

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 ON-LINE
4. **Instructor:** Dr. Corey Hannah Basch, baschc@wpunj.edu
Office: Wing 150 Phone: 973-720-2603
5. **Required Text:** Sparling, P.B. & Redican, K.J. (2013). *iHealth: An Interactive Framework (2nd 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 verbally and in writing, how they can achieve well-being in the seven dimensions of health based on readings, Internet assignments, and class discussion.
 - 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:** A variety of teaching methods will be used in this course, including on-line discussions, personal health assessments, lecture, internet activities, and a behavior change project.
10. **Course Expectations:** Reading Assignments: You are responsible for those chapters in the text that correspond to the information being addressed during the week.
- Timeline for the Submission of Assignments and other Work: All assignments are to be submitted by the due date and time (see timeline at the end of this syllabus). 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 by the time and on the date due. Assignments will not be accepted more than one (1) day late.
- Class Participation: is measured by in class activities, which is measured by participation on the discussion board. Missed activities cannot be made-up.
- 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.
- All e-mail communication will be via your WPU email address.

11. **Grading:**

A variety of assignments are required for this course.

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 submitted materials **MUST** be typed and double-spaced.
- Resubmission of papers is not permitted.
- **EXTRA CREDIT ASSIGNMENTS ARE NOT GIVEN**
- 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.

	Assignment	Points
	5 Self-Assessments	100 Points (20 points for each)
	Behavior Change Project	70 Points
	Discussion Board Entry and Response to Classmates	80 points (each entry worth 10 points total/ 7 for entry and 3 for response to classmates)
Total		250 Points

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!

TOPIC	READING	ASSIGNMENT DUE	REPOSE DUE
UNIT 1: INTRODUCTION TO THE COURSE	Read Chapter 1 and Powerpoint slides for Chapter 1	BY 12/27 at Noon complete Discussion Board Activity 1	By 12/28 at Noon respond to classmates
UNIT 2: CHOOSE A HEALTHY DIET	Read Chapter 2 and Powerpoint slides for Chapter 2	BY 12/30 at Noon complete Discussion Board Activity 2	By 1/2 at Noon respond to classmates NUTRITION SELF-ASSESSMENT DUE
UNIT 3: DEVELOP A FITNESS PROGRAM	Read Chapter 3 and Powerpoint slides for Chapter 3	BY 1/3 at Noon complete Discussion Board Activity 3	By 1/4 at Noon respond to classmates PHYSICAL FITNESS SELF-ASSESSMENT DUE
UNIT 4: AVOID DRUG ABUSE	Read Chapter 4 and Powerpoint slides for Chapter 4	BY 1/5 at Noon complete Discussion Board Activity 4	By 1/6 at Noon respond to classmates ALCOHOL/DRUG ABUSE ASSESSMENT DUE
UNIT 5: RESPECT SEXUALITY	Read Chapter 5 and Powerpoint slides for Chapter 5	BY 1/7 at Noon complete Discussion Board Activity 5	By 1/8 at Noon respond to classmates INTIMATE RELATIONSHIP SELF- ASSESSMENT DUE
UNIT 6: MANAGE STRESS	Read Chapter 6 and Powerpoint slides for Chapter 6	BY 1/9 at Noon complete Discussion Board Activity 6	By 1/10 at Noon respond to classmates STRESS/MENTAL HEALTH SELF- ASSESSMENT DUE
UNIT 7: MENTAL HEALTH AND DISORDERS	Read Chapter 7 and Powerpoint slides for Chapter 7	BY 1/11 at Noon complete Discussion Board Activity 7	By 1/12 at Noon respond to classmates 1/12 at Noon BEHAVIOR CHANGE PROJECT DUE
UNIT 8: CHRONIC DISEASES	Read Chapters 8-10 and Powerpoint slides for Chapter 8-10	BY 1/13 at Noon complete Discussion Board Activity 8	By 1/14 at Noon respond to classmates

