HEALTH 216: Personal and Community Health (3 credits) - Section: 001
Course Syllabus
Fall 2017

Instructor: Chelsea L. Demarest, MPH
Office: Room 314, Silcox Physical Education and Health Center

Directions to Office 314:
Enter the Silcox building at the intersection of George Street & Meeting Street
Once you enter, you will see the double staircase
Go up the stairs on the right side
Go through the door on the right side
After you go through the door, go up the stairs to the top floor
When you get to the top of the stairs, you will see a door
Go through the door
You will enter into a hallway
My office will be on half way down the hallways on the right

E-mail: DEMARESTCL@COFC.EDU
*All emails must include “HEALTH_216” in the subject line.
*Emails with an incorrect subject line will NOT be answered.

Phone: (843) 953-6094

Course Meeting Time:

HEAL 216-01
10283 Class
Monday/Wednesday/Friday
12:00 pm-12:50 pm
JOHN J206

Office Hours: Monday/Wednesday 1:00-2:30

Course Description: A study of principles and problems of personal, group, and community health as applied to everyday living.

Course Materials:
Author: Donatelle & Ketcham
Title: Access to Health
Edition: 15th

Student Learning Outcomes:
1. Students will analyze and appraise an assigned a personal and/or community health issue relevant in the United States, as assigned by the instructor. Students will build and develop a 15-minute informative and evidence-based oral presentation. All students are expected to receive at least a 75% on this assignment.
2. Students will apply scientific writing skills learned in class to prepare a high quality public service announcement analyzing a community health topic of their choosing. All students are expected to receive at least a 75% on this assignment.

Learning Objectives:
Upon successful completion of this course, the student should be able to:
(1) Define health and wellness, and explain the interconnected roles of the physical, social, mental, emotional, and spiritual dimensions of health.
(2) Define stress and examine how stress and anxiety may have direct and indirect effects on your immune system and overall health.
(3) Discuss positive communication skills as they relate to social/psychological dynamics as well as the impact these skills have on your health and interpersonal relationships.
(4) Discuss the factors of nutrition and exercise as they relate to the assessment and the development of weight control and personal fitness.
(5) Define addictions and describe signs of addiction versus habit.
(6) Discuss the negative impact the use of alcohol and tobacco have on health/wellness.
(7) Discuss the risk factors for cardiovascular disease and cancer.
(8) Discuss the characteristics and risk factors of the most common sexually transmitted diseases.

Grading Scale:
A  90-100
A-  88-89
B+  85-87
B.  80-84
B-  78-79
C+  75-77
C.  70-74
C-  68-69
D+  66-67
D.  64-65
D-  62-63
F   Less than 62
Pop Quizzes 100 Points (10Pts each)
Chapter Assignments 50 Points (5Pts each)
Group Presentation 25 Points
Midterm Examination 100 Points
Final Examination 100 Points
Total Points: 375

Attendance/Participation
Attendance and participation are the first requirements for successful completion of this course and the means to receive optimal benefit for your time. Students must be in attendance (on time to class) and actively engage during the class period. For each missed class period, five points will be deducted from the final total points. Each student is allowed to miss two class periods without penalty to their grade. Classroom doors will be shut and locked five minutes after class starts. If you enter class after the door has shut you will be counted as absent.

Description of Assignments

Skype Assignment
All students are required to add Professor Demarest on Skype. If needed, office hours or class (if campus is not available) will be held on Skype so it is important that all students create a FREE Skype account and learn how to use the program. After you add Professor Demarest on Skype please send a message with the course(s) you are currently taking, your three pet peeves about school and what you hope to learn from the course. If you do not send the message, you will not get credit for this assignment.

Below is helpful information:

DUE: 30th at 11:59PM – Each student must add Professor Demarest on Skype. Failure to do so will result in a five-point deduction from total points.

Professor Demarest Skype ID: ChelseaDemarest
Look for this picture:

![Professor Demarest](image_url)

Quizzes
Students will complete ten (10) quizzes designed to assess his/her understanding of the course. Quizzes will be open notes/book and will be completed online using OAKS. I will not provide you with a copy of the quiz questions. It is your responsibility to write the questions down while taking the quiz if you would like to have them for your record. I will also have the quiz questions and answers available in my office.

