## UNIVERSITY OF FLORIDA COLLEGE OF HEALTH AND HUMAN PERFORMANCE DEPARTMENT OF HEALTH EDUCATION AND BEHAVIOR

#### PERSONAL AND FAMILY HEALTH SYLLABUS

HSC-3102-08B4 Julio D. Rodriguez, Ed.D., CHES Fall 2021 E-mail: JDRodriguez@hhp.ufl.edu

Office: FLG 127

Office Hours: Monday/Wednesday/Friday 12:00pm - 1:30pm

Phone: 352-294-1805

Class Meeting: Monday, Wednesday, Friday: 10:40AM – 11:30AM

FLG 0265

#### COURSE DESCRIPTION:

This course covers human development as a continuous, ongoing process from reproduction to death. Particular emphasis is placed on the young adult years (18-25) to better inform the class audience. Completion of this course can provide a valuable background of information for anyone considering a career within the health care field and/or those interested in basic health information to benefit themselves. Successful completion of this course will result in three general education (S) credits.

### **REQUIRED BOOKS:**

- 1. Donatelle, R.J. (2019). Health: The Basics Mastering Health Series. 13th edition. Pearsons Education, Inc.
- 2. Supplemental readings and videos.

#### COURSE OBJECTIVES:

Upon completion of this course, it is expected that the student will:

- 1. Understand the concept of personal health and wellness and its relationship to lifestyle;
- 2. Learn strategies to improve your personal health and well-being;
- 3. Increase your knowledge, understanding, and skill for addressing common health problems and the prevention of illness.

#### METHODS OF INSTRUCTION:

- 1. Lecture.
- 2. Discussion.
- 3. Small Group Activities.
- 4. Films/Videos/Audiotapes.

- 5. Skills Practice.
- 6. Journal/Stress Diary.

### **COURSE CONTENT:**

- Assessing Your Health
- Promoting and Preserving Your Psychological Health
- Managing Stress and Coping with Life's Challenges
- Preventing Violence and Injury
- Connecting and Communicating in the Modern World
- Considering Your Reproductive Choices
- Recognizing and Avoiding Addiction and Drug Abuse
- Drinking Alcohol Responsibly and Ending Tobacco Use
- Nutrition: Eating for a Healthier You
- Reaching and Maintaining a Healthy Weight
- Improving Your Personal Fitness
- Reducing Your Risk of Cardiovascular Disease and Cancer
- Protecting against Infectious Diseases and Sexually Transmitted Infections
- Preparing for Aging, Death, and Dying
- Promoting Environmental Health
- Making Smart Health Care Choices

#### COURSE REQUIREMENTS:

#### A. Each student is to:

- 1. Read all chapters assigned before attending class.
- 2. Constructively participate in class discussions/activities.
- 3. Participate in course evaluations.
- 4. Complete all assignments/exams during assigned dates throughout the semester.

#### B. Evaluation methods:

Attendance/Class Participation 15% Assignments 35% Examinations 50%

## C. The grading scale is as follows:

93%-100% = A 90-92%.99% = A-87%-89.99% = B+ 83%-86.99% = B 80%-82.99% = B-77%-79.99% = C+ 73%-76.99% = C

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70%-72.99% = C-
67%-69.99% = D+
63%-66.99% = D
60%-62.99% = D-
0%-59.99% = F
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UF Grade Points A=4.0 A-3.67 B+=3.33 B=3.0 B-2.67 C+=2.33 C=2.0 D+=1.33 D=1.0 D-0.67 F=0

UF's grading policy can be found at http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html.

Grades will not be curved (even if you are 1 point away from the next letter grade). Grades will only change if an error was made in the grading process.

#### ATTENDANCE POLICY:

University of Florida believes that attendance is essential to success in academic courses. The university believes that learning is an interactive process on the part of the students and it is not just a matter of their passive absorption of information. To benefit fully from their respective courses, students need to participate in and contribute constructively to the classroom experience. In fact, the success of any course depends as much on what students contribute to the class as on what the instructor presents.