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

Instructions for Self-Assessment Assignments

ASSESSMENT 1: Nutrition

INSTRUCTIONS	<p><i>Visit Choose My Plate and Track Your Intake</i></p> <ul style="list-style-type: none"> • <i>Go to www.choosemyplate.gov</i> • <i>Spend time reviewing the site and using it to inform your food choices.</i> • <i>What did you learn from the site (1 page)</i> • <i>On three different days before the assignment is due, keep a log of your food choices and physical activity for those days. Reflect on what you learned from keeping this log (1 page)</i>
DUE DATE	1/2 at Noon
<i>SUBMISSION GUIDELINES</i>	E-mail the assignment to your professor by the due date/time. The 2 reflection components should come out to be at least 2 pages double spaced.
PROJECT EVALUATION & GRADING	This assessment is worth 20 points and grading will be based on how closely your assignment meets the instructions of the assignment.

ASSESSMENT 2: Physical Fitness	
INSTRUCTIONS	<p><i>Part 1 – Estimate your Resting Metabolic Rate and Daily Energy Expenditure:</i></p> <ul style="list-style-type: none"> • <i>Follow the instructions found in Table 3.5 of (posted in course materials) to estimate your RMR and DEE.</i> <p><i>Part 2 – Assess your current level of fitness:</i></p> <p><i>In a well-written report, answer the following questions:</i></p> <ul style="list-style-type: none"> • <i>What is your RMR and DEE? Be sure to show your work so that your instructor can see how you arrived at your answers.</i> • <i>Based on the information presented in Chapter 3 of your iHealth textbook, your DEE, and your Nutrition Assessment from Assignment 1, do you tend to consume too many, just enough, or not enough calories each day relative to your energy needs? Clearly explain your answer.</i> • <i>Using the information presented in Chapter 3, thoroughly answer the following question by using <u>specific and concrete</u> examples from your life:</i> <p style="text-align: center;"><i>Do you engage in regular exercise?</i></p> <ul style="list-style-type: none"> ○ <i>If you do exercise, what exercise/s do you do? What is the frequency, duration and intensity of your exercise routine? Do you ever miss a workout? If so, why do you tend to miss your workouts? If not, what helps you stay motivated to continue your workouts? In your present state of health, do you believe that you are a “fit” person? Why or why not?</i> ○ <i>If not, why don’t you exercise? What barriers get in the way with engaging in exercise? What can you do overcome these barriers? If you did start to exercise, what exercise/s would you engage in? In your present state of health, do you believe that you are a “fit” person? Why or why not?</i>
DUE DATE	1/4 at Noon
SUBMISSION GUIDELINES	E-mail the assignment to your professor by the due date/time.
PROJECT EVALUATION & GRADING	This assessment is worth 20 points and grading will be based on how closely your assignment meets the instructions of the assignment.
NOTES	12 Font, Double Spaced, Normal Margins

ASSESSMENT 3: Alcohol/Drug Use & Abuse

INSTRUCTIONS	<ol style="list-style-type: none"> 1. Read “<i>Breaking it Down: Should More Drugs be Legalized,</i>” found in Chapter 4 of your <i>iHealth</i> textbook (page 168). 2. Choose a side to this issue and respond to the following question in well-written response: “<i>In your opinion, should more drugs be legalized?</i>” 3. Characteristics of an effective, well-written response include: <ol style="list-style-type: none"> a. An effective opening and closing statement. b. A definitive statement early in the response clearly indicating which side of the debate you chose. c. A coherent argument that is supported with solid examples. <ol style="list-style-type: none"> i. It is recommended that you provide at least 3-4 solid reasons to support your side of the argument. ii. Your discussion must be persuasive and provide enough detail to support your opinion. iii. You may choose to enhance your response by using additional resources (ensure that you properly cite them using APA citation format.)
DUE DATE	1/6 at Noon
<i>SUBMISSION GUIDELINES</i>	E-Mail your finished product by the given due date. This project should be at least 3 pages, double-spaced.
PROJECT EVALUATION & GRADING	This assessment is worth 20 points and grading will be based on how closely your assignment meets the instructions of the assignment.
NOTES	12 Font, Double Spaced, Normal Margins

