University of Florida
Department of Health Education and Behavior

HSC 6037 – Philosophy and Principles of Health Education

SUMMER C 2021 – Class #18288 (Section 7923)

UF | Online Master of Science in Health Education & Behavior
UNIVERSITY of FLORIDA

Instructor: **Holly T. Moses, PhD, MCHES®**
Instructor Contact: **hmoses@hhp.ufl.edu**
Office: FLG, Room 8
Office Hours: Tues/Thurs via Zoom: 9-11am (ET)
Class Meeting: eLearning @ UF (Canvas)
Department Chair: Dr. Mildred Maldonado-Molina, Ph.D.
Contact Information: FLG, Room 5, mmmm@ufl.edu

COURSE CATALOG DESCRIPTION:
History, philosophy, and ethics; areas of professional specialization; roles and functions of professional health educators; certification and continuing education; trends.

COURSE OBJECTIVES:
1. Critical examination of the historical and philosophical foundations of the health education/promotion profession.
2. Exploration of the roles and responsibilities, employment opportunities and skill requirements of, as well as the ethical standards for health education specialists.
3. Dialogue concerning the future trends in health education/promotion.
4. Development of a personal philosophy on health education/promotion.

COURSE TEXTBOOKS:
- Cottrell, Girvan, Seabert, Spear, and McKenzie. Principles and Foundations of Health Promotion and Education, Allyn and Bacon, Boston, MA, 7th Edition, 2018.
- Jay M. The Defining Decade, Twelve Books, New York, NY, 2012.

COURSE READINGS:
In addition to the course texts, supplemental readings will be assigned throughout the semester. The readings will be provided to students via the weekly modules in E-Learning @ UF.

COURSE PLATFORM:
HSC6037 will run exclusively through the University of Florida's course management system. You must be proficient in working within E-Learning @ UF. For technical difficulties, contact the UF Help Desk at Learning-support@ufl.edu; 352-392-HELP (option 2); or, https://helpdesk.ufl.edu/.

COURSE COMMUNICATION/INTERACTION:
- Instructor is available for phone call/zoom meeting upon request. To request a meeting outside of office hours, please send an email to hmoses@hhp.ufl.edu.
- The best way to reach the instructor is through email (hmoses@hhp.ufl.edu).
- Please check your GatorMail email, as well as the Canvas Announcement tool regularly and often.

COURSE ASSIGNMENTS:

1. **Module Assignments**
   Attendance will be recorded throughout the semester using diverse methods. This includes individual and group participation in weekly module assignments. Attendance also includes watching assigned lectures and completing assigned readings. Students must plan sufficient time to watch lectures and complete required reading assignments to appropriately complete attendance assignments by the posted due date.

2. **Defining Your Decade Paper and Discussion**
   Clinical psychologist Dr. Meg Jay argues that a person's twenties are the most defining decade of adulthood. Defining Your Decade (2012) illustrates the connection between work, relationships, personality, social networks, identity, and the brain, and how the developmental changes occurring during this "defining decade" ultimately shapes one's adulthood.
   This assignment requires students to "define your decade" and develop a plan to make the most of this critical time of their professional life. Students will respond to the following prompts:
   - Describe your career and professional development plan; identify your area(s) of professional specialization; explain how you will appropriately tailor your graduate experience.
   - Describe the roles and functions of professional health educators and identify how you will prepare for these roles.
   - Discuss certification(s) and continuing education opportunities that you will participate in to prepare for your future career in health education.
   - Conclude with your opinion regarding health trends and/or trends in the field of health education (current and future) and how you will prepare (professionally) for these changes.

3. **Health Education Philosophy Project (SLO 1, SLO 7, Goal 3)**
   Describe your professional philosophy of Health Education. You can discuss your personal philosophy of life and health as well.
   a. Prepare a 10-15-minute presentation about your health education philosophy to share with your classmates. Make the presentation interactive and personable. Encourage your classmates to offer comments and ask questions (via discussion). You must record your lecture and upload it to Canvas (YouTube works best).
   b. Complete a peer review of one classmate's health education philosophy.

