



**University of Florida**  
Department of Health Education and Behavior  
**HSC 3102 Section 3677**  
**Personal and Family Health**  
**Fall 2010**



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**Weil Hall Room 270 / Periods 10-E1 (5:10-8:10)**

**Instructor:** Tony Delisle      **Co-instructor:** Brittany Molinet

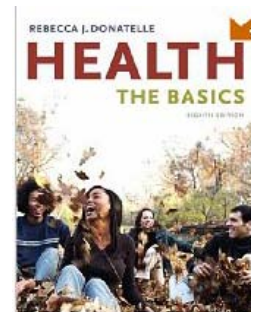
**Office:** Room 73 Florida Gym

**Office Hours:** Tuesdays and Thursdays from 3:00-4:30 or by Appointment

**Phone:** 392-0583 (ext. 1316)

**E-mail:** All emails need to be sent through the course web site-see E-Learning below  
Please email both instructors on each email correspondence.

**Course Text:** Donatelle, R. Health: The Basics (8<sup>th</sup> Edition) 2008. Pearson Education, Inc.



**Department Chair:** Dr. Barbra Rienzo Room 5, Florida Gym

**Course web site on E-Learning Services:** <http://lss.at.ufl.edu/>

The syllabus, assignments, class announcements and additional course materials will be posted on the e-Learning web site. All **email correspondences with the instructor need to be sent through this web site**. If you have problems with the web site, please contact e-Learning Support Services at (352) 392-4357. The instructors have very little control over issues dealing with technical functions, and it is highly unlikely that we will be able to solve your problem.

**Course Goals:**

This course is intended to prepare you to make informed decisions about health related issues, concerns and behaviors. Hopefully, this course will empower you to take responsibility for your health, well-being, and improve your quality of life. The goals of this course are to enable you to:

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.

**General Education (S):**

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.

### Class Evaluation:

Attendance/Participation	70 points (14 attendances worth 5 points each)
Exercise Experience	40 points
Wellness Journal	50 points
Midterm Exam	60 Points
Final Exam	80 Points

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**Total: 300 points**

### Grading Scale:

A	= 276-300	C	= 216-233
A-	= 270-275	C-	= 210-215
B+	= 264-269	D+	= 204-209
B	= 246-263	D	= 186-203
B-	= 240-245	D-	= 180-185
C+	= 234-239	E	= Below 180

**Total Points= 300**

**Note-** Students will not receive extra points once grades are finalized (*even if a student is 1 point away from a letter grade change*). Grades will only change if an error was made in the grading process.

Students have 2 weeks to contest their grades from the date the grade is posted on the course web site. After the 2 week period, students waive their right to contest the grade.

### Examinations:

There will be two examinations, one midterm and one cumulative final. These examinations will cover all topics, information, and materials covered in class. Students are also responsible for assigned readings including supplemental readings, in class handouts, activities, video, and guest lecturers. **Please bring a #2 pencil and your student ID to each exam.**

**No make-up exams will be given without documentation of an excusable absence as defined per University of Florida policy (for example: presentation of a medical excuse or notice of a university-sponsored activity prior to the exam date). Exams will not be distributed 15 minutes after the start of class or after the first student completes the examination. Therefore, punctuality on exam days is of exceptional importance.**

### Attendance-Participation-Punctuality (70 points):

1. *Attendance/participation/ punctuality points will be taken in every class throughout the entire semester. Attendance will be taken for a total of 14 classes.*
2. *Each class is worth 5 points for a total of 70 points towards the final grade. Attendance may be taken at the beginning, at the end of the class, or at both times.*
3. *Attendance will typically be taken through use of a class activity or a mini-assignment which may be assigned in the previous class period.*

4. You will find you learn from this class in direct proportion to your contributions. Therefore, **attendance points will be deducted for students who are late and/or do not participate to the fullest of their capabilities in a respectful manner.**
5. You are responsible for coming to class *on time* and *participating regularly*.
6. **Per department and University of Florida policy, excused absences include *medical appointments and illness (with doctor's notes), deaths in the family (with documentation) and school events (with documentation on school letterhead).***
7. **Students with documented excused absences must make up the absence to receive attendance points if they were taken on the day of their absence.** This will be done by completing an activity assigned by the instructor. It is the student's responsibility to meet with the instructor to make these points up. **If the student fails to make up the missed absence, they will not receive the points.**
8. Ultimately, the student who is absent / late is responsible for obtaining notes, announcements, and materials covered in the class they missed. You will also be responsible for completing assignments distributed during class time.
9. *If a student knows they will be absent ahead of time, it is important they let the instructor know well in advance.*

### Course Assignments

This course requires the completion of 2 course assignments. Below you will find a brief description of each assignment. A more detailed description of these assignments will be provided on the course web site.

**Late assignments will not be graded.**

### Exercise Experience (40 points):

Participate in an exercise activity *formally provided by the University of Florida* you have not done in the past. This activity should be conducted by an experienced group leader in a formal exercise setting. **Intramural sports participation does NOT count as an activity for this assignment.** Your completed assignment will include 1) Documentation signed by the group leader clearly stating that you attended the exercise activity, and 2) A one-page double-spaced **typed** reaction paper describing your experience. Examples of activities include Tai Chi, Yoga, Pilates, Gator Funk, Outdoor Training and Rock Climbing. Your completed assignment is **due Tuesday October 12<sup>th</sup>**.

