

HSC 3102-4446

Personal and Family Health

Department of Health Education & Behavior
College of Health and Human Performance
University of Florida
Summer B 2011



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On-campus/Skype Office Hours: Tuesday 10:00 am – 11:00 am
Thursday 9:00 am – 10:00 am
Scheduled appointments are recommended and can be made outside of the time frames listed above.

Facebook Discussion Group: HSC 3102 – Personal and Family Health (UF)

Exam 1 Testing Time: Monday, July 18 @ TBA (Exams are administered in the evening hours, usually 6:30 p.m. The exact testing time and location will be sent out during the 2nd week of classes.)

Exam 2 Testing Time: Thursday, August 4 @ TBA (Exams are administered in the evening hours, usually 6:30 p.m. The exact testing time and location will be sent out during the 2nd week of classes.)

Course Textbook: None

Course Description: A survey of personal health concerns: emotional health; aging and death; alcohol, tobacco and drug abuse; physical fitness; nutrition and dieting; consumer health; chronic and communicable diseases; human sexuality; and environmental health.

Course Objectives:

Module 1- Health, Health Education and Promotion (Dr. Don Chaney)

Upon successful completion of this module, the student will be able to:

- Formulate a personal definition of health, health education, and health promotion.
- Define common health and medical terms.
- Discuss the evolution of the field of health education and promotion
- Identify and define the 4 determinants of health status.
- Explain the relationship between lifestyle behaviors, social structures, environmental conditions, health care, and health status.
- Identify and define the 3 types of prevention.
- Articulate future needs and trends facing the profession of health education and promotion.

Module 2 – Health Behavior Theory (Dr. Don Chaney)

Upon successful completion of this module, the student will be able to:

- Explain why theories are important for use in explaining, predicting and changing health behaviors.
- Identify key concepts and behavioral theories related to health and wellness as influenced by lifestyle and/or social status.
- Discuss how social/behavioral theories can be used for various populations of interest in multiple settings (school, worksite, school, and health care).

- Analyze personal health behaviors in terms of health protective or destructive behavior, and the appropriate theories related to the behavior.

Module 3 – Health Disparities (Dr. Delores James)

Upon successful completion of this module, the student will be able to:

- Discuss the value of a diverse school, work, and social environment
- Define “culture,” “race,” “ethnicity,” “racism,” stereotype,” “discrimination,” “ethnocentricity,” and “xenophobia
- Outline the 4 types of racism
- Distinguish between “assimilation” and acculturation”
- Outline the key dimensions of diversity that generally affect the work and school environment
- Outline the basic elements to becoming culturally competent

Module 4 – Nutrition (Dr. Delores James)

Upon successful completion of this module, the student will be able to:

- State the factors that determine food choices
- List the most influential sources of nutrition information
- Identify the top 10 food trends
- List the Dietary Guidelines for Americans
- State the recommendations of MyPyramid for each food group
- Outline the benefits of a plant-based diet
- Develop a plan to improve personal dietary choices

Module 5 – Fitness and Body Image (Taryn Buckley and Janelle Garcia)

Upon successful completion of this module, the student will be able to:

- List and define five of the components of health related fitness.
- Describe the health benefits of regular physical activity.
- Describe the problems associated with inactivity (aka: the ravages of sedentary living).
- List and explain the physiological principles of exercise.
- Describe and the different forms of cardio-respiratory exercise and resistance training; list the benefits for each and design basic programs for each.
- Describe the various types of stretching techniques; the benefits of maintaining flexibility, and explain how stretching fits into the warm up program.
- Describe how to keep the workouts safe by listing appropriate strategies for prevention, and care, if an injury should occur.
- What are the latest exercise guidelines for all Americans; including those of all ages, disabilities, and more.
- Explain successful motivation techniques and strategies for lifestyle change that work (in order to get active, and stay active).
- Suggest successful adaptation ideas to maximize participation and benefits for everyone, all ages, and including those with disabilities.

Module 6 – Alcohol (Dr. Virginia Dodd)

Upon successful completion of this module, the student will be able to:

- Discuss the effects of alcohol on behavior.
- Define terminology associated with field of study.
- Differentiate between low, moderate, high, and excessive levels of alcohol use.
- Recognize the signs, symptoms, and risk factors for alcohol misuse.
- Discuss the social aspects of alcohol use.
- List the signs/symptoms of alcohol poisoning.
- Discuss the negative consequences associated with alcohol use among college students.

