

William Paterson University  
College of Science and Health  
DEPARTMENT OF PUBLIC HEALTH

**HealthyU Syllabus**

1. **Title & Number of Course:** PBHL 1100 – HealthyU (3 Credits)
2. **Department of Public Health:** Department Secretary: Ms. Geri Suppa  
Office: Wing 132 Phone: 973-720-2394
3. **Semester:** Winter 2014/2015
4. **Instructor:** Judith L. Francis  
Email- [Francisj4@wpunj.edu](mailto:Francisj4@wpunj.edu)  
  
Monday to Friday – 9:00am to 12:00am – Online only. Please email me if you need to discuss any matter regarding the course.
5. **Required Text:** Sparling, P.B. & Redican, K.J. (2013). *iHealth: An Interactive Framework (1<sup>st</sup> and 2<sup>nd</sup> Edition)*. McGraw-Hill: New York.
6. **Course Objectives:** The objectives of this course are to:
  - Provide students with the skills and knowledge necessary to adopt health enhancing behaviors
  - Enable students to change unhealthy behaviors.
7. **Student Learning Outcomes:** As a result of this course, students will be able to:
  - Describe in writing, how they can achieve well-being in the seven dimensions of health based on readings, internet assignments, and online discussions.
  - Identify barriers to their own well-being in one dimension of health through self- assessments and analysis of their behavior change logs.

- Develop, implement and evaluate a personal behavior change plan utilizing the health literature that will enable them to progress toward well-being in one of the dimensions of health.
- Explain how personal well-being is impacted by and interacts with the many aspects of the environment in their personal behavior change project and on other class assignments.

## 8. Topical Outline of the Course Content:

- I. Determinants of health
  - a. Behavior (Lifestyle)
  - b. Biology (Heredity/Genetics)
  - c. Environment
- II. Dimensions of health
  - a. Physical
  - b. Emotional
  - c. Social
  - d. Spiritual
  - e. Intellectual
  - f. Environmental
  - g. Occupational
- III. Health decision making
- IV. Choosing a healthy diet
  - a. Choose My Plate
  - b. Real versus processed foods
  - c. Food labels
  - d. Physiologic measures
    - i. HDL/LDL
    - ii. Glycemic index
    - iii. Calories
  - e. Weight management
    - i. Non-invasive approaches
    - ii. Invasive approaches
  - f. Food choices
    - i. Fast food
    - ii. Food stores
    - iii. Campus food
- V. Embracing fitness
  - a. Exercise versus physical activity
  - b. Components of fitness
- VI. Understanding addiction
  - a. Alcohol, tobacco and other drugs
  - b. Gambling
  - c. Internet/gaming
- VII. Respecting sexuality
  - a. Anatomy and physiology
  - b. Sexual orientation
    - i. Gender identity
    - ii. Gender role
  - c. Fertility control
    - i. Birth control
    - ii. Pregnancy
  - d. Relationships
    - i. Communication
    - ii. Violence
    - iii. Safer sex
- VIII. Enhancing mental health
  - a. Positive mental health
    - i. Self-esteem
    - ii. Self-concept
  - b. Stress management
  - c. Spectrum of mood
    - i. Anxiety continuum
    - ii. Depression continuum

9. **Teaching Methods:** Online Discussions and Group work. You are expected to participate in group discussions as per the subject matter and respond to another classmates posting. All materials are to be posted to later than 11:59 pm; with the exception of December 31th, Assignment is due by 5:00pm.

10. **Course Expectations:** **Reading Assignments:** You are responsible for those chapters in the text that correspond to the information being addressed during the week. Access your daily assignments and Posts in the discussion board as per the deadlines. All assignments will be posted in Blackboard (Bb). **Timeline for the Submission of Assignments and other Work:** All assignments are to be submitted by you on the due date. Assignments submitted in any other fashion will be treated as late.

50% of the point value will be deducted from late assignments. A late assignment is any assignment not submitted in class on the due date. Assignments will not be accepted more than one (1) class session late.

**Class Participation:** All students are expected to participate and are graded accordingly. **Successful completion of the course requires a reliable high speed internet access. If there is a problem with the WPUNJ system, our IT staff will handle it. If there are**

**problems with your computer or internet service, it is your responsibility and deadlines or requirements will not be altered as of a result of this. In fairness, to others, I cannot extend deadlines or make exceptions to the requirements under any circumstances.**

WPUNJ Information Technologies Policies: <http://www.wpunj.edu/it/policies/index.dot>

**10. Course Expectations (con't):**

**Plagiarism:** Plagiarism is “the copying from a book, article, notebook, video, or other source material whether published or unpublished, without proper credit through use of quotation marks, footnotes and other customary means of identifying sources or passing off as one’s own the ideas, words, writings, programs, and experiments of another, whether or not such actions are intentional or unintentional. Plagiarism will also include submitting, without the consent of the professor, an assignment already tendered for academic credit in another course” (William Paterson University, 2010.)