4. **Examinations**
   a. Examination #1 will cover material covered in Modules 1-5. Students should prepare for the examination by watching and recording notes from course lectures, completing all assigned readings, and reviewing key handouts.
   b. Examination #2 will cover material covered in Modules 6-10. Students should prepare for the examination by watching and recording notes from course lectures, completing all assigned readings, and reviewing key handouts.

Exam Question Inquiries: All student inquiries regarding exam questions will be reviewed following the initial grading of each assessment. If you have questions about examination questions, please submit your inquiry to me via email. All emails should be sent within **24 hours of completing the exam**. I will review the inquiry and respond within one week.

Examination Scheduling: This course uses Honorlock, an online proctoring service for the administration of exams. While this proctoring service is user-friendly, students must follow established guidelines to register for and complete exams.

1. Honorlock is the University of Florida designated online proctoring service.
2. **ALL students are expected to review, reflect, and prepare for Honorlock proctored exams by reviewing the following Honorlock documents**:
   - **Honorlock Student Guide: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Guide-UF-Update.pdf.**
   - **Honorlock - Student Exam Preparation Information: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Exam-Preparation-Information.pdf.**
   - **Honorlock - Student Privacy: dce.ufl.edu/media/dceufledu/pdfs/Honorlock-Student-Privacy.pdf.**
3. The scheduling and proctoring of exams fall outside the instructor's control. Thus, problems and concerns associated with the service cannot be addressed by the instructor. Issues related to the proctoring service should be directed to Honorlock.

Honorlock

https://dce.ufl.edu/services/online-proctoring/

Course Evaluation:

Assignments	Points Value	Grading Scale		
Getting to Know You	10	A	93%-100%	279-300
Module Assignments *10 @ 10pts each*	100	A-	90%-92.9%	270-278
		B+	88%-89.9%	264-269
Defining Your Decade Paper (40) Defining Your Decade Paper Discussion (10)	50	B	83%-87.9%	249-263
		B-	80%-82.9%	240-248
Philosophy Presentation (30) Peer Review (10)	40	C+	78%-79.9%	234-239
		C	73%-77.9%	219-233
Examination 1	50	C-	70%-72.9%	210-218
		D+	68%-69.9%	204-209
Examination 2	50	D	63%-67.9%	189-203
		D-	60%-62.9%	180-188
Total points:	**300**	E	0%-59.9%	0-179

Student Learning Outcomes met in HSC6037:

SLO 1. Identify, define, and describe principles and foundations of health education and behavior.
SLO 7. Serve as a health education/promotion resource person.
SLO 9. Illustrate the highest standards of conduct and ethical behavior when making professional decisions in accordance to the Unified Code of Ethics for the Health Education Profession.

Program Goal met in HSC6037:

Program Goal 3. Prepare competent professional health education specialists.

COURSE POLICIES:

1. Special Accommodations: Students requesting classroom accommodations must first register with the Dean of Students Office (DSO). The DSO will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation. Please provide documentation to the instructor within the first week of the semester.

2. Academic Honesty: UF students are bound by *The Honor Pledge* which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code". On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/) specifies a number of behaviors that are in violation of this code and the possible sanctions. Students are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor of this course.

3. Grade Adjustments: It is unethical and in direct violation of the UF Student Honor Code to request an unjustifiable grade adjustment (UF Student Honor Code: "Conspiracy to Commit Academic Dishonesty"). Under no circumstances will I ever 'round up' a student's grade (a 89.99% is a B+), nor will I offer extra credit. If a grade input error occurs, students are strongly encouraged to notify me as soon as possible. I will examine the Canvas grade to determine whether a calculation error has occurred. If an error occurred, the grade will be adjusted. *Students have 1 week to review assignment grades and contact the instructor with questions concerning an assignment grade. Students who fail to review their assignment scores within one week of release of grades may not request retroactive adjustments on scores at the end of the term.*

4. Assignments: Students are expected to complete work of the highest quality. **Assignments must include the student's name, follow ALL formatting instructions, as well as be submitted by the assigned due date.** When applicable, assignments must follow the rules and guidelines as outlined in the *Publication Manual of the American Psychological Association* (7th Edition). **Additionally, all course assignments are due by 11:59 PM (ET) on the date specified in the course schedule.**

5. Excused Absence Policy: Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at: https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx. If you anticipate missing a submission deadline, please email me BEFORE the deadline passes.