Participation, which includes both attendance and engagement, accounts for 15% of your final grade.

Student Athletes: Student athletes are required to provide the instructor with written documentation of away games that are in conflict with classes (especially exams) as early in the semester as possible.

#### SPECIAL ACCOMMODATIONS:

"Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, www.dso.ufl.edu/drc/) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester." I am asking that you email me a copy of the accommodation letter and sent up an online appointment as early in the semester as possible, but ideally by the second week. This will allow us to have an action plan as soon as possible.

#### **ACADEMIC INTEGRITY:**

"The University of Florida requires all members of its community to be honest in all their endeavors. Students are required to commit themselves to academic honesty by signing a

prescribed basic statement, including the Student Honor Code, as part of the registration process. "As a member of the UF community, students pledge on their honor to neither give nor receive unauthorized aid while working or completing assignments and examinations. "Any individual who becomes aware of a violation of the Student Honor Code is bound by honor to take corrective action." Violations of the UF Academic Honesty Guidelines will not be tolerated and shall be treated in accordance with the UF Student Honor Code.

# **COURSE OUTLINE:**

Date	Topics	Readings	Requirements
Week 1 8/23/21>>>>>>>>	• Review of Syllabus		
8/25/21>>>>>>> 8/27/21>>>>>>>>	• Ch. 1: Assessing Your Health	Chapter 1 (Read by 8/25/21)	Chapter 1 Assignment (Due 8/30/21)
Week 2 8/30/21>>>>>> 9/1/21 >>>>>>>>	• Ch. 2: Promoting and Preserving Your Psychological Health	Chapter 2 (Read by 8/30/21)	Chapter 2 Assignment (Due 9/3/19)
9/3/21>>>>>>>	• Ch. 3: Managing Stress and Coping with Life's Challenges	Chapter 3 (Read by 9/3/21)	
Week 3			
9/6/21>>>>>>>	• No Class 9/6/21!!! (Labor Day)		
9/8/21>>>>>>>>	• Ch. 3: Managing Stress and Coping with Life's Challenges		Chapter 3 Assignment (Due 9/10/21)

9/10/21>>>>>>>	• Chapter 4: Improving your Sleep	Chapter 4 (Read by 9/10/21)	
Week 4			Chapter 4
9/13/21>>>>>>>	• Chapter 4: Improving your Sleep		Assignment (Due 9/15/21)
9/15/21>>>>>>>	• Ch. 5: Preventing Violence and Injury	Chapter 5 (Read by 9/15/21)	Chapter 5 Assignment (Due 9/22/21)
9/17/21>>>>>>>	• No Class (9/17/21)		
Week 5			
9/20/21>>>>>>>	• Ch. 5: Preventing Violence and Injury		
9/22/21>>>>>> 9/24/21>>>>>>>	• Ch. 6: Connecting and Communicatin g	Chapter 6 (Read by 9/22/21)	Chapter 6 Assignment (Due 10/1/21)
Week 6			
9/27/21>>>>>>>	• Exam 1 Review (Virtual)		
3.23.21	• Exam 1 (Weeks 1-5, no class!)		
10/1/21>>>>>>>>			
	<ul> <li>Ch. 7:         Considering         Your         Reproductive         Choices     </li> </ul>	Chapter 7 (Read by 10/1/21)	Chapter 7 Assignment (Due 10/6/21)

