research methods and designs in health education practice
IV.E.E.4 Report effectiveness of programs in achieving proposed objectives
VII.B.E.1 Assess the appropriateness of language in health education messages
VII.B.E.6 Use oral, electronic, and written techniques for communicating health education information
VII.B.E.7 Demonstrate proficiency in communicating health information and health education needs
VII.C.E.1 Develop a personal plan for professional growth

REQUIREMENTS:

1. Meet with Ms. Demarest to complete paperwork by September 8th 2014 at 5:00PM.
2. Complete a minimum of thirty (30) hours in a health-related setting.
3. Complete a diary (as requested) for each day you volunteer.
4. Email or meet with Ms. Demarest your number of completed volunteer hours. Also submit a copy of your diary entries by October 7th, 2014 at 5:00PM on OAKS dropbox.
5. Submit the Overall Performance Rating form completed by your site supervisor by November 24th at 12:00AM. Submit to the dropbox on OAKS.
6. Complete final paper and diary entries and submit to the dropbox on OAKS by November 24th at 12:00AM.

FINAL PAPER: After completing your hours, type a short, concise paper explaining which of the CEPH competencies and which of the CHES competencies you addressed.
during your lab experience. Provide a brief description of how you met each of
the competencies identified. Also, at the end of the paper, list the number of
CEPH competencies and the number of CHES competencies you identified at
least once.

**MID-TERM GRADING:** Mid-term grade will be based on promptness of meeting with Ms. Demarest at
the beginning of the semester as well as mid-semester and the number of hours
completed by mid-term.

**FINAL GRADING:** The following must be met to achieve the specified grade: (the rating score is
based on the Overall Performance rating provided by the site supervisor)

- **A** Complete at least 30 hours with corresponding diary completed
  Have at least an **Above Average** rating by your supervisor
  Earn at least 90% on your final paper

- **A-** Complete at least 30 hours with corresponding diary completed
  Have an **Average** rating by your supervisor
  Earn at least 88% on your final paper

- **B+** Complete 27-29.5 hours with corresponding diary completed
  Have at least an **Above Average** rating
  Earn at least 85% on your final paper

- **B** Complete 25-26.5 hours with corresponding diary completed
  Have at least an **Above Average** rating
  Earn at least 80% on your final paper

- **B-** Complete 23-24.5 hours with corresponding diary completed
  Have at least an **Above Average** rating
  Earn at least 78% on your final paper

- **C+** Complete 21-22.5 hours with corresponding diary completed
  Have at least an **Average** rating
  Earn at least 75% on your final paper

- **C** Complete 20-21.5 hours with corresponding diary completed
  Have at least an **Average** rating
  Earn at least 70% on your final paper

- **C-** Complete 20-20.5 hours with corresponding diary completed
  Have at least an **Average** rating
  Earn at least 68% on your final paper

- **D+** Complete 15-17.5 hours with corresponding diary completed
  Have at least an **Average** rating
  Earn at least 66% on your final paper

- **D** Complete 15-17.5 hours with corresponding diary completed
  Have at least an **Average** rating
  Earn at least 64% on your final paper

- **D-** Complete 15-17.5 hours with corresponding diary completed
  Have at least an **Average** rating
Earn at least 62% on your final paper

F  Complete less than 15 hours

EXPECTATIONS: Students will:
1. Be on time and dressed professionally
2. Maintain client confidentiality as required
3. Maintain a mature and professional attitude
4. Complete tasks independently and seek learning experiences
5. Accept and use constructive criticism
6. Keep personal life issues separate from field experience
7. Take responsibility for personal professional growth

ALL MATERIALS DUE NO LATER THAN BY NOVEMBER 24TH AT 12:00AM. LATER MATERIALS WILL NOT BE ACCEPTED
Laboratory Hours Diary

Name ___________________________ Site: _______________________

Date: ___________ Hours completed today: _______

Tasks: Use bullets

________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

Competencies addressed (see page 1 of syllabus): (write none if none)

CEPH
________________________________________________________
________________________________________________________
________________________________________________________
________________________________________________________

CHES
________________________________________________________
________________________________________________________

Your signature: __________________________________________
**Health Promotion Lab Assessment**

Student: ________________________________________________________________

Semester: ________________________________________________________________

Site: ____________________________________________________________________

Total hours completed: ____________________________________________________________________

Site Supervisor: __________________________________________________________

Site Supervisor contact information:

Address: ____________________________________________________________________

Office phone: ____________________________________________________________________

Email: ____________________________________________________________________

**Professional Qualities**

3 = Excellent  
2 = Good (some aspects need improvement)  
1 = Needs Improvement

_____ Demonstrates reliability and dependability

_____ Maintains professionalism regardless of setting

_____ Demonstrates good listening and communication skills

_____ Displays confidence within the knowledge base without overstepping boundaries

_____ Regularly exhibits good time management skills

_____ Takes initiative and completes tasks without being asked

_____ Willingness to seek and/or accept constructive criticism and assistance

_____ Demonstrates ability to adapt and remain flexible

_____ Takes responsibility for actions
______ Demonstrates willingness to help with whatever task is needed

**Overall Performance Rating**
Based on your work with this student, please circle the word that best reflects the student’s overall performance.

<table>
<thead>
<tr>
<th>Excellent</th>
<th>Average</th>
<th>Below Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Above Average</td>
<td></td>
<td>Unacceptable</td>
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</tbody>
</table>

Site Supervisor (print name) ___________________________________________

Site Supervisor (signature) ___________________________________________

Date _______________________________________________________________

Student Signature _________________________________________________

Date _______________________________________________________________

* Student’s signature indicates student was provided an opportunity to discuss the content of this evaluation with his/her Site Supervisor and with the Lab Instructor, if requested.