

William Paterson University
College of Science and Health
DEPARTMENT OF PUBLIC HEALTH

Healthy U Syllabus

- 1. Title & Number of Course:** PBHL 1100-80– Healthy U (3 Credits)
- 2. Department of Public Health:** Department Secretary: Ms. Geri Suppa
Office: University Hall Phone: 973-720-2394
- 3. Semester:** Winter 2019
- 4. Instructor:** Jodi Inglis, M. Ed., M.A. inglisj@wpunj.edu
Phone: 973-769-3457
- 5. Required Text:** No required text
- 6. Course Objectives:** The objectives of this course are to:
 - Provide students with the skills and knowledge necessary to adopt health enhancing behaviors
 - Enable students to change unhealthy behaviors.
- 7. Student Learning Outcomes:** As a result of this course, students will be able to:
 - Describe verbally and in writing, how they can achieve well-being in the seven dimensions of health based on readings, internet assignments, and class discussion.
 - Identify barriers to their own well-being in one dimension of health through self- assessments and analysis of their behavior change logs.
 - Develop, implement and evaluate a personal behavior change plan utilizing the health literature that will enable them to progress toward well-being in one of the dimensions of health.
 - Explain how personal well-being is impacted by and interacts with the many aspects of the environment in their personal behavior change project and on other class assignments.

8. Topical Outline of the Course Content:

Determinants of health

- Behavior (Lifestyle)
- Biology (Heredity/Genetics)
- Environment

Dimensions of health

- Physical
- Emotional
- Social
- Spiritual
- Intellectual
- Environmental
- Occupational

Health decision making

Choosing a healthy diet

- Choose My Plate
- Real versus processed foods
- Food labels
- Physiologic measures
 - HDL/LDL
 - Glycemic index
 - Calories
- Weight management
 - Non-invasive approaches
 - Invasive approaches
- Food choices
 - Fast food
 - Food stores
 - Campus food

Embracing fitness

- Exercise versus physical activity
- Components of fitness

Understanding addiction

- Alcohol, tobacco and other drugs
- Gambling
- Internet/gaming

Respecting sexuality

- Anatomy and physiology
 - Sexual orientation
 - Gender identity
 - Gender role
 - Fertility control
 - Birth control
 - Pregnancy
 - Relationships
 - Communication
 - Violence
 - Safer sex
- ### Enhancing mental health
- Positive mental health
 - Self-esteem
 - Self- concept
 - Stress management
 - Spectrum of mood
 - Anxiety continuum
 - Depression continuum

Cardiovascular Disease

Cancer

Diabetes

Communicable Diseases

9. Teaching Methods:

A variety of teaching methods will be used in this course, including online discussions, personal health assessments, internet activities and a final exam.

10. Course Assignments:

As an online course you are required to fulfil the same classroom time as a traditional course. Therefore these assignments are created to fulfil that time requirement.

Reflection Papers- There will be three, 2- page reflection papers, due throughout the semester. You will be responsible for finding a **Peer-Reviewed Journal Article** on the required topic. All articles must be published within the past 5 years. You will read the **complete** article, reflect and write a 2-3 page double spaced paper on the article. Each reflection will be worth 10 points and submitted through BlackBoard. Journal article **must** be attached for credit. Please use the 3-2-1 format described below. Rubric for reflection paper is under course materials on BB.

Discussion Threads and Video- Every 3 days throughout the semester you will be required to participate in an online discussion or watch a video to discuss with the class

through the thread. All discussion threads open at midnight on the assigned dates and close @ 11:59 PM on the due date.

You will be watching two documentaries, independently, which you will discuss as a class. There is NO BOOK for this course therefore the cost associated with the purchase of these films is minimal. Some of the documentaries are only available on Netflix or to rent through Amazon. You must watch them and then post a 2-3 paragraph personal reflection on Blackboard. You will also need to comment on at least two of your classmate's posts. Each of these will be worth 10 points. Please use the 3-2-1- format below.

3-2-1- Format

When writing either your discussion threads or reflection papers please use the following 3-2-1 format:

- Discuss at least three things you learned from video or journal article OR three personal feelings about the topic/thread
- Describe two things that you found or find interesting and what you would like to learn more about
- State at least one question you have about the material.

Recreation Center- You must visit either WPU's recreation center or another fitness facility. You will write a 1-2 page paper reflecting on your experience. Reflection must include facility name and date of your visit, thoughts on exercise, how often you participate and ways that you can increase or modify your current exercise plan. Submitted through BB and worth 5 points.

Final Exam- Will be in online 1/12-1/14. More info to follow- Worth 15 points

E-MAIL AND BLACKBOARD USE-This course uses Blackboard. You **must** use your WPU e-mail account and check it regularly to succeed in this course. It is possible to change the settings on your WPU e-mail to forward it to an alternate e-mail address if you prefer. You are responsible for information provided electronically. All students have access to e-mail and Blackboard through WPU.

Plagiarism: Plagiarism is “the copying from a book, article, notebook, video, or other source material whether published or unpublished, without proper credit through use of quotation marks, footnotes and other customary means of identifying sources or passing off as one’s own the ideas, words, writings, programs, and experiments of another, whether or not such actions are intentional or unintentional. Plagiarism will also include submitting, without the consent of the professor, an assignment already tendered for academic credit in another course” (William Paterson University, 2010.)

This is plagiarism:

1. Cutting and pasting from websites without citing the sources.

2. Copying verbatim or paraphrasing without citing the source.
3. Completing an assignment in a group that was not assigned as a group project and then handing in the results for individual credit.
4. Submitting graded work from one class in another class for credit, without the permission of the professor.
5. Copying homework from a fellow student.

11. Grading:

Timeline for the Submission of Assignments and other Work: All assignments are to be submitted by you on the assigned due date. I **do not** accept late work and I **do not** reopen assignments once the window closes

The grading scale is as follows:

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	70-76%
D+	67-69%
D	60-66%
F	0-59%

- All submitted materials **MUST** be typed and double spaced and completed in APA format.
- Resubmission of papers is not permitted.
- EXTRA CREDIT ASSIGNMENTS ARE NOT GIVEN
- Your final grade will be determined by the number of points you earn, based on the table below.
- Up to twenty-five (25%) percent of the point value of the assignment will be deducted for poor writing, typos, etc.

Final Exam- 15 PTS

Discussion Threads (5 @ 10 PTS EA.)- 50 PTS

Peer Reviewed Journal Reflective Papers (3 @ 10 PTS Ea.)- 30 PTS

Recreation Center Visit- 5 PTS.

Total – 100 PTS.

12. Additional Information:

- The Writing Center, located in the Atrium, is an excellent resource if you need assistance with your written communication skills.
- Student academic support services are free, make use of them!

COURSE ASSIGNMENTS AND DUE DATES- SUBJECT TO CHANGE

12/26-12/29

Get familiar with course, review syllabus
Discussion thread # 1

12/30-1/2

Discussion Thread #2

1/3-1/6

Watch "Food Inc." Documentary- Available on Netflix
Discussion Thread #3

1/7-1/10

Watch "The Hunting Ground" Available on Netflix
Discussion Thread #4

1/11- 1/14

Discussion Thread #5

Assignment Due Dates:

5 Discussion Threads-Dates listed

Peer reviewed journal reflection papers:

- 12/31- Topic: Stress among college students
- 1/5- Topic: Addiction among college students
- 1/12- Topic: Mental illness in the US

Recreation Center Paper- 1/9

Final Exam- 1/12-1/14