PERSONAL AND FAMILY HEALTH
HSC 3102, Section 0132
Spring 2016

Instructor: Amber S. Emanuel, PhD
Email: amberemanuel@ufl.edu
Office: Florida Gym, Room 73
Office Hours: T&W 1-3 PM & By Appointment

CLASS MEETINGS: Wednesdays 4:05-7:05; Florida Gym 280

REQUIRED TEXT:

Learning Outcomes: By the end of this course, it is expected that students will be able 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.
4. Understand the impact of individual, social, cultural, community, environmental, and policy level factors have upon health outcomes;
5. To apply concepts in the course towards the development of skills for health professionals.

ATTENDANCE: I expect students to attend class. 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.

GRADING: There will be two exams. There will be a total of 400 points maximum that a student can earn, based on the following components:

Exam 1: 100 points
Exam 2: 100 points
In-Class Assignments/Attendance: 60 points
Health Behavior Change Project: 90 points
CAM Paper: 50 points

A   (92% or better)
A-  (90% or better)
B+  (88% or better)
B   (82% or better)
B-  (80% or better)
C+  (78% or better)
C   (72% or better)
C-  (70% or better)
D+  (68% or better)
D   (60% or better)
F   (below 60%)
EXAMS. Exams will cover both information presented in class and the assigned readings. The exams will consist of multiple-choice questions, true/false, and some short answer items. Exams will only cover material covered since the last exam.

IN CLASS ASSIGNMENTS. In class “assignments” may include, but are not limited to, class/group discussion, lecture, participating in demonstrations, quizzes, presentations, and viewing and discussing videos.

HEALTH BEHAVIOR CHANGE PROJECT. A more detailed description of this assignment will be provided in an additional handout and the course website. Due dates: Part I is due March 16, Part II is due March 30, and Part III is due April 16.

COMPLEMENTARY & ALTERNATIVE MEDICINE (CAM) PAPER. A more detailed description of this assignment will be provided in an additional handout and the course website. DUE February 3.

COURSE MANAGEMENT SYSTEM: The syllabus, assignments, grades, class announcements and additional course materials will be posted on the e-Learning course website. If you have problems with the website, please contact the Computing Help Desk at (352) 392-4357. Instructors have very little control over issues dealing with technical functions, and it is highly unlikely that I will be able to solve your problem. Note the e-learning course website: http://elearning.ufl.edu/

COURSE POLICIES:

1. SPECIAL ACCOMODATIONS. 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.

2. A WORD ON ACADEMIC DISHONESTY. 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. 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 of this class.

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. Additionally, I only discuss grades face-to-face (never via email or phone) to protect student privacy. Note: 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.

4. EXCUSED ABSENCE POLICY. Per University of Florida policy, excused absences include
medical appointments and illness (with doctor’s note), deaths in the family (with
documentation) and school events (with documentation on school letterhead). Additional
absences require documentation of medical excuses or extenuating circumstances, and must be
submitted within 1 week of the absence.

5. 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.
Evaluations are typically open during the last two or three weeks of the semester, but students
will be given specific times when they are open. Summary results of these assessments are
available to students at https://evaluations.ufl.edu/results/.

Additional Student Resources:

**Online Computing Help Desk- e-Learning Support Services:** [http://helpdesk.ufl.edu/](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](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/](http://www.dso.ufl.edu/drc/)
If you have a physical, learning, sensory or psychological disability, please visit the DRC.

**Counseling and Wellness Center:** [http://www.counseling.ufl.edu/cwc/](http://www.counseling.ufl.edu/cwc/)
If you need to speak to a counselor about a problem that you are having, visit the counseling
and wellness center (Radio Road).
# COURSE SCHEDULE (SUBJECT TO CHANGE)

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READINGS</th>
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<tbody>
<tr>
<td>January 6</td>
<td>Overview and Introduction</td>
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<tr>
<td>Jan 13</td>
<td>Health Research, Health Behavior Theories</td>
<td>Chapters 1 &amp; 2</td>
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<tr>
<td>Jan 20</td>
<td>Complementary &amp; Alternative Medicines</td>
<td>Chapter 18; Supplementary reading</td>
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<tr>
<td>Jan 27</td>
<td>NO CLASS</td>
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<tr>
<td>Feb 3</td>
<td>Stress (CAM PAPER DUE)</td>
<td>Chapter 3</td>
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<tr>
<td>Feb 10</td>
<td>Nutrition, Body Image, &amp; Exercise</td>
<td>Chapters 7, 8, &amp; 9</td>
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<td>Feb 17</td>
<td>Nutrition, Body Image, &amp; Exercise; Review</td>
<td>Chapters 7, 8, &amp; 9</td>
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<td>Feb 24</td>
<td>MIDTERM</td>
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<td>March 2</td>
<td>SPRING BREAK (NO CLASS)</td>
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<tr>
<td>March 9</td>
<td>Sexual Health</td>
<td>Chapters 5 &amp; 6</td>
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<td>March 16</td>
<td>Sexual Health (HC #1 due)</td>
<td>Chapters 6 &amp; 14</td>
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<td>March 23</td>
<td>Alcohol, Tobacco, &amp; Other Drugs</td>
<td>Chapters 12 &amp; 13</td>
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<td>March 30</td>
<td>Alcohol, Tobacco, &amp; Other Drugs (HC #2 due)</td>
<td>Chapters 12 &amp; 13</td>
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<tr>
<td>April 6</td>
<td>Cancer and Chronic Conditions</td>
<td>Chapters 16 &amp; 17 &amp; 21</td>
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<td>April 13</td>
<td>Protecting the Environment (HC #3 due)</td>
<td>Chapter 20</td>
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<tr>
<td>April 20</td>
<td>REVIEW</td>
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**FINAL EXAM:** Thursday April 28 at 7:30 AM