6. Communication with Course Instructor: For personal communication with me, send messages using the Inbox tool on the Canvas course management system. Email inquiries received Mondays through Thursdays will usually receive a reply within 24 hours of receipt. Messages sent after 2 p.m. on Fridays and/or during the weekends will most likely receive a reply the following Monday.
Additionally, you should make a point to regularly check for course-related notices via the Announcement tool on the Canvas course website. To "regularly check" means as often as possible, or at least three times a week. Students who fail to keep up with posted Announcements risk missing important information related to the course, including possible changes in assignment due dates.

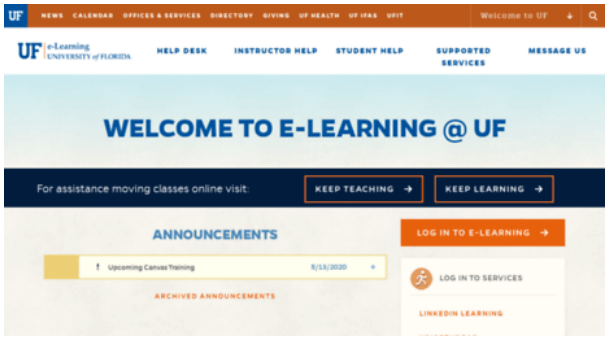
7. Message Etiquette: Professionalism is expected of all students. Thus, you should use proper etiquette when sending emails. **This includes an appropriate "Subject" heading stating your course number and topic of message**, a proper greeting/salutation, grammatically correct message body, and a proper closing. Inappropriate emails or messages that lack proper etiquette will be returned.

8. Online Course Evaluation Process:
Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available via https://gatorevals.aa.ufl.edu/students/. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via https://ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students at https://gatorevals.aa.ufl.edu/public-results/.

9. NETIQUETTE: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions, and chats. This includes respectful response time (for emails), as well as professionally prepared messages (standard greeting and closing; free from spelling and grammar errors).

10. Technology: For this course, you must have access to the University of Florida's minimum technology/computer requirements. This includes, but is not limited to Wi-Fi network, working computer system with appropriate software, webcam and microphone. If you find yourself in an area with limited Wi-Fi access, eduroam, the on-campus Wi-Fi network, is available nationally and internationally. Additionally, all students are expected to be proficient with eLearning. Several video tutorials on how to use the various tools are available for viewing through the Help Center in Canvas.

- UF students can access eduroam free with their GatorMail login credentials. The eduroam network is fast and secure and has more than 10,000 wi-fi hotspots in 106 countries and territories worldwide. Visit https://getonline.ufl.edu/ for additional information about eduroam.
- I strongly encourage you to become familiar with the Canvas course tools to ensure the best experience possible. If you need more personal assistance with the Canvas course tools, contact the UF Computing Help Desk at 352-392-4357.



11. Preferred Pronoun and Name Change in Canvas:
It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your UF-rostered name. I welcome you to the class and look forward to a rewarding learning adventure together.

You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records.

UNIVERSITY RESOURCES:

The University of Florida recognizes that pursuit of an online degree requires just as much student support as pursuit of a traditional on-campus degree and therefore, each online program is responsible for providing the same student support services to both students who are in residence on the main campus and those who are seeking an online degree through distance learning.

