

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:** Jodi Inglis, MA inglisj@wpunj.edu
Phone: 973-769-3457
- 5. Required Text:** Sparling, P.B. & Redican, K.J. (2011). *iHealth: An Interactive Framework 2nd^t Edition*. McGraw-Hill: New York.
With access to CONNECT
 - CONNECT Registration: <http://connect.mheducation.com/class/j-inglis-winter-2014-2015>
- 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:

Determinants of health

- Behavior (Lifestyle)
- Biology (Heredity/Genetics)
- Environment

Dimensions of health

- Physical
- Emotional
- Social
- Spiritual
- Intellectual
- Environmental
- Occupational

Health decision making

Choosing a healthy diet

- Choose My Plate
- Real versus processed foods
- Food labels
- Physiologic measures
 - HDL/LDL
 - Glycemic index
 - Calories
- Weight management
 - Non-invasive approaches
 - Invasive approaches
- Food choices
 - Fast food
 - Food stores
 - Campus food

Embracing fitness

- Exercise versus physical activity
- Components of fitness

Understanding addiction

- Alcohol, tobacco and other drugs
- Gambling
- Internet/gaming

Respecting sexuality

- Anatomy and physiology
 - Sexual orientation
 - Gender identity
 - Gender role
 - Fertility control
 - Birth control
 - Pregnancy
 - Relationships
 - Communication
 - Violence
 - Safer sex
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- Positive mental health
 - Self-esteem
 - Self- concept
 - Stress management
 - Spectrum of mood
 - Anxiety continuum
 - Depression continuum

Enhancing mental health

Cardiovascular Disease

Cancer

Diabetes

Communicable Diseases

9. Teaching Methods:

A variety of teaching methods will be used in this course, including online class discussions, personal health assessments, quizzes, internet activities and a Real Age Assessment.

10. Course Expectations:

Reading Assignments: You are responsible for those chapters in the text that correspond to the information being addressed during the assigned days.

Timeline for the Submission of Assignments and other Work: All assignments are to be submitted by you on the assigned due date. I do not accept late work. Unless there is a technical issue with CONNECT I will not reopen any quizzes or assignments after the due date.

Quizzes will be given for each chapter throughout the semester. These quizzes are timed; you will have 30 min once you open the quiz to complete it. Once the allotted time is over your quiz will close. The quizzes range from 20-40 questions. The quizzes are available through CONNECT.

Article Readings/Video and Questions- Every chapter has articles and/or videos to review with questions to answer. These are not timed and you may work at your own pace. They are available for the entire semester, you may complete in your own time.

Self-Assessments are assigned for every chapter of text. The assessments are not timed and available on CONNECT. They are available for the entire semester, you may complete in your own time.

Real Age Assessment- Using the Real Age Test on www.realage.com, you will assess your personal health and write a paper on it. Please see directions below. This **MUST** be submitted as an attachment through the Real Age Assessment link on CONNECT.

10. Course Expectations (con't):

E-MAIL AND BLACKBOARD USE-This course uses Blackboard. You **must** use your WPU e-mail account and check it regularly to succeed in this course. It is possible to change the settings on your WPU e-mail to forward it to an alternate e-mail address if you prefer. You are responsible for information provided electronically. All students have access to e-mail and Blackboard through WPU.

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.
- Resubmission of papers is not permitted.
- **EXTRA CREDIT ASSIGNMENTS ARE NOT GIVEN**
- 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%

Chapters 1- 9	
Quizzes- 50pts. each (9 total)	450 points
Article/Video Reviews- 40 pts. each (9 total)	360 points
Self-Assessments- 10 pts. each (9 total)	90 points
Real Age Assessment	100 points
	1000 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!

Chapter dates:

Ch 1- 12/23-1/11

*Ch 2- 12/23-1/11

Ch 3- 12/23-1/11

*Ch 4-12/23-1/11

*Ch 5- 12/23-1/11

*Ch 6- 12/23-1/11

Ch 7- 12/23-1/11

Ch 8- 12/23-1/11

*Ch 9- 12/23-1/11

All Chapters open @ 12:01 am and close @ 11:59 pm on the listed dates.

*These weeks have video and article questions, all others just have articles and questions.

Real Age Assignment due on 1/3/14- Directions below

Assignment: Comprehensive Health Assessment

The purpose of this assignment is to evaluate your health behavior.

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:

- 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.
 - 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.
 - 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). Include this list with you project.

- In 2 pages discuss your results. Include what you were already aware of, and what was new. From your results, identify the health behaviors you would like to change and explain why you think it is important to address these. Also include **HOW** you plan to change these behaviors or habits. **Detail, Detail!**

- **In addition to the 2 pages**, at the end of the paper please include 1-2 paragraphs that reflect on what you have learned from this exercise.
- Copy and paste of the results from www.realestate.com to your paper, not included in the 2-3 pages. Just the top sheet, not the 18 page report.
- Please refer to the course syllabus in regards to late assignments.
- This assignment is worth 100pts.