This is plagiarism:

1. Cutting and pasting from websites without citing the sources.
2. Copying verbatim or paraphrasing without citing the source.
3. Completing an assignment in a group that was not assigned as a group project and then handing in the results for individual credit.
4. Submitting graded work from one class in another class for credit, without the permission of the professor.
5. Copying homework from a fellow student.

**11. Grading:**

A variety of assignments are required for this course.

- All submitted materials MUST be typed and double spaced. Please follow APA format for submitting papers.
- Resubmission of papers is not permitted.
- EXTRA CREDIT ASSIGNMENTS ARE GIVEN AT INSTRUCTOR’S DISCRETION
- You are responsible for keeping all returned, graded work until the course has ended and you have received your final grade.
- Your final grade will be determined by the number of points you earn, based on the table below.
- Up to twenty-five (25%) percent of the point value of the assignment will be deducted for poor writing, typos, etc.
- Points will be deducted for assignments that are not double spaced.

The grading scale is as follows:

A	93-100%
A-	90-92%
B+	87-89%
B	83-86%
B-	80-82%
C+	77-79%
C	70-76%
D+	67-69%
D	60-66%
F	0-59%

All Email submissions of assignments are due 11:59 pm

Nutrition Project	150 points
Discussion Board Post	100 points
5 Written Self-Assessments	100 points-
Participation in Discussion group responses	50 Points
Homework Assignments	50 Points
<b>TOTAL</b>	<b>450 Points</b>

**12. Additional Information:**

- The Writing Center, located in the Atrium, is an excellent resource if you need assistance with your written communication skills.
- The Academic Support Center, located in Hunziker Wing on the 2nd floor, is available to assist you with strengthening your study skills, note taking, etc.
- These academic support services are free, make use of them!



## TENTATIVE COURSE SCHEDULE & DUE DATES

DATE	TOPIC	READING	ASSIGNMENT DUE
12/26/13	Introductions, Ice breaker, Discussion Board Questions	Chapter 1	Discussion board responses due 11:59pm
12/27/13	Health and the Media: Communicating Healthy Messages. Advances in Public Health- Discussion Board Question	Chapter 1	Post Article from a trustworthy resource that uses the HON Code Icon. Instructions to this Assignment are found in the assignment section of Blackboard(Bb) Reference Pg 14 in Text book
12/30/13	MY Plate, Food Labels, Dietary Guidelines, Dietary Supplements	Chapter 2	Folks over Knives – video Discussion board question- due 12/30/13- 11:59am
12/31/13	Fad Diets	Chapter 2	<b>Assessment 1</b> due. Email assignment to Francisj4@wpunj.edu <b>12/31/13- 5:00pm</b>
1/1/13	Happy New Year		Enjoy your Day Off! This is also a great time to work on your nutrition project.
1/2/14	<b>Creating a Fitness Program</b>	Chapter 3	1) Create a fitness plan for one of the target audience groups listed. Guidelines found in Assignment section of Bb. 2) <b>Assessment 2</b> due. 3) Both assignments are to post by 11:59pm
1/3/14	<b>Avoiding Drug Abuse</b>	Chapter 4	<b>Assessment 3 Due</b> – Please email to Francisj4@wpunj.edu
1/6/14	Health and the Media- Drug advertising and Behavior	Chapter 4	Discussion Board Question- “ Breaking Bad” Due 1/6/13- Please post by 11:59pm

1/7/14	Respect Sexuality	Chapter 5	What’s your Stand! Page 202 in text book. <u>Breaking it Down</u> .  Guidelines for this assignment are found in the assignment section of Bb.
1/8/14	Healthy Relationships	Chapter 5	<b>Assessment 4</b> due- please email to francisj4@wpunj.edu
1/9/14	<b>Manage Stress</b>	Chapter 6	<b>Assessment 5</b> Due- Instructions found in Assignment Section of Bb. Please email to francisj4@wpunj.edu
1/10/14	Stress Management Techniques- Developing an Action Plan.	Chapter 6	Discussion Board Question- Please Post by 11:59pm
1/13/14	Mental Health Disorders	Chapter 7	<b>Nutrition Assignment Due-</b> Instructions found in assignment section of Bb by 11:59pm <b>Email to francisj4@wpunj.edu</b>
1/14/14	Treatments for Mental Health Disorders	Chapter 7	Class Summary Due- 11:59 pm. Instructions found in Assignment section of Bb

\*This course schedule is subject to change to accommodate student learning needs, instructor needs, or other unforeseen circumstances.