INSTRUCTIONS	<p><i>TwoOfUs.org is a website for people who are interested in locating credible information and resources related to the creation and maintenance of healthy intimate relationships. TwoOfUs.org is a project of the National Healthy Marriage Resource Center (NMHRC), an initiative sponsored by the United States Department of Health and Human Services' Administration for Children and Families. TwoOfUs.org is host to a collection of online articles, podcasts, and videos.</i></p> <p>Step 1:</p> <ul style="list-style-type: none"> • <i>Go to www.twoofus.org</i> • <i>From the options on top menu, choose the one that is most appropriate for you at this point in your life when you think about your most intimate relationship with another human being: dating, exclusive, engaged, married, or parents.</i> • <i>On the resulting page, select one of the "Hot Topics" based on your personal interests.</i> • <i>Scroll through all of the resources listed on the next page. From among the listed podcasts, articles, and videos choose a resource that is relevant in some meaningful way to enhancing your ability to improve your current life and intimate relationship.</i> <p>Step 2:</p> <p><i>Based on the resource you choose, provide the following information in a well written response:</i></p> <ul style="list-style-type: none"> • <i>Describe the resource that you chose, list the name of the resource, the type of resource (article, video, or podcast) and provide a brief written summary of the information presented in the resource. Include the URL of the resource so that your instructor may access it.</i> • <i>Discuss why you choose this particular resource. Discuss the way/s in which this information relates to your current life.</i> • <i>Describe how you might use the information presented in this resource to make healthy, positive changes in your life. Discuss how this information might make a difference in your ability to negotiate a successful and healthy intimate relationship.</i>
DUE DATE	1/8 at Noon
SUBMISSION GUIDELINES	E-Mail your finished product by the given due date. This project should be at least 3 pages, double-spaced.
PROJECT EVALUATION & GRADING	This assessment is worth 20 points and grading will be based on how closely your assignment meets the instructions of the assignment.
NOTES	12 Font, Double Spaced, Normal Margins

	ASSIGNMENT 5: Stress and Mental Health
INSTRUCTIONS	<p>Part 1 – Film Screening:</p> <ul style="list-style-type: none"> You will view “Stress: Portrait of a Killer,” a 55-minute film about stress & health. It can be watched on the following site: http://topdocumentaryfilms.com/stress-portrait-of-a-killer/ Based on the information presented in the film, answer the 23 questions provided to you by your instructor. <p>Part 2 – Hostility Assessment:</p> <ul style="list-style-type: none"> As demonstrated in the film, hostility is closely associated with stress and physical health. People who exhibit greater levels of hostility are generally more stressed and less healthy. How hostile are you? Complete the 10-item “Screening for Hostility” assessment found in course materials section of the course. Be as honest and objective as possible when responding to each item. In a well-written report, thoroughly discuss your hostility score results. <ul style="list-style-type: none"> What was your score? Were you surprised by the results? Discuss your life in relation to the following three hostility traits: anger, aggression, and cynicism? If you tend to be a hostile person, what specific changes in your life can you make to reduce the harmful effects of hostility as discussed in the film and Chapter 6? If you tend NOT to be a hostile person, what specific strategies do you use to interact with other people in your life who are hostile?
DUE DATE	1/10 at Noon
SUBMISSION GUIDELINES	E-Mail your finished product by the given due date. This project should be at least 3 pages, double-spaced.
PROJECT EVALUATION & GRADING	This assessment is worth 20 points and grading will be based on how closely your assignment meets the instructions of the assignment.
NOTES	12 Font, Double Spaced, Normal Margins

