

Fall 2015

EDHS 1110

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University of New Orleans

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EDHS 1110: Personal Health and Wellness

Schedule: Tuesday and Thursday, 9:30-10:45 am

Professor: Ann O'Hanlon, Ph.D.

Office: ED-348B

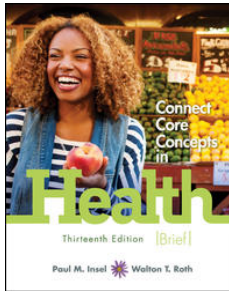
Phone: 280-7386

Office Hours: Tuesdays 11:00-12:00 pm; Wednesday 10:00-12:00 pm; 1:00-2:00 pm and Thursday- 11:00-12:00; 1:00-2:00 pm by appointment

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Course Description: This course surveys the content areas that affect the overall health of the individual and emphasizes health promotion (wellness) and decision-making about health behaviors. The content areas of the course include definitions of wellness, emotional health, stress management, sexuality, nutrition, weight management, chronic diseases, safety issues, environmental health, consumerism, aging, and death and dying.

Required Text:



Insel, P. M. & Roth, W. T. (2013). Core concepts in health (13th ed) New York: McGraw Hill. Brief Edition

Course Format: The format of the course includes lecture, discussion and videos. Additional activities such as small group discussions and experiential activities will be included when possible, given the large class size. The Moodle system will also be used to post lecture notes, assignments, and grades. Please learn to access the system.

Conceptual Framework:

Theory-practice-research interaction, a conceptual model developed by the College of Education, will be applied in the course. Our conceptual framework, the theory-practice-research interaction model, permeates the programs preparing candidates for professional roles in health-related settings. As candidates progress through their professional studies, they are introduced to formal theories and concepts that are validated by research, which along with their personally held beliefs and assumptions inform their professional practice. The roles and responsibilities set out the broad

domains for developing competence in Human Performance and Health Promotion as viewed through the lens of the theory-practice-research interaction model. As candidates engage in various clinical and field experiences included in their program of study, observation and study of professional practices inform and refine the theories and concepts they construct. Our goal is to have our candidates internalize the theory-practice-research interaction model, as they develop into reflective health professionals constantly reassessing the theories, beliefs, and assumptions they embrace.



Successful completion of this course will enable the student to:

1. Describe the steps in creating a behavior management plan to change a health related behavior (AAHE-1)
2. Describe what it means to be psychologically healthy (NCSS-2.5).
3. Describe guidelines for safe, responsible sexual behavior.
4. Describe the guidelines that have been developed to help peoples choose a healthy diet, avoid nutritional deficiencies, and reduce their risk of diet-related chronic diseases.
5. Apply the theory practice model (apply health knowledge to their behavior).
5. List strategies for healthy aging (NCTE-3).
6. Define physical fitness, and list the health-related components of fitness.
7. Explain the self-care decision-making process and discuss options for self-treatment.
8. Describe the short and long term effects of air, chemical and noise pollution and exposure to radiation (NSTA-C).

The content and experiences of this course align with multiple professional standards as this course is included in the program of study of multiple certification areas. They include American Association for Health Education (AAHE), National Science Teachers Association (NSTA), National Council for Social Studies (NCSS), and National Council of Teachers of English (NCTE). For a list of those standards go to: www.ncate.org.

Expectations of Students regarding the course: Student are expected to:

Reading: To have **read the assigned chapters** prior to their discussion in class. Such preparation enhances your understanding of the material and provides you with a basis to be an active participant in class activities.

Attendance: To **attend** class and **participate** in the discussions and activities. To realize the full benefits from this course, attendance and participation is important. Attendance will be taken every class.

Activities/

Homework: To provide students with the opportunity to explore health issues further independently, to assess their personal health, to clarify their thinking on issues raised by the course, and relate course material to their own lives, activities will be incorporated into class time throughout the semester. The activities include such possibilities as completing worksheets, group exercises, participating in discussions, or writing brief position stands. Some activities may require previous preparation by the student. Students will receive points for participation in such activities. More activities will be done than needed to earn the 50 points. If a student misses the class when an activity takes place, they do not receive credit for the activity (NO MAKEUPS). Likewise, homework assignments will not be accepted late. Instead a sufficient number of activities will be scheduled so that even with two absences, students can earn 50 points.

Exams: To take all three in-class **exams** and the **scheduled final**. Exams will be primarily in a multiple choice format, with some matching, and possible short answer questions. For calculating the total score, the three best exam scores will be used (one grade is dropped). Hence, THERE ARE NO MAKEUP EXAMS regardless of the reason that you have missed the exam. If for some reason, a student should miss more than one exam, the second missed exam will be counted as zero (unless there are extraordinary extenuating circumstances).

