

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

PERSONAL AND FAMILY HEALTH SYLLABUS

HSC-3102 Sections 11GC
Fall 2021

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Office: FLG 127
Office Hours: **Monday/Wednesday/Friday** 12:00pm - 1:30pm
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Class Meeting: Online (<http://elearning.ufl.edu>)

Course Teaching Assistants: TBA

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. The Mastering Health Series include the eBook and other course supplements materials, which are embedded in the course in Canvas. The code for the Mastering Health materials is available through UF All Access. Students can choose to opt-in (highly recommended) for a discounted price. Please note that the cost of the eBook through UF All Access is eligible for financial aid deferment. Students who do not opt-in can still purchase the access code from the UF bookstore. The book is also available in the bookstore as a loose leaf book at an additional cost for those who want a hard copy of the book. However, the access code must still be purchased to access all of the required online course materials. The eBook can be viewed on your Tablet and laptop.

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. Reflection (5 points) - This first assignment in each module allows students to write down initial thoughts and feelings about the module's main topic(s), before delving into deeper learning.
2. Learning - After reflecting, students will then learn about the module topics by completing assigned readings and watching and interacting with video lectures.
3. Quizzes (20 points) - After learning, students will be tested on the knowledge they gained by taking a 20-item quiz. This quiz is designed to test the reading and lecture comprehension.
4. Assignments (15 points) - Students will complete short activities, where they engage with the module's material by applying it to everyday situations and real life problems.
5. Self-Discussion (20 points) – After learning, students will revisit their initial reflection and compare their thoughts and feelings with their current reflection.

COURSE CONTENT:

- Assessing Your Health
- Promoting and Preserving Your Psychological Health
- Managing Stress and Coping with Life's Challenges
- Improving Your Sleep
- 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
- Making Smart Health Care Choices
- Aging, Death, and Dying
- Promoting Environmental Health

COURSE REQUIREMENTS:

A. Each student is to:

1. Read all chapters.
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:

Introductory Discussion Post	10 points
Syllabus Quiz	10 points
Reflections	5 points X 14 = 70 points
Quizzes	20 points X 14 = 280
Assignments	15 points X 14 = 210
Self-Discussions	20 points X 14 = 280
Closing Discussion Post	5 points
Total:	865

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
70%-72.99% = C-
67%-69.99% = D+
63%-66.99% = D
60%-62.99% = D-
0%-59.99% = F

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.

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

10/4/2021 – 10/10/2021	Your Reproductive Choices		
Week 8 10/11/2021 – 10/17/2021	<ul style="list-style-type: none"> • Recognizing and Avoiding Addiction and Drug Abuse • Drinking Alcohol Responsibly and Ending Tobacco Use 	Chapter 8 + 9	Chapter 8/9 Module
Week 9 10/18/2021 – 10/24/2021	<ul style="list-style-type: none"> • Nutrition: Eating for a Healthier You • Reaching and Maintaining a Healthy Weight 	Chapter 10 +11	Chapter 10/11 Module
Week 10 10/25/2021 – 10/31/2021	<ul style="list-style-type: none"> • Improving Your Personal Fitness 	Chapter 12	Chapter 12 Module
Week 11 11/1/2021 – 11/7/2021	<ul style="list-style-type: none"> • Reducing Your Risk of Cardiovascular Disease and Cancer 	Chapter 13	Chapter 13 Module
Week 12 11/8/2021 – 11/14/2021	<ul style="list-style-type: none"> • Protecting against Infectious Diseases and Sexually Transmitted Infections 	Chapter 14	Chapter 14 Module
Week 13 11/15/2021 – 11/21/2021	<ul style="list-style-type: none"> • Making Smart Health Care Choices 	Chapter 15	Chapter 15 Module
Week 14 + 15 11/22/2021 – 12/5/2021	<ul style="list-style-type: none"> • Promoting Environmental Health 	Chapter 16	Chapter 16 Module
Week 16 12/6/21 – 12/8/21	<ul style="list-style-type: none"> • Closing Discussion Post 	Closing Discussion Post	Closing Discussion Post

MODULES INCLUDE:

Reflections (5 points each for a total of 70 points):

This first assignment in each module allows students to write down initial thoughts and feelings about the module's main topic(s), before delving into deeper learning.

You will type a discussion post on Canvas no shorter than a paragraph (six sentences) on your initial thoughts. You are not required to use any sources, as this is opinion or knowledge you've previously obtained. You are also not required to respond to any other student reflections. These reflections are always due by 11:59pm on Wednesday's.

One Time Syllabus Quiz and Introductory Discussion Post (10 points each):

To ensure understanding of the syllabus, there will be a brief 10 question multiple choice quiz.

In an effort to let the professor get to know a little about you, you will write a discussion post with your name, academic year, major, reason for registering for the course, and what you're trying to get out of the course.

Quizzes (20 points each quiz for a total of 280 points):

You are expected to synthesize and integrate the information presented in readings, videos, and other supplemental materials. Quizzes will consist of 20 multiple choice, true/false, matching, and fill-in-the-blanks questions. You have one attempt. Please do not underestimate the need to study and prepare for the quizzes. The quizzes will be due no later than 11:59pm on Sunday's.

Assignments (15 points each module for a total of 210 points):

Three assignments for each chapter will be given. These assignments will be posted on Canvas, completed assignments will be submitted via Canvas as well. The assignments will be due no later than 11:59pm on Sunday's.

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

Self-Discussions (20 points each for a total of 280 points):

At the completion of the initial reflections, quizzes, and assignments, you are to revisit your initial reflection. You will write a response to your original post answering the following questions:

- What have you learned that you previously did not know prior to this module?
- Is there anything you previously wrote or thought that is incorrect?
- How will you apply what you have learned in your life?

This post is to be no shorter than one paragraph (six sentences), and no longer than two paragraphs. You are also required to use one source (APA format). In most instances, if not all, your source will be your textbook. The self-discussion posts will be due no later than 11:59pm on Sunday's.

One Time Closing Discussion Post (5 Points)

Students will complete a post at the end of the semester detailing their thoughts on the course.