HSC 3032: Foundations of Health Education
University of Florida, Department of Health Education and Behavior

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Fax: 352-392-1909
Email: Please use “Inbox” tool on Canvas Course Website

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Course Logistics:
Fall 2016 - HSC 3032 (Sect: 08B3), 3 credit hours
Class Meeting Logistics: MWF, 2nd Period (8:30am – 9:20am), FLG 265
Office Hours: Tuesdays 3:30pm – 5:00pm, Wednesdays 10:30am – 12:00pm, and by appointment

Emails & Correspondence:
• Email is the **BEST** way to contact me.
• Email inquiries received Mondays through Fridays will usually receive a reply with 24 hours of receipt; however, if you have not received a reply within 48 hours, please resend your inquiry.
  o Emails sent after 4:00pm on Fridays and/or during the weekends will be replied to the following Monday.
• Please refer to “Email Correspondence” on page 6 of this syllabus for more information.

Course Catalog Description:
• **Foundations of Health Education (HSC 3032):** Survey of theory and practice supporting the health education profession.

Prerequisites:
• HEB major, Junior or Senior Standing, and APK 2100C, APK 2105C, PSY 2012, STA 2023 & MAC 1105 or MAC 1140 or MAC 1147 or MAC 2311

REQUIRED Course Textbook:
Title: Principles and Foundations of Health Education and Promotion (6th Edition)
Authors: Cottrell, Girvan, McKenzie, and Seabert
Publisher: Pearson
• **Please note:** This course is aligned to this specific edition of the textbook. If you choose to purchase/rent/study a different edition of this text, you do so at your own risk.
• If applicable, other books/readings assigned for class will be provided.

Learning Outcomes / Course Objectives:
By the end of this course, you will be able to describe and/or demonstrate:
1. the various published definitions of “health.”
2. the concept of optimal health in developing a personal view of health.
3. the history of national disease prevention and health promotion activities.
4. key risk factors affecting health promotion and longevity.
5. the core foundation areas underlying health education as an applied discipline.
6. opportunities for professional specialization in health education.
7. options for individual credentialing as a professional health educator.
8. development of criteria for ethical professional practice in health education.
9. trends potentially affecting health education in the future.
**What You Can Do To Be Successful in HSC3032:**

By understanding and performing the following actions:

1. Be present at all class meetings. In order to contribute to the overall productivity of the class, it is to your advantage to be here. Please inform me of any scheduling conflicts PRIOR to the beginning of class. (See “Attendance/Participation Policy” for more details.)
2. Take ownership of your education and learning experience.
3. Be an active participant in class discussions and activities.
4. Complete any readings PRIOR to coming to class. As we engage in class discussions, you should be familiar with the material so that you may contribute to discussions.
5. Inform me whenever there is a problem related to the class, whenever you feel the need to clarify questions, or whenever you desire to further explore the topics of particular interest.
6. Respect the viewpoints and contributions of your instructor and fellow classmates.

**Course and Instructional Format:**

- Individuals learn in unique patterns; therefore, a variety of learning modalities (lecture, participation activities, application assignments, and class discussions) are offered and encouraged. This course will also utilize in-class & out-of-class learning activities. Your CANVAS account (elearning.ufl.edu) will be utilized for accessing specified course materials.

**Course Requirements / Accessibility:**

- Access to University of Florida’s E-Learning System, CANVAS: elearning.ufl.edu. (Internet connection DSL, LAN, or cable connection desirable). *Faulty Internet Connections WILL NOT be accepted as an excusable reason for any missed assignments, activities, quizzes, and/or exams.*

**Course Announcements:**

- It is your responsibility to regularly check Course Announcements posted on the course website.