Week 7			
10/4/21>>>>>>>>	• Ch. 7: Considering Your Reproductive Choices		
10/6/21>>>>>>>>	<ul> <li>Ch. 8:         Recognizing         and Avoiding         Addiction and         Drug Abuse</li> </ul>	Chapter 8 (Read by 10/6/21)	Chapter 8 Assignment (Due 10/13/21)
10/8/21>>>>>>>>	• No Class 10/8/21!!! (Homecoming)		
Week 8 10/11/21>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	• Ch. 8: Recognizing and Avoiding Addiction and Drug Abuse		
10/13/21>>>>>>> 10/15/21>>>>>>>>	• Ch. 9: Drinking Alcohol Responsibly and Ending Tobacco Use	Chapter 9 (Read by 10/13/21)	Chapter 9 Assignment (10/18/21)
Week 9 10/18/21>>>>>>> 10/20/21>>>>>>>>>	• Ch. 10: Nutrition: Eating for a Healthier You		Chapter 10 Assignment (Due 10/22/21)
10/22/21>>>>>>>>>	• Ch. 11: Reaching and Maintaining a Healthy Weight	Chapter 11 (Read by 10/22/21)	Chapter 11 Assignment (Due 10/27/21)
Week 10 10/25/21>>>>>>>>>	<ul> <li>Ch. 11:         Reaching and         Maintaining a         Healthy     </li> </ul>		

	Weight		
10/27/21>>>>>>> 10/29/21>>>>>>>>	• Ch. 12: Improving Your Personal Fitness	Chapter 12 (Read by 10/27/21)	Chapter 12 Assignment (Due 11/3/21)
Week 11 11/1/21>>>>>>>>	<ul><li>Exam 2 Review (Virtual)</li></ul>		
11/3/21>>>>>>>>	• Exam 2 (Weeks 6-10)		
11/5/21>>>>>>>>	• Ch. 13: Reducing Your Risk of Cardiovascular Disease and Cancer	Chapter 13 (Read by 11/5/21)	Chapter 13 Assignment (Due 11/8/21)
Week 12 11/8/21>>>>>>>	• Ch. 13: Reducing Your Risk of Cardiovascular Disease and Cancer		
11/10/21>>>>>> 11/12/21>>>>>>>	• Ch. 14: Protecting against Infectious Diseases and Sexually Transmitted Infections	Chapter 14 (Read by 11/10/21)	Chapter 14 Assignment (Due 11/15/21)
Week 13 11/15/21>>>>>> 11/17/21>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	• Ch. 15: Making Smart Health Care Choices	Chapter 15 (Read by 11/15/21)	Chapter 15 Assignment (Due 11/19/21)
11/19/21>>>>>>>	• Ch. 16: Promoting Environmental Health	Chapter 16 (Read by 11/19/21)	Chapter 16 Assignment (Due 12/1/21)

Week 14 11/22/21>>>>>> 11/24/21>>>>>>>>> 11/26/21>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>	• No Class!!!! (Thanksgiving Week)	No Class!!!! (Thanksgiving Week)	No Class!!!! (Thanksgiving Week)
Week 15 11/29/21>>>>>>>>>	• Ch. 16: Promoting Environmental Health		
12/1/21>>>>>>>>	• Exam 3 Review (Virtual)		
12/3/21>>>>>>>			
Week 16			
12/6/21>>>>>>>>	Buffer Week (to be used if we fall		
12/8/21>>>>>>>>	behind).		
Week 17: Finals	Exam 3	Exam 3	Exam 3
12/17/21	12/17/21	12/17/21	12/17/21
	7:30am – 9:30am	7:30am – 9:30am	7:30am – 9:30am

### **ASSIGNMENTS:**

Assignments (2.5% each assignment for a total of 35%):

An assignment for each chapter will be given. These assignments will be posted on Canvas, and completed assignments will be submitted via Canvas as well. The assignments, in most cases, will be due the Monday after we go over the given chapter. Pay close attention to the course outline for due dates.

## Students can submit assignments early, but late assignments will not be accepted!!!!

Examinations (16.7% each exam for a total of 50%):

You are expected to synthesize and integrate the information presented in class, readings, videos, guest lectures, and other supplemental materials. Exams and will consist of multiple choice, true/false, matching, and fill-in-the-blanks. You have one attempt. Please do not underestimate the need to study and prepare for the exams.