- ***Online Computing Help Desk:*** ***http://helpdesk.ufl.edu/***
  The UF Computing Help Desk is available to assist students when they are having technical issues.
- ***Online Library Help Desk:*** ***http://guides.uflib.ufl.edu/content.php?pid=86973&sid=686381.***
  The help desk is available to assist students with access to all UF Libraries resources.
- ***Disabilities Resource Center:*** ***http://www.dso.ufl.edu/drc/***
  If you have a physical, learning, sensory or psychological disability, please visit the DRC.
- ***Inclusion, Diversity, Equity & Access (IDEA):*** ***hhp.ufl.edu/about/inclusion/; www.cdo.ufl.edu/***
  An inclusive, diverse, equitable, and accessible (IDEA) community is a top priority at the University of Florida. In the College of HHP, we value and work to promote a learning community where all people are acknowledged, valued and respected.
- ***Dean of Students Office:*** ***http://www.dso.ufl.edu/***
  Visit the Dean of Students site for help resolving a conflict or for student code of conduct inquiries.
- ***Counseling and Wellness Center:*** ***http://www.counseling.ufl.edu/cwc/***
  Visit the counseling and wellness center to speak to a counselor about any personal problems.
- ***Student Health Care Center*****: https://shcc.ufl.edu/**
  Call 352-392-1161 for 24/7 information to help you find the care you need.
- ***University Police Department:*** ***https://police.ufl.edu/***
  Call 352-392-1111 (or 9-1-1 for emergencies).
- ***UF Health Shands Emergency Room/Trauma Center: 352-733-0111***
  For immediate medical care go to the emergency room at 1515 SW Archer Road (32608).
- ***U Matter, We Care:*** ***umatter@ufl.edu***
  Your well-being is important to the University of Florida. The U Matter, We Care initiative is committed to creating a culture of care on our campus by encouraging members of our community to look out for one another and to reach out for help if a member of our community is in need. If you or a friend is in distress, please contact umatter@ufl.edu so that the U Matter, We Care Team can reach out to the student in distress. A nighttime and weekend crisis counselor is available by phone at 352-392-1575. The U Matter, We Care Team can help connect students to the many other helping resources available including, but not limited to, Victim Advocates, Housing staff, and the Counseling and Wellness Center. Please remember that asking for help is a sign of strength.
- ***GatorWell Health Promotion Services:*** ***http://gatorwell.ufsa.ufl.edu***
  Health Education for the Gator Nation. GatorWell Health Promotion Services supports student success by providing excellent, accessible, and relevant health information, programs and services to UF students about health and wellness topics relevant to the college experience.

HSC 6037 (MHE) – Philosophy and Principles of Health Education

SUMMER C 2021 – Class #18288 (Section 7923)

Due Dates	Modules	Textbook Chapters	Course Assignments
Week 1 ***May 12***	***Module A: Course Overview*** Module 1: Background for the Profession	***Chapter 1***	***Getting to Know You** ***Purpose of HE/P: Review & Discussion**
Week 2 ***May 19***	Module 2: History of the Health and HE/P	***Chapter 2***	***History Lesson: Review and Discussion**
Week 3 ***May 26***	Module 3: Philosophical Foundations of HE/P	***Chapter 3***	***Discovering My Philosophy of HE/P**
Week 4 ***Jun 2***	Module 4: Theories and Planning Models	***Chapter 4***	***HE/P and Theories**
Week 5 ***Jun 9***	Module 5: Ethics and HE/P	***Chapter 5***	***HE/P Ethics Case Studies (SLO 9)**
Week 6 ***Jun 16***	***Examination #1: Modules 1-5***		**Examination #1 (Honorlock)** **June 13–16**
Summer Break	**Happy Summer Break Week (June 21 – 25)**		
Week 7 ***Jun 30***	Module 6: The Roles and Responsibilities of Health Promotion Specialists Module 7: The Settings for HE/P	***Chapter 6*** ***Chapter 7***	***CHES Exam Application** ***Professional Portfolio**
Week 8 ***Jul 7***	Module 8: Agencies, Associations and Organizations Associated with HE/P	***Chapter 8***	***Joining a Professional Organization**
Week 9 ***Jul 14***	***Module B: Defining Your Decade (Jay, 2012)***		**+++Book Critique and Discussion+++**
Week 10 ***Jul 21***	Module 9: HE/P Literature Module 10: Trends in HE/P: Implications for Health Education Specialists	***Chapter 9*** ***Chapter 10***	***Review of Credible Resources for the HE/P Field** ***Future Trends in HE/P Discussion**
Week 11 ***Jul 28***	***Module C: Philosophy of Health Education & Promotion***		**Philosophy Presentation** **Philosophy Peer Review**
Week 12 ***Aug 4***	***Examination #2: Modules 6-10***		**Examination #2 (Honorlock)** **Aug 1–4**

Note: Course assignments are due on Wednesdays by 11:59pm (ET) **** Module Assignments***

UF | Online Master of Science in Health Education & Behavior
UNIVERSITY of FLORIDA