- Discuss the effects of mixing alcohol with energy drinks.
- Discuss effects of alcohol on other drugs (OTC and prescription).
- Define BAC and corresponding values.

Module 7 – Relationships and Sexuality (Monica Webb)

Upon successful completion of this module, the student will be able to:

- Define Sexuality and discuss the role of psychological factors and social conditioning in shaping human sexuality.
- Distinguish between sex and gender, and discuss related components including sexual identity, gender identity, and gender roles.
- Identify and discuss male and female sexual anatomy.
- Discuss current types of intimate relationship and factors
- Recognize characteristics common to lasting and satisfying love relationships.
- Discuss the problems of violence and abuse in intimate relationships.
- Analyze the effects of the media on sexual attitudes and behaviors

Module 8 – Health Consumerism and Advocacy (Dr. Michael Stellefson)

Upon successful completion of this module, the student will be able to:

- Understand what factors to consider when making health care decisions
- Describe the US health care system in terms of types of insurance
- Understand issues concerning cost, quality and access to health care services
- Understand the role health insurers play in providing health care
- Define complementary and alternative medicine
- Understand how to evaluate testimonials and claims related to complementary and alternative products services, and practitioners to ensure that you are getting accurate information and safe treatment
- Define advocacy
- State the reasons that advocacy is important

Module 9 –Environmental Health (Monica Webb)

Upon successful completion of this module, the student will be able to:

- Explain the environmental impact associated with the current global population and its projected growth
- Discuss the major causes of air pollution and the global consequences of the accumulation of greenhouse gases and ozone depletion
- Identify sources of water pollution and chemical contaminants often found in water
- Distinguish municipal solid waste from hazardous waste
- List strategies for reducing land pollution
- Describe the physiological consequences of noise pollution

Module 10 – Aging (Dr. Delores James)

Upon successful completion of this module, the student will be able to:

- Describe the demographics of aging
- Define “life expectancy” and “life span”
- Define “Baby Boomers” and describe their current and potential impact on American society
- Outline some of the myths and stereotypes about the elderly
- State the factors that affect the health, quality of life, and longevity among the elderly
- Outline the health promotion and disease prevention goals for the elderly

Required Readings: Students are responsible for the interpretations of any and all assigned readings. Not all reading materials will be covered in the course lectures. Read carefully and critically. Pay close attention to main headings, and study keywords, tables, and figures.

Class Format: A combination of online lectures, activities, and assigned readings will be used to cover the course content.

Course Conduct (What is Expected of You): Students need to be aware that online learning can present significant challenges, particularly to individuals who are not ‘self-starters’ or those who do not possess good time management skills. The online classroom is available to you 24 hours a day. Unlike traditional instructional settings in which each student gets the same class, the online setting means that every student gets a different class, the class of his or her choosing. In theory, this type of instruction should be more adaptable to a variety of learning styles. The reality is, however, that some students seem unwilling (we believe all are able) to create their own virtual classroom. This results in procrastination and low quality performance. Recognizing that everyone learns differently, I’m not going to prescribe the ‘best way’ to approach the course. You should note, however, that this course is not self-paced. You are expected to adhere to the class calendar. **Assignments are due by 11:55 P.M. on the date specified on the syllabus. Assignments will not be accepted late.** I do recognize that personal circumstances arise that may interfere with the student’s ability to meet a deadline. If these things do occur, let the course coordinator or a course instructor know as soon as you know. I will not be receptive to retrospective requests for extensions. Your emails will be responded to within 24 business hours (typically sooner). Anytime you have a question or problem, email or text the course instructor immediately.

Academic Honesty: “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 violators will be treated in accordance with the UF Student Honor Code.

Assignments: Students are expected to do their best work. **Assignments are due by 11:55 P.M. on the assigned date. No assignments will be accepted after the due date.** Students are advised to make back-up copies of all work and submit the work early to prevent technical problems.