Behavior Change Project::

For this project, you will need to consider your current health habits and select one that you would like to change. You will need to monitor the behavior and decide what steps you need to take to make the change and develop a contract describing how you intend to reach your goal. After 6 weeks, you will write a brief paper (2-3) pages describing how the behavior change plan was implemented. Was it successful? Why or why not? Discuss what you view are the reasons for success or not and whether you intend to continue the plan. Grades will not depend on success. A handout detailing the requirements of the project will be distributed in class. Assignments not handed during class time the day they are due will be considered late and points will be taken off (25 points).

Evaluation:

	Possible Points	Grading Scale
Exam 1	50	A 225-250
Exam 2	50	B 200-224
Exam 3	50	C 175-199
Activities/Homework	50	D 150-174
Behavior Change	25	F <150
Attendance	25	
Total Points Possible	250	

Course Etiquette: As a courtesy to the class members and the instructor:

- Please do your best to arrive to class on time. If emergencies do arise (and situations will always occur), enter the classroom from the back door to minimize the interruption to the class.
- Abide by the UNO policy on Cell Phone Use which is that" while a class is in progress, all wireless devices must be turned off or switched to their silent mode. Any audible signal, ringing, or otherwise, transmitted by an electronic or wireless device, whether during an instructional class or while in the Library, is strictly prohibited...Further, talking on cellular phones while in attendance of an instructional class....is strictly prohibited.
- Do not leave class early or exit and re-enter the room during the class meeting. Failure to stay for the entire class meeting will be considered an absence
- Discussion is an important element of the course. We learn from each other, so please participate, be respectful of other people's viewpoints, and avoid language (verbal or non-verbal) that may discourage someone from expressing their perspective.

Important Note about Academic Dishonesty:

Academic integrity is fundamental to the process of learning and evaluating academic performance. Academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to, the following: cheating, plagiarism, tampering with academic records and examinations, falsifying identity, and being an accessory to acts of academic dishonesty. Refer to the UNO Judicial Code for further information at

http://www.studentaffairs.uno.edu/studentpolicies/policymanual/judicial_code_pt1.cfm

Any occurrences of academic dishonesty will handled according to the guidelines in the UNO Judicial Code and can result in failure of assignments or the course.

Note regarding Special Accommodations: Any student with a documented physical, learning or other disability will receive the academic modifications for which they are legally entitled. The student is responsible for contacting the Office of Student Disability Services (UC-260) at 504-280-6222 to complete registration and obtain assistance.

The Office of Disability Services (ODS), in conjunction with the Office of Academic Affairs Campus administrative policy regarding the accommodations of students with disabilities, has two primary objectives: 1) to ensure compliance with Section 504 of the 1973 Rehabilitation Act and the Americans with Disabilities Act (ADA) in regard to equal access for qualified students to academic programs; and 2) to uphold the academic integrity of UNO. When these two objectives are met, those students who qualify for services based on clear, comprehensive, and relevant documentation will receive those services or academic modifications for which they are legally entitled.

PROPOSED COURSE SCHEDULE

Week	Date	Topic	Comments, Assignments Due
	8/20	A Basis for Wellness Course Introduction	Review Syllabi; Purchase book
Week 1	8/25	Taking Charge of Health	Chapter 1
	8/27	Stress	Chapter 2
2	9/1	Concepts of Stress Continued	"
	9/3	Psychological Health	Chapter 3
3	9/8	Psychological Health	Chapter 3
	9/10	Intimate Relationships	Chapter 4
4	9/15	Sexuality, Pregnancy, and Childbirth	Chapter 5
	9/17	TEST ONE	
5	9/22	Contraception	Chapter 6
	9/24	Use and Abuse of Drugs	Chapter 7
6	9/29	Alcohol	Chapter 8
	10/1	Tobacco	Chapter 8
7	10/6	Complete Drug Unit	
	10/8	TEST TWO	
8	10/13	Nutrition	Chapter 9
	10/15	Fall Break	
9	10/20	Nutrition/weight management	Chapter 11
	10/22	Nutrition/Weight Management	Chapter 9 and 11
10	10/27	Exercise	Chapter 10
	10/29	Exercise	Chapter 10
11	11/3	Chronic Diseases-CVD	Chapter 12
	11/5	TEST THREE	
12	11/10	Chronic Diseases-Cancer	Chapter 12 Behavior Change Project Due
	11/12	Immunity and Infection	Chapter 13
13	11/17	Environmental Health	Chapter 14
	11/19	Environmental Health	
14	11/24	Medicine	Chapter 14
	11/26	Thanksgiving Holiday	Chapter 15
15	12/1	Personal Safety	Chapter 16
	12/3	Aging	Chapter 17
16	12/10	TEST FOUR (10:00am-12:00pm)	

Note: This proposed schedule is subject to change.