**Course Requirements, Evaluation and Grading:**

<table>
<thead>
<tr>
<th>Course Requirements</th>
<th>Point Value</th>
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<tbody>
<tr>
<td>1. Digital Photo Upload</td>
<td>5 points</td>
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<tr>
<td>2. Peer Introductions</td>
<td>10 points</td>
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<tr>
<td>3. Syllabus Quiz</td>
<td>10 points</td>
</tr>
<tr>
<td>4. Chapter Review Questions (10 @ 10 pts each)</td>
<td>100 points</td>
</tr>
<tr>
<td>5. Readiness Assessment Quizzes “RAQ’s” (10 @ 5pts each)</td>
<td>50 points</td>
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<tr>
<td>6. Discussion Forums (10 @ 10 pts each)</td>
<td>100 points</td>
</tr>
<tr>
<td>7. Reinforcement Activities (10 @ 5pts each)</td>
<td>50 points</td>
</tr>
<tr>
<td>8. In &amp; Out of Class Activities and Assignments</td>
<td>40 points</td>
</tr>
<tr>
<td>9. Career Search Project</td>
<td>75 points</td>
</tr>
<tr>
<td>10. Philosophy of Health Education Paper</td>
<td>10 points</td>
</tr>
<tr>
<td>11. Exam 1</td>
<td>100 points</td>
</tr>
<tr>
<td>12. Exam 2</td>
<td>100 points</td>
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<tr>
<td>13. Final Exam</td>
<td>150 points</td>
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*Assignment deadlines can be found within the “Syllabus” link of our Canvas course website.* = 800 Total Points

**Grading Scale:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points Range</th>
<th>UF Grade Points</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>760.00 – 800.00 points</td>
<td>4.00</td>
</tr>
<tr>
<td>A-</td>
<td>720.00 – 759.99 points</td>
<td>3.67</td>
</tr>
<tr>
<td>B+</td>
<td>696.00 – 719.99 points</td>
<td>3.33</td>
</tr>
<tr>
<td>B</td>
<td>664.00 – 695.99 points</td>
<td>3.00</td>
</tr>
<tr>
<td>B-</td>
<td>640.00 – 663.99 points</td>
<td>2.67</td>
</tr>
<tr>
<td>C+</td>
<td>616.00 – 639.99 points</td>
<td>2.33</td>
</tr>
<tr>
<td>C</td>
<td>584.00 – 615.99 points</td>
<td>2.00</td>
</tr>
<tr>
<td>C-</td>
<td>560.00 – 583.99 points</td>
<td>1.67</td>
</tr>
<tr>
<td>D+</td>
<td>536.00 – 559.99 points</td>
<td>1.33</td>
</tr>
<tr>
<td>D</td>
<td>504.00 – 535.99 points</td>
<td>1.00</td>
</tr>
<tr>
<td>D-</td>
<td>480.00 – 503.99 points</td>
<td>0.67</td>
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<tr>
<td>E</td>
<td>479.99 points and below</td>
<td>0.00</td>
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**Please note:**

Students who have a very low grade and do not drop/withdraw from this course nor explain his/her situation to the instructor on or before Friday, 11/18/16 will be given an “E” (Failing grade), NOT an “I” (Incomplete grade).

*Please understand that 719.999999 points equals a “B+” semester grade. I do not give extra credit assignments, extra points, nor fractions of extra points, so please do not ask.*
Descriptions of Course Requirements:

1. **Personal Photo: Digital Upload (5 points)**
   - Upload a recent digital photo of yourself to e-learning.

2. **Peer Introductions (10 points)**
   - Each student will be asked to formally introduce themselves to their peers and the course instructor using the Introductory Discussion Forum in Canvas.

3. **Syllabus Quiz (10 points)**
   - The course syllabus is considered THE mutual agreement between me (the course instructor) and you (the student). The Syllabus Quiz is to ensure that you fully understand the assignment expectations of this course as well as this course’s policies and procedures. (20 questions x 0.5 points each = 10 points)

4. **Chapter Review Questions “CRQ’s” (10 chapters x 10 points each = 100 points)**
   - Each topic discussed in class will require a prior exposure and understanding of the material contained in the associated textbook chapter. By completing the Chapter Review Questions before the lecture, you will become familiar with the content to be discussed. You must put sufficient effort into your answers to receive your total points. These CRQ’s will be posted and submitted via Canvas course website.

5. **Readiness Assessment Quizzes “RAQ’s” (10 chapters x 5 points each = 50 points)**
   - RAQ’s are brief online quizzes based on the reading assignment for that module. These quizzes may include multiple-choice, true/false, and/or short answer type questions. You will study the assigned material and take an individual open-book, open-note, open-resource quiz based on that material.