Testing, Exam Reviews, and Grade Appeal Policy: Two exams are given on-campus during the assigned testing dates. These testing sessions are the only face to face requirements for the course. No make-up exams are given unless arrangements have been made prior to the exam day. Students who arrive after the first person completes his/her exam will not be allowed to sit for that examination. It is your responsibility to review your grade on each exam, quiz, exercise activity, etc. when they are posted. **After grades are posted online, students have one week to appeal the grade. After one week, a grade will not be changed. No exceptions.**

Commercial Sale of Course Lectures: The content presented in the class is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

Special Accommodations: Students requesting specific classroom accommodations must provide the instructor with an accommodation letter from the Disability Resource Center (Dean of Students Office) by the end of the second week of classes verifying their eligibility and specifying their level of support. Students experiencing difficulty with the course readings, lectures, assignments, or examinations are encouraged to talk with the instructor.

Testing Classroom Etiquette: To minimize disruptions on testing dates, students are asked to arrive to class a few minutes early so that we can start on time. I recommend that you arrive to class 10 minutes early on the day of exams. Turn off cell phones and pagers before entering the classroom. Students are expected to be courteous

and civil to others at all times. While university policy does not allow eating or drinking in any classroom, drinking bottled water is permissible.

Course Requirements and Grades: Grades will be determined based on performance on the following activities:

- A. Two Examinations (200 points): The two exams will cover material presented in the course lectures, and readings posted on Sakai. No make-up tests are given unless arrangements have been made prior to the test day. Students who arrive after the first person completes their quiz or exam will not be allowed to sit for that examination.
- B. Written Journal (40 points) - Each student will be maintain a Personal and Family Health Journal and will make weekly/module entries into the journal. Each entry is worth 5 points (x8 entries).
- C. Course Handbook Quiz (12 points) – Each student will complete a quiz on the course handbook during the first week of class that will be worth 12 points.
- D. Module Quiz (70 points) – Each module (x10) has a graded quiz posted at the completion of the module. Each quiz is worth 7 points.
- E. Module Activity (30 points) – Modules 3 and 4 have graded activities that accompany each module. Each activity is worth 15 points.
- F. Total Points = 352
- G. Course Grading Scale:
 - A = 315 and above
 - B+ = 304 – 314
 - B = 279 – 303
 - C+ = 269 – 278
 - C = 244 – 268
 - D+ = 234 – 243
 - D = 209 – 233
 - F = Below 209

UF Grading Policies: Information on current UF grading policies for assigning grade points can be found at <http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html>.

Course Assistance: If you have questions about course expectations or the grading procedures, or if you have difficulty with the course content, the readings, the lectures, the class activities, or the assignments, please see a course instructor immediately. Don't wait until it's too late.

Tentative Course Schedule:

Week	Dates	Module #	Activities	Due Date	Points Possible
1	June 27 – June 29	Intro	View the course introduction video by Dr. Chaney		
			View the LSS tutorial video		
			Complete the webtour, handbook, and contract agreement quiz (The webtour and contract agreement quiz are provided to test your application of the material. The handbook quiz is a graded quiz that is calculated in your total points.)	June 29	12
2	June 29 – July 1	1	View the module 1 intro video		
			Complete the values clarification activity (rank order healthy to least healthy)		
			View the module 1 videos (print the PPT slides off in advance)		
			Complete the module 1 quiz on Health, Health Ed, and Health Promotion	July 1	7