BEHAVIOR CHANGE PROJECT	
PURPOSE	<ul style="list-style-type: none"> To use a six-step process to develop, implement, and evaluate a personal behavior change plan. To identify barriers to your own well-being. <p>To explain how your personal well-being is impacted by and interacts with the many aspects of your environment.</p>
INSTRUCTIONS	<i>This project is done in six steps and will take you approximately three weeks to complete.</i>
<i>Complete this Step during Days 1 of class.</i>	<p>Step 1: Assess your current health and take the RealAge Test</p> <p>RealAge (www.realage.com) is a website developed by Dr. Mehmet Oz and Dr. Michael Roizen to help you determine if there is a difference between your chronological age (your actual age measured in years) and your biological age (the physiological age of your body, or your "RealAge"). This is done by completing a comprehensive online assessment of your lifestyle and current state of health. Here is how you do it:</p> <ol style="list-style-type: none"> Go to www.realage.com (Make sure to set aside at least 30 minutes for the test.) Once at the website, click the menu item that says "RealAge test" Next, enter your email address and create a password that you will remember. Next, complete the information on the "RealAge Registration" page. <ul style="list-style-type: none"> Note: if your birth year does not appear in the drop down menu, speak with your instructor before continuing with this assignment. Next, the website will ask if you would like to become a RealAge Member. In order to do this assignment, you do not need to become a RealAge member. Next, starting with the "My Health History" page, begin filling out your RealAge profile. Read the instructions carefully as you are directed to answer questions about your health, feelings, diet and fitness. <ul style="list-style-type: none"> If you are ever uncertain about the answer to a question and "I don't know" or "not applicable" are not given as options, read the hints next to the question to guesstimate the best answer for you. When you are finished answering the questions, it will ask you if you want to send the test to your family and friends. You may choose to "skip this step". After completing the test, your RealAge will be displayed. You should then click "View and Print Full Plan" located above your RealAge. Your personalized RealAge Plan will list all of the things that you are doing which benefit your health and all of the behaviors that have a negative effect on your health. After thoroughly reading the report, create a typewritten list of ALL of the negative behaviors indicated in your plan and rank them (with #1 being the behavior that you want to change the most).

<i>Complete this Step during Day 2 of class.</i>	<p>Step 2: Set goals and identify rewards</p>
	<p>Based on the ranked list that you created in Step 1 choose one behavior that you would like to change. Write a 2-page description of that behavior as it relates to your current life. Include the following information:</p> <ul style="list-style-type: none"> Your reasons for selecting this particular behavior to change. A description of the behavior and how it impacts you on a daily basis. The reasons why you have not changed this behavior in the past. The reasons why changing this behavior might be difficult for you. A vision of what your life would be like once you have changed your behavior. A behavior change goal, a goal date by which to change the behavior, and a reward that you will provide to yourself when you meet your goal.

Complete this Step during Days 3-4 of class.	Step 3: Assess your current behavior
	<p>Before you begin to make any changes, keep a diary about that behavior. In your diary:</p> <ul style="list-style-type: none"> Record every occasion when you engage in this behavior (time, place, surrounding events, people you are with, triggers for the behavior, your mood, etc...) Keep this diary for at least 5 days. Each entry should be between 200-300 words.
Complete this Step during Day 5 of class.	Step 4: Redefine your goal and develop an action plan
	<p>After completing Step 3, use the information contained in your diary to identify potential challenges you may face when you attempt to change your behavior. Reassess if you can reach the goal in the amount of time you indicated in Step 2. Adjust your goal or change your time frame if necessary. Develop a plan to enable you to reach your goal. Write a 2-page behavior change plan listing specifically:</p> <ul style="list-style-type: none"> Your revised goals and timeframe. How you propose to change your behavior. List and explain the specific steps you will take to begin the behavior change process (i.e. what specific changes will you make in your life?) List and discuss multiple ways that you will deal with temptation and failure during the behavior change process.
Complete this Step during Days 6-15 of class.	Step 5: Implement your behavior change plan
	<p>Put your plan into action. Keep a diary of your "plan in action" for at least five days. Each entry into your diary should be between 200-300 words and include the date and the time it is written. In your diary, you should list and discuss your success, failures, temptations, triggers, new habits, people who are supporting you (or not supporting you), ideas for continued success, personal thoughts/ideas/emotions/struggles.</p>
Complete this Step during Days 16-19 of class.	Step 6: Evaluate your progress
	<p>Near the end of the semester, you must evaluate your plan, even if you are not yet done. Write a 2-page summary of where you are at in terms of changing your behavior?</p> <ul style="list-style-type: none"> Did you reach your goal? How does that make you feel? What differences do you notice in your life? Will you be able to maintain the change? Is your plan still ongoing? For how much longer will your behavior change process last? What changes in your life/health have you noticed thus far? Did you not reach your goal? Why didn't you fully meet your behavior change goal? What could you do differently next time to ensure success? <p><input checked="" type="checkbox"/> Discuss in detail your plans/hopes for the future as they relate to this specific behavior.</p>