Chapter Assignments
There will be ten chapter assignments throughout the semester. Chapter assignments will be completed in class either individually or in groups. The assignments will correspond with the material covered in the course content. Chapter assignments will not always be announced. If students miss a chapter assignment, there is no opportunity to make-up the missed content and/or points.

Group Presentation
Students have been assigned groups to work with under the Groups tab on OAKS. Student groups will be assigned their presentation topic and presentation date.

Group Presentation Topics:

Groups 1-10 Infectious Diseases:
2. Influenza (Flu) & Flu Shot
3. MMR (Measles, Mumps, & Rubella) & Andrew Wakefield
4. Pneumonia
5. Whooping Cough/Pertussis
6. Zika Virus
7. Smallpox Virus
8. Human Papillomavirus (HPV)
9. Hepatitis C
10. Ebola

Groups 11-20 Chronic Diseases:
11. Diabetes Mellitus Types 1 & 2
12. Bulimia
13. Tobacco use disorder
14. Alcoholism
15. Crohn's Disease
16. Schizophrenia
17. Chronic Obstructive Pulmonary Disorder
18. Obesity
19. Hypertension
20. Heart Disease

Exams
The exams will be cumulative and will cover all the assigned readings (even if we did not necessarily discuss them in class), lecture material, and any material that speakers or other students contributed in class. Multiple choice, short/long answer, and true/false questions can be expected. The exams must be taken on the scheduled date and time, unless prior arrangements have been made and a documented reason for needing to take the exam at a different time has been presented. All exams will be taken in class on OAKS. It is important that students bring a laptop to class in order to take the exam. If you do not have a laptop, you can rent a laptop from the Addlestone Library.

For more information on renting a laptop please visit:
http://libguides.library.cofc.edu/Circulationservices/Studentborrowing

Classroom Policies

**Statement Regarding Disabilities**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protections for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. The College abides by section 504 of the Rehabilitation Act of 1973 and the ADA, which stipulates that no student shall be denied access to an education solely by reason of a handicap. Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight; or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodation, please see an administrator at the Center of Disability Services/SNAP at (843) 953-1431 or talk to me so accommodations may be arranged.

**College of Charleston Honor Code and Academic Integrity**
All work for this class is subject to the Honor System of the College of Charleston. The Honor System of the College of Charleston is intended to promote and protect an atmosphere of trust and fairness in the classroom and in the conduct of daily life. Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved. Incidents where I determine the student’s actions are more related to a misunderstanding will be handled by me. A written intervention designed to help prevent the student from repeating the error will be given. The intervention, submitted by form and signed by the student, and myself will be forwarded to the Dean of Students and placed in the student’s file. Cases of suspected academic dishonesty will be reported directly by me and/or others having knowledge of the incident to the Dean of Students.

A student found responsible by the Honor Board for academic dishonesty will receive an XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The F is permanent. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the
Honor Board. Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information via a cell phone or computer), copying from others’ exams, fabricating data, and giving unauthorized assistance. Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from me. Students can find the complete Honor Code and all related processes in the Student Handbook at:


Copyright and Plagiarism: Please note that all materials used in this course are copyrighted. This includes, but is not limited to, handouts (i.e., syllabi, in-class materials, quizzes, exams, and other forms). Therefore, no student has the right to copy the handouts, unless permission is expressly granted. As commonly defined, plagiarism consists of passing off as one’s own the ideas, words, writings, of another person. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you have the permission of that person.

SNAP Accommodations
Students with approved SNAP accommodations are required to provide the SNAP letter during the first two weeks of class, and to provide me with a SNAP office envelope no less than one week prior to the exam (as described in the SNAP office guidelines).

1. Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.

2. The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

3. This College abides by Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services/SNAP, (843) 953-1431) or me so that such accommodation may be arranged.

Other Accommodations
Any student who needs special arrangements as a result of religious holidays or university-sponsored events, etc. must contact me within the first two weeks of class to make such accommodations as may be necessary.