			Complete your module 1 journal entry	July 1	5
3	July 4 – July 6	2	View the module 2 videos (print the PPT slides off in advance)		
			Complete the module 2 quiz on Health Behavior Theory	July 6	7
			Complete your module 2 journal entry	July 6	5
4	July 4 – July 8	3	Begin Module 3 Activity	July 4	
			View Dr. James' Intro to Module 3 Video		
			Print, read, and study Dr. James PPT on Living in a Diverse World		
			Complete the module 3 quiz on Diversity	July 8	7
			Module 3 Interview Activity is due	July 8	15
5	July 11 – July 13	4	Begin the activity for Module 4 (it takes 3 days to complete)	July 8	
			View Dr. James' Intro to Module 4 Video		
			Print, read, and study the 3 Dr. James PPT files on Nutrition		
			Complete the module 4 quiz on Nutrition	July 13	7
			Module 4 My Pyramid Activity is Due	July 13	15
6	July 13 – July 15	5	View Dr. Chaney's Introduction to Module 5		
			View the presentations on Fitness and Body Image		
			Complete the Module 5 quiz on Fitness and Body Image	July 15	7
			Complete the module 5 journal entry	July 15	5
	Monday, July 18	EXAM	EXAM 1 (Covers material from Modules 1-5) (Location TBA) For advanced planning purposes, exams are usually scheduled at 6:30 p.m. or 8:30 p.m.	July 18 @ TBA	100
7	July 18 – July 20	6	View the module 6 videos (print the PPT slides off in advance)		
			Complete the module 6 quiz on Alcohol	July 20	7
			Complete your module 6 journal entry	July 20	5
8	July 20 – July 22	7	View the module 7 videos (print the PPT slides off in advance)		
			Complete the module 7 quiz on Relationships and Sexuality	July 22	7
			Complete your module 7 journal entry	July 22	5
9	July 25 – July 27	8	View the module 8 videos (print the PPT slides off in advance)		
			Complete the module 8 quiz on Health Care & Consumerism	July 27	7
			Complete your module 8 journal entry	July 27	5
10	July 27 – July 29	9	View the module 9 videos (print the PPT slides off in advance)		
			Complete the module 9 quiz on Environmental Health	July 29	7
			Complete your module 9 journal entry	July 29	5
11	Aug 1 – Aug 3	10	View Dr. James' Intro to Module 10 Video		
			Print, read, and study Dr. James PPT on Aging		
			Complete the module 10 quiz on Aging	Aug 3	7
			Complete your module 10 journal entry	Aug 3	5
	Thursday, Aug 4	EXAM	Exam 2 (Covers material from Modules 6-10) (Location TBA) For advanced planning purposes, exams are usually scheduled at 6:30 p.m. or 8:30 p.m.	Aug 4 @ TBA	100

Commonly Asked Questions:

1. How do you contact the instructor?

You can contact Dr. Chaney in several ways: UF email (dchaney@ufl.edu), Skype, text me at 352-226-7981, or phone me at 352-392-0578. I am usually connected to my UF email so that may be the best way to get a timely and clear response.

2. Do we need to watch the videos?

YES, you need to watch the videos. There are some quiz questions and definitely will be test questions taken straight from the videos that may or may not be mentioned on the PPT. Based on many of the quiz questions that I have been asked, I can tell many students aren't watching the videos. You will need to do this to do well. The exceptions to this rule are with Modules 3, 4, and 10 where there are not any videos to view. We didn't do videos because of the length of those PPTs. Therefore, you are expected to study those PPT files independently, but don't hesitate to write me with questions.

3. How do modules work?

You can then complete Modules 1-5 sooner than the timeline on the syllabus. However, note that all quizzes, activities, and journal entries must be completed by the date listed on the syllabus (they can be completed sooner). Module 6 will be unlocked on July 16th and then students can progress through Module 10 in the same manner as the first half of the course.

4. Why are we only allotted 7 minutes per quiz?

The goal of the quizzes is for you to be able to answer the questions without looking up the responses. That is why we budget you to 1 minute per question. You can use your materials if you want, but make sure your notes are well-organized prior to beginning the quiz and the time will probably prevent you from looking up every question.

5. What do you expect regarding the journal entries?

The journal entries are typically reflective in nature. I typically ask you to reflect on a lecture, activity, or popular culture as it pertains to the module subject matter. I would expect anywhere from approximately a paragraph to a half page entry for each journal entry. Your responses are typically subjective in nature, so there isn't a right or wrong. When grading these, I look for two main things, (1) to see if you did put some thought into the response, and (2) that you do reflect on something learned from the module. I will send out a sample of a good module 1 journal entry once the module 1 journal entries are complete.

6. What will exams look like?

Exams are multiple choice, matching, and true/false (40-80 questions). You will have 1.5 hours to complete each exam. The questions will be similar to the quiz questions. Exam 1 will cover information from Modules 1-5. Exam 2 will cover information from Modules 6-10.

7. Will you provide a study guide for the midterm and/or final?

No, I am not going to provide a study guide. However, I will provide you the specifics such as number of questions per module, the total number of questions on the exam (somewhere between 40-80). You will have 1.5 hours to take it. Please note that questions will come from the lectures and not just the PPT files (modules 3, 4, and 10 are the only exception to this rule).