PERSONAL AND FAMILY HEALTH

HSC 3102
3 CREDIT HOURS
FALL 2016

INSTRUCTOR:  Amber S. Emanuel, Ph.D.
Florida Gym, Room 73
amberemanuel@ufl.edu
Ph: (352) 294-1813

OFFICE HOURS: Thursday 9:30-12:30 and by appointment

COURSE TEACHING ASSISTANTS:
•  Ms. Christina Gladney, MPH; Email: cgladney@ufl.edu
•  Ms. Rachel Zewe, BS, CHES; rzewe@ufl.edu
•  TBA

COURSE WEBSITE:  http://elearning.ufl.edu

COURSE COMMUNICATIONS: Email the instructor through the Canvas email tool or at amberemanuel@ufl.edu


COURSE DESCRIPTION: Surveys 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 GOALS AND/OR OBJECTIVES: By the end of this course, students will 1) gain factual knowledge of key concepts in the area of health and well-being; 2) increase knowledge of prevalence, risk factors, and treatment to common health problems; 3) understand the impact of individual, social, cultural, community, environmental, and policy level factors have upon health outcomes; 4) demonstrate how theory and research can be applied in real-world settings to improve health and well-being; and 5) apply strategies to improve one’s own personal health and well-being.

INSTRUCTIONAL METHODS: This class is divided into 13 modules. Each module has the following components:
1. **Reflect** (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. **Learn**- After reflecting, students will then learn about the module topics by completing assigned readings and watching and interacting with video lectures.

3. **Quiz** (10 points)- After learning, students will be tested on the knowledge they gained by taking a timed 20-minute, 10-item quiz. This quiz is designed to test the reading and lecture comprehension.

4. **Process** (15 points)- Students will complete a short written activity, where they engage with the module’s material by applying it to everyday situations and real life problems.

5. **Discuss** (20 points)- Students will read a relevant news topic related to the module’s topic, apply lecture concepts, and discuss these ideas with their peers via discussion posts.

During the semester, students will also complete a *health behavior change project* (120 points). The health behavior change project allows students to apply health behavior change theory to their own lives as they attempt to change one of their own unhealthy habits. Students will track their behavior change across the course of 6 weeks. Three papers are due: November 6, November 20, & December 7 (each paper section is worth 40 points). Students will not be graded on the success of their behavior change but rather their ability to synthesize class material to the project. For the complete assignment and rubric for this project, see Canvas.

**COURSE POLICIES:**

**ATTENDANCE 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](https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx)

**QUIZ POLICIES:** Quiz feedback is provided to the student immediately following the due date. Students have one week to view quiz feedback. Questions about quiz questions will be answered following the completion of the quiz by all students. If you have a question about specific quiz questions, you need to describe your concern in an email within 1 week after the quiz is completed.

**MAKE-UP POLICY:** Assignments, quizzes, and papers will not be accepted late. Submit your work early to avoid technical problems.

**ASSIGNMENT POLICY:** Assignments are due according to the due dates and times listed in the course schedule. Rubrics for assignments can be found in Canvas. No late assignments will be accepted and do not email assignments to the instructor or to the TAs. Only uploaded work in Canvas will be accepted. All work should be uploaded as PDFs or .doc(x).
COURSE TECHNOLOGY: For technical assistance with the course, please contact the UF Help Desk:
- http://helpdesk.ufl.edu
- (352) 392-HELP - select option 2

ONLINE COURSE EVALUATION: Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at https://evaluations.ufl.edu.

UF POLICIES:

UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES: 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.

UNIVERSITY POLICY ON ACADEMIC CONDUCT: 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 honesty 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. Furthermore, you 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 or TAs in this class.

CLASS DEMEANOR OR NETIQUETTE: All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and chats. For general ‘netiquette’ rules see: http://bit.ly/2aTOjbB.

GETTING HELP:

For issues with technical difficulties for Canvas, please contact the UF Help Desk at:
- http://helpdesk.ufl.edu
- (352) 392-HELP (4357)
- Walk-in: HUB 132

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.
Other resources are available at http://www.distance.ufl.edu/getting-help for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit http://www.distance.ufl.edu/student-complaints to submit a complaint.

**GRADING POLICIES:**

**METHODS BY WHICH STUDENTS WILL BE EVALUATED AND THEIR GRADE DETERMINED:**

In each module, students will have the following assignments: Reflection (5 points), Quiz (10 points), Process (15 points), Discussion (20 points). Rubrics for reflections, processes, and discussions can be found with each Assignment in Canvas.

Students will complete a health behavior change project (120 total points).

**INFORMATION ON CURRENT UF GRADING POLICIES FOR ASSIGNING GRADE POINTS:**

- This may be achieved by including a link to the web page: https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points or percentage</th>
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<tbody>
<tr>
<td>Reflect</td>
<td>5 points * 13 = 65</td>
</tr>
<tr>
<td>Quizzes</td>
<td>10 points * 14 = 140</td>
</tr>
<tr>
<td>Process</td>
<td>15 points * 13 = 195</td>
</tr>
<tr>
<td>Introductory Discussion Post</td>
<td>10 points</td>
</tr>
<tr>
<td>Discuss</td>
<td>20 points * 13 = 260</td>
</tr>
<tr>
<td>Health Behavior Change Paper</td>
<td>120 points</td>
</tr>
<tr>
<td><strong>Total points</strong></td>
<td><strong>790</strong></td>
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GRADING SCALE:

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<th>Points</th>
<th>Grade</th>
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<td>582-619</td>
<td>C</td>
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<td>C-</td>
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<tr>
<td>697-712</td>
<td>B+</td>
<td>543-558</td>
<td>D+</td>
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<td>B</td>
<td>482-542</td>
<td>D</td>
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<tr>
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<td>&lt;481</td>
<td>F</td>
</tr>
<tr>
<td>620-635</td>
<td>C+</td>
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COURSE SCHEDULE:

A WEEKLY SCHEDULE OF TOPICS AND ASSIGNMENTS: The schedule is found in Canvas.

Disclaimer. This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.