**Electronic Device Policy**

**ALL** electronic devices (anything with an on/off switch or button) are to be turned OFF before entering the classroom. All electronic devices must be kept in book bags or out of sight during class. Any student seen using an electronic device during class will be asked to leave class for the day without the option to make up any of the assignments/quizzes completed during class that day. Any electronic device that is visible during an exam will result in an Honor Code violation. **One point will be deducted from final course grades for every cell phone disruption.**
Course Calendar

WEEK ONE: August 22nd – 25th
Chapter 1 Lecture: Accessing Your Health

WEEK TWO: August 28th – September 1st (NO CLASS SEPTEMBER 1st)
August 30th at 11:59PM: Skype Assignment Due
Chapter 3 Lecture: Managing Stress and Coping with Life’s Challenges FOCUS ON Improving Your Financial Health

WEEK THREE: September 4th – 8th
Chapter 4 Lecture: Improving Your Sleep
Chapter 5 Lecture: Nutrition: Eating for a Healthier You

WEEK FOUR: September 11th – 15th
Chapter 6 Lecture: Reaching and Maintaining a Healthy Weight FOCUS ON Enhancing Your Body Image
Chapter 7 Lecture: Improving Your Physical Fitness

WEEK FIVE: September 18th – 22nd
Chapter 11 Lecture: Drinking Alcohol Responsibly
Chapter 12 Lecture: Ending Tobacco Use

WEEK SIX: September 25th – 29th
September 25th Midterm Exam Review - Optional class day attendance will not be recorded
   A study guide for the midterm exam will not be provided. It is highly recommended that students attend the midterm review session. If you skip the in class review session, I will not answer exam questions over email or during office hours.
   September 27th Midterm Exam (Chapters 1, 3-7, 11 & 12) – Bring laptop to class
   *Exam will be 50 questions. Questions will be multiple choice and true/false. You will have the whole class time to complete the exam.
September 29th Chapter 9 Lecture: Understanding Your Sexuality

WEEK SEVEN: October 2nd – 6th
October 2nd: Planned Parenthood Guest Speaker
Chapter 10 Lecture: Considering Your Reproductive Choices

WEEK EIGHT: October 9th – 13th
October 9th: Darkness to Light Guest Speaker
Chapter 8 Lecture: Building Healthy Relationships and Communicating Effectively

WEEK NINE: October 16th – 20th (NO CLASS OCTOBER 16th)
Chapter 14 Lecture: Avoiding Drug Misuse and Abuse
WEEK TEN: October 23rd – 27th
Chapter 19 Lecture: Becoming a Responsible Health Care Consumer
Chapter 20 Lecture: Preventing Violence and Abuse FOCUS ON Reducing Your Risk of Unintentional Injury

WEEK ELEVEN: October 30th – 3rd
Chapter 15 Lecture: Protecting against Sexually Transmitted Infections

WEEK TWELVE: November 6th – 10th
November 6th: Chronic & Infectious Disease Lecture
November 8th: In class time to work on presentation.
Any group member that misses class will have five points per missed day deducted from their personal presentation grade.
November 9th at 11:59PM ALL Group Presentations Due to Dropbox
November 10th Group Presentations: Numbers 1-3

WEEK THIRTEEN: November 13th – 17th
November 13th: Group Presentations: Numbers 4-6
November 15th: Group Presentations: Numbers 7-9
November 17th: Group Presentations: Numbers 10-12

WEEK FOURTEEN: November 20th - 21st (NO CLASS NOVEMBER 22ND OR 24TH)
Final Exam Review Day Part One – Optional (attendance will not be recorded)
A study guide for the final exam will not be provided. It is highly recommended that students attend the final review session. If you skip the in class review session, I will not answer exam questions over email or during office hours.

WEEK FIFTEEN: November 27th – 1st
Group Presentations: November 27th: Numbers 13-15
Group Presentations: November 29th: Numbers 16-18
Group Presentations: December 1st: Numbers 19-20

WEEK SIXTEEN: December 4th
Final Exam Review Day Part Two—Optional (attendance will not be recorded)
A study guide for the final exam will not be provided. It is highly recommended that students attend the final review session. If you skip the in class review session, I will not answer exam questions over email or during office hours.

Final Exam Information:
Chapters: 1, 3-12, 14, 15, 19, 20
Exam will be 50 questions. Questions will be multiple choice and true/false

December 13th
12:00-3:00PM
Changes to Syllabus
The schedule, policies, and procedures listed in this syllabus are subject to change, at the discretion of the instructors. Fair notice will be given to students. No changes will be implemented retroactively.