6. **Discussion Forums “DF’s” (10 DF’s x 10 points each = 100 points)**
   - Students will be prompted to contribute posts to online class discussion forums throughout the semester. These posts will be related to questions/topics/scenarios posed by the course instructor that will be posted to the HSC 3032 course Discussion Forums in Canvas. Questions/topics/scenarios will be directly related to current course lectures, readings, materials, etc.
   - This is an opportunity for the instructor to gauge student learning and application of course material. Posts should be thoughtful and not simply a restatement of what was read (use critical thinking skills!). Each of these posts should be a minimum of 7 sentences. *It is expected that students will cite course material and/or readings when developing their own personal posts.*
   - Thoughtfully responding to at least two of your class peers will be required. Each of these posts should be a minimum of 5 sentences. Reactions should be in your own words based on what you have learned, and should ask questions or provide solutions to questions raised by other students enrolled in the course.
   - Here is the grading rubric for our Discussion Forums

<table>
<thead>
<tr>
<th>Rubric for your DF Personal Post (5 points)</th>
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<tbody>
<tr>
<td>Great Job, that’s exactly what I was looking for! (5pts)</td>
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<tr>
<td>Reflects good understanding of related textbook reading; posts factually correct information, reflective and substantive contribution; advances discussion.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rubric for your DF Peer Replies (2 replies per discussion topic, 2.5 points per reply = 5 points)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Great Job, that’s exactly what I was looking for! (2.5pt)</td>
</tr>
<tr>
<td>Demonstrates analysis of others’ posts; extends meaningful discussion by building on previous posts</td>
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</tbody>
</table>
7. **Reinforcement Activities (10 activities x 5 points each = 50 points)**
   - Reinforcement Activities will supplement the course content covered during the corresponding lecture. These activities will be posted online via our Canvas course website.

8. **In & Out of Class Activities (50 points > points will vary by activity)**
   - There will be various in-class & out-of-class activities required for this course. These activities will supplement information discussed in assigned readings, possible video viewings, and during class lectures. They are designed to apply and/or reinforce skills learned in class for understanding the field of health education and promotion.
   - In-class activities may NOT be announced in advance, NOR can they be made up without an excused reason accompanied by formal documentation (see *Policy for Submitting All Assigned Work* below). If you are late to class and an activity has already been completed, you will not have the opportunity to make it up.

9. **Career Search Project (75 points)**
   - This project utilizes information from Chapters 6, 7, 8, and 10. It is designed to help you clarify your health education/promotion career and education goals and to familiarize you with the services which the University of Florida provides for career preparation. This project will help you focus on information such as identifying why you have chosen a particular occupation, how it will bring you fulfillment, as well as strategizing future efforts and actions steps in pursuit of your career goal.
   - There are various activities and assignments involved with the project. More information will be discussed during class lectures and posted to our course website.

10. **Exams (2 exams x 100 points = 200 points)**
    - Material presented on each exam is designed to assess your comprehension as well as applicability of information learned. Exams will consist of questions using various formats such as: multiple choice, true/false, matching, short answer and essay. Exam 1 will cover chapters 1, 2, 4 and 5. Exam 2 will cover chapters 6, 7, 8 and 10. In addition to textbook chapters, associated supplemental videos, lectures, and readings will be included on these exams.

11. **Final Exam (150 points)**
    - The Final Exam is cumulative and will cover chapters 1 – 10 of our course textbook, any supplemental videos, lectures, and readings, as well as the Career Search Project.