### Wellness Journal (50 points):

You will choose a specific health behavior that will help improve your health. ***You will practice that behavior each day of the week, for 2 weeks from October 21<sup>st</sup> through November 11<sup>th</sup>***. Your Wellness Journal will consist of:

- 1) A completed goal sheet identifying how you will incorporate your health behavior plan
- 2) An organized log documenting your health behavior performance over the 2 week period
- 3) Weekly and daily reflections on your performance of the target health behavior
- 4) A 1 page double-spaced **typed** reaction paper reflecting on the overall experience.

**You will turn in your Wellness Journal on Tuesday November 16<sup>th</sup>.**

### Ground rules:

1. *Respect each other's opinions and comments even though you may not agree.*  
Each of you has a heritage, history, and variety of life experiences that influence how you see the world. We tend to attach labels, develop values, and express attitudes based on this diversity. It is this diversity, however, that makes us each unique and important. In this classroom, we will attempt to minimize the barriers associated with sensitive or controversial topics and maximize learning together in a trusting environment.
2. *If you come in late or leave early, use the doors at the top/back of the classroom.*

Please leave the top two rows empty for those who enter after class has started. This is to alleviate any interruptions for both you and the instructors.

3. *The use of electronic devices, including lap tops, will not be allowed.*

Please do not use cell phones, hand held electronics, headsets, pagers, etc. in this class. It is disruptive to the class.

4. *Please do not begin packing up until you have been officially dismissed by the instructor.*

When a few people start to pack up it is distracting to the instructor and fellow students. Please be respectful and wait until the class is concluded.

5. *Students are prohibited from unnecessary side talking, sleeping, doing outside work, reading off topic materials (such as newspapers) while class is being conducted.*

#### **Office Hours:**

Please feel free to see me if you have questions or concerns throughout the semester. ***Proactive communication with the instructor is highly recommended.*** If you cannot make office hours, I am typically available directly after class or we can make an appointment. I am not, however, able to send or discuss grades or any other points via e-mail according to the department's and university's student privacy policy.

#### **Special Assistance:**

**Our goal is to create an environment that fosters learning for all students. Please contact us if you need special assistance. Any students requesting accommodations due to a disability must register with the Dean of Students Office and provide the appropriate documentation to verify the disability. Students with disabilities will be accommodated in a manner most appropriate for their needs.**

#### **Copyright Laws:**

Lectures given in class are the property of the university/instructor and may not be taped without prior permission from the lecturer and may not be used for any commercial purpose. Students found to be in violation may be subject to discipline under the University's Student Conduct Code.

**All students must sign a contract provided by the instructor in order to maintain enrollment in this course. This contract states that the student agrees to abide by all of the guidelines, rules, and policies stated in the syllabus, dictated by the instructor, and those of the University of Florida.**

## Tentative Schedule

<b>Date</b>	<b>LectureTopics</b>	<b>Assigned Readings</b>	<b>Important info</b>
<b>08/24</b>	Syllabus Overview Health & Wellness Introduction		
<b>08/31</b>	Health Behavior Theory Ecological Perspectives on Health	Chapter 1 Supplemental reading TBA	
<b>09/07</b>	Public Health Health Care in America Consumer Health	Chapter 1& 16 Supplemental reading TBA	
<b>09/14</b>	Alcohol Tobacco & Other Drugs	Chapter 7 & 8 Supplemental reading TBA	
<b>09/21</b>	Alcohol Tobacco & Other Drugs	Chapter 7 & 8 Supplemental reading TBA	
<b>09/28</b>	Body Image Weight Management	Chapter 10 Supplemental reading TBA	
<b>10/05</b>	Physical Fitness Nutrition	Chapter 9& 11 Supplemental reading TBA	
<b>10/12</b>	Physical Fitness Nutrition	Chapter 9 & 11 Supplemental reading TBA	<b>Exercise Experience Due</b>
<b>10/19</b>	Relationships and Communication <b>Midterm Examination</b>	Chapter 5 Supplemental reading TBA	<b>Midterm Examination</b>
<b>10/26</b>	Sexual Health Pregnancy and Child birth	Chapter 6 Supplemental reading TBA	
<b>11/02</b>	Sexually Transmitted Infections Contraception	Chapter 6 Supplemental reading TBA	
<b>11/09</b>	Psychosocial Health Stress Management	Chapter 2 & 3 Supplemental reading TBA	
<b>11/16</b>	Life Transitions	Chapter 14 Supplemental reading TBA	<b>Wellness Journal Due</b>
<b>11/23</b>	Complementary & Alternative Medicine	Chapter 17 Supplemental reading TBA	
<b>11/30</b>	Environment Health	Chapter 15 Supplemental reading TBA	
<b>12/07</b>	End of the semester wrap up Student presentations		