DUE DATE	1/12 at Noon
SUBMISSION GUIDELINES	<p>Your responses to steps 1-6 of the assignment should be typewritten and in one report in the order that appears below.</p> <p>The completed assignment will include at least:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> The ranked list of negative behaviors from RealAge Report from Step 1 <ul style="list-style-type: none"> Do not submit your entire RealAge report <input checked="" type="checkbox"/> The 2 page description from Step 2 <input checked="" type="checkbox"/> The 5 journal entries from Step 3 <input checked="" type="checkbox"/> The 2 page behavior change plan from Step 4 <input checked="" type="checkbox"/> The 5 journal entries from Step 5 <input checked="" type="checkbox"/> The 2 page summary from Step 6 <p>Include a cover page with your name, name of the course, name of your instructor, the date submitted, and a title.</p>

PROJECT EVALUATION & GRADING	<p>10% - Step 1: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p> <p>10% - Step 2: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p> <p>20% - Step 3: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p> <p>20% - Step 4: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p> <p>20% - Step 5: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p> <p>20% - Step 6: Well written, thoroughly addressing the behavior, the behavior change process, and including all of the information indicated above.</p>
NOTES	12 Font, Double Spaced, Normal Margins

INSTRUCTIONS FOR DISCUSSION BOARD

These assignments will consist of responding to a question and posting it on the discussion board. Please see grading criteria below.

Participation in discussion board

Participation in class discussions is expected for each unit. This entails reading and responding to your classmates' postings.

Recommendations for the responses to classmates:

While responding to your colleagues' postings, I would suggest that you consciously use some of the following moves:

- 1) Ask a question or make a comment that shows you are interested in what another person says

- 2) Ask a question or make a comment that encourages another person to elaborate on something that they have already said
- 3) Make a comment that underscores the link between two people's contributions
- 4) Make a specific comment indicating how you found another person's ideas interesting/useful.
- 5) Contribute something that builds on, or springs from, what someone else has said. Be explicit about the way you are building on the other person's thoughts
- 6) Make a comment that at least partly paraphrases a point that someone has already made
- 7) Make a summary observation that takes into account several people's contributions & that touches on a recurring theme in the discussion
- 8) Ask a cause and effect question – for example, “can you explain why you think it's true that if these things are in place such and such a thing will occur?”
- 9) Find a way to express appreciation for the enlightenment you have gained from the discussion. Be specific about what it was that helped you understand something better
- 10) Disagree with someone in a respectful and constructive way

The purpose of suggesting these moves is so that we take everyone's “voice” seriously under the discussion board. Please do not underestimate your own ability to encourage and motivate others in this course to learn and discover, neither should you underestimate the valuable experience you may obtain from dialoguing with the colleagues in this course. One of the greatest advantages of the online learning is the greater and equal opportunity for all participants to learn from each other by respecting and challenging their comments and inquiries.