**Other Policies and Procedures**

1. **Attendance and Participation**
   - Although attendance is not required, it is the first recommendation for successful completion of this course and the means to receive optimal benefit for your time and money.
   - With advance notice, you may be required to be involved in activities that interfere with other classes. Communication (in advance) to instructors will be required to which written notes will be distributed. If applicable, you will be notified of these days & times in advance.
   - All students will be held accountable for any information presented in class discussions, lectures, assignments and/or readings, whether they are present or not. **If you need to be absent from class, it is your responsibility to first check with your class peer about information and/or assignments discussed.** If more information is needed about what was missed, please discuss them with me during the next available office hours. **Emails concerning missed information will not be responded to.**
   - Please note, **disruptive behavior WILL NOT be tolerated.** A 5-point deduction WILL occur for EACH occurrence of disruptive behavior AND you will be dismissed from class for that day.
      - This includes (but is not limited to) the use of mobile phones during class, having outside, non-lesson related conversations when I or other classmates are speaking, and any other unprofessional behaviors and/or remarks.
2. Policy for Submitting All Assigned Work
   - **Late work is not accepted.**
   - Your work is expected to be on time. Some of the “deadlines” are self-imposed and will be determined by the specific assignment.
   - If an emergency arises which causes you to miss a quiz (RAQ), an assignment deadline, or an exam, it is your responsibility to contact the instructor within 24 hours and provide formal documentation via fax or email within 48 hours so that you will have an opportunity to make up what was missed.
     - Among the reasons absences are considered excused by the university are the following:
       - Participation in an activity appearing on the University authorized list.
       - Death or major illness in a student’s immediate family
       - Illness of a dependent family member
       - Participation in legal proceedings or administrative procedure that require a student’s presence
       - Religious holy day
   - As indicated previously, in-class activities may NOT be announced in advance, NOR can they be made up without an excused reason accompanied by formal documentation. If you are late to class and an activity has already been completed, you will not have the opportunity to make it up.
   - You are responsible for binding all papers. Any work submitted in class unbound (i.e. with corners pinched together) WILL NOT be accepted. Approach these assignments as if you are working for a professional health organization. Work will be critiqued as such.

3. Academic Integrity
   - By formally registering for coursework at the University of Florida, you agreed to abide by the following statements from the University:
     - As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity. “You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit 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." It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams).
     - Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. To avoid misunderstandings on both our parts, please refer to the University of Florida Student Honor Code located at http://www.dso.ufl.edu/SCCR/honorcodes/honorcode.php.

Please continue to next page...
4. **Email Correspondence**
   - Please utilize proper etiquette when sending emails. This includes an appropriate “Subject” heading, proper greeting/salutation, grammatically correct message body, and proper closure. For example:

   **Subject Heading:** Exam 1
   
   **Message Body:**
   
   Hello Dr. Garcia-Guettler,
   I am preparing for our upcoming exam. Can you tell me what the format will be and about how many questions to expect?

   Your Student,
   Name
   HSC 3032, Fall 2016, Period 2

   I EXPECT professionalism from you. Inappropriate or etikettely-deprived emails will be returned with a suggestion to revise & resend.

5. **Americans with Disabilities Act (ADA)**
   - The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protections for persons with disabilities. Among other things, this legislation requires that all students with documented disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you registered through the Disabilities Resource Program in the Dean of Students Office at 352-392-1261, or www.dso.ufl.edu/drc and you need specific accommodations for the course, I will gladly provide those accommodations.
   
   - Any student who requires accommodations to complete the requirements and expectations of this course due to documented disability is encouraged to make his/her needs known to the instructor and to UF’s Disabilities Resource Program ON or BEFORE Friday, September 2, 2016.
   
   - If you did not register formally, but you know you have behavioral or learning disabilities or other issues that might affect your performance in the course, tell me and I will help you.

6. **Policy on Recommendation Letters**
   - I will consider preparing recommendations for graduate programs, professional schools, internships, scholarships and for jobs if and only if ALL of the following requirements have been met by you:
     - a. have completed at least two courses with me previously and received an A grade, or have completed 1 course with an A grade and have an A grade in the course you are currently taking with me,
     - b. actively engaged in class activities & discussions during class when appropriate,
     - c. have met with me during office hours at least twice during each course/semester to share about yourself (graduate school interests, career goals, general health education inquiries, etc.),
     - d. you are willing to waive your right to review the letter of recommendation,
     - e. provide your recommendation request to me via email at least 5 weeks prior to the date the recommendation is due.

   **CAVEAT:**
   *The schedule and procedures in this course are subject to change in the event of extenuating circumstances.*