

Personal Health Issues 101-01 Spring 2021
College of Education and Human Services
Department of Public Health
Montclair State University

Online: Synchronous (SON) call # 41058
Wednesdays 8:15 a.m. – 10:30 a.m. and online
Instructor: Madeleine Halter R.N., B.A., M.A.T.
Virtual Student Hours: by appointment via Zoom
E-mail: halterm@montclair.edu

Course Description: This course examines health through six interrelated dimensions: physical, emotional, intellectual, spiritual, interpersonal, social, and environmental. You will learn how health choices not only have a personal impact but also an impact on society and the health of a community. Additionally, health policies and societal health issues are examined. I will emphasize contemporary health issues using the national initiative Healthy People 2030 as a framework. Assessing health status, increasing health competencies to enhance decision-making skills, eliciting health-promoting behaviors, and interpreting existing and proposed social actions that ultimately affect individual, family, community and environmental health are central focuses of this course.

Course Text: Gordon, Edlin. and Golanty, Eric. Health & Wellness, Jones & Bartlett (It is **not** necessary to buy the book)

Weighted Grading for Completion of the Course:

Successful completion of homework assignments **10%**
Participation in discussion board & online activities **15%**
Student presentation/project submission **10%**
Project peer review **15%**
4 Tests **50%**

Grading Policy:

**There are no extra credit assignments available at any time throughout the semester.* Please talk with the instructor early in the semester if you are concerned about your grade average and would like suggestions to improve your study routine.

Grading Scheme for THIS CLASS:

A = 94 – 100	B+ = 87 – 89	C+ = 77 – 79	D+ = 67 - 69
A- = 90 - 93	B = 84 – 87	C = 74 – 77	D = 64 - 67
	B- = 80 – 83	C- = 70 – 73	F < 64

Tests: Unit tests are based on the material covered via power points, zoom, and reading assignments that are posted on Canvas. The tests will be administered online in the assignment section of canvas. The student's computers must have the Lockdown Browser and Respondus

Monitor installed prior to beginning the test. The tests are assigned a start and end time. If the test is started later than the start time, it will still close at the assigned time. You will not be given extra time to make up for lateness.

Homework Assignments: Will be posted on Canvas. If an assignment is not submitted on the day it is due, I will accept it on the following day for *half credit*. The assignment availability will automatically close 24 hours after the due date so that the student will no longer be able to submit. Assignments will not be accepted that are more than 1 day late.

Please submit the assignments online using a Microsoft Word Document OR Google Doc as an attachment or directly into the answer box provided on Canvas. (DO NOT USE PAGES) I will not accept a document in pages format!

All answers on worksheets **must be completed in full** to receive full credit. **Incomplete or late work** will result in partial credit.

Project: The students will pick a topic based on health, disease or safety and submit a 5–10-minute power point presentation in canvas under the assignment tab for grading. Secondly, you must also post your power point again in the discussion board where you see your name, so that the rest of the class can post a peer review to your discussion board. One topic per student and topics cannot be duplicated.

****If you do not post your presentation before or on the due date, 10 points will be deducted from your grade for each day that you are late. After 2 days late you will receive a 0%. * Topics will be approved by the date posted on the sign-up sheet.***

**** Changes to your topic may be made at any time during the semester with my approval. * Changes to the approved dates are very difficult to reschedule and will only be made with my approval by switching dates with another student.***

Project Peer Review: Each student is required to complete a review of **15** peer projects by the end of the semester. Specific projects for review will be posted within each module. When the module closes you will no longer have access and will not get credit for the peer reviews that were due during that week. A grade will be posted after all 15 reviews are complete.

Participation in Discussion Board & Online Activities: You are required to complete 1 module per week which includes, reading notes, viewing a class power point and answering questions in a discussion post.

Attendance Policy: Attendance will be based on following the module instructions for each week assigned as well as attending each scheduled zoom session, on time and staying for its entirety. After viewing the power post presentation your attendance will be verified. **After 2 absences your final grade will be dropped 1/3 of a letter grade (example, from a B+ to a B or from a B to a B-). After 3 absences you will fail the class. (Please advise me of any unexpected situations.**

Disability Information: Students with Disabilities (SSD) provide counseling and academic accommodations to students with physical, psychological, learning and sensory disabilities. Services are located in Morehead Hall, Suite 305. 973-655-5431

Academic Integrity: “Students at Montclair State University are expected to be honest in all of their academic work. For faculty and staff at the university, cheating of any kind is an affront to the good work that all of us do. When a person cheats by stealing the ideas or words from another student, a published writer, or even an unsigned web page, that person is showing disrespect for the

author, the professor to whom the work is submitted, and ultimately to him or herself. At the university, ideas and words are very valuable; to borrow them without acknowledgement is to steal from another person.”

“It should be clear to every student that it is assumed and expected that work you hand in will always be your own, and that you will never copy sentences, phrases, paragraphs or whole essays from any other person’s work, for that is plagiarism.

Source: MSU Writing Center “Academic Integrity and Plagiarism, A Student Guide,”

Available: <http://english.Montclair.edu/Programs2/FirstYear/Plagiarism/htm>.

Technology Information: If you have any questions regarding your computer, software, canvas or any technology situation, please contact MSU Information/Technology Department. Click on the link <https://www.montclair.edu/information-technology/canvas-students/> or call 973 655-7971.

They are extremely helpful and will answer your questions. Also, if you do not have a computer to use you can borrow a laptop at no additional cost. Ask about Wi-Fi cards that are available to students.

Class Expectations:

1. Please participate in this course with an open mind and intent to read, listen and learn. Bring questions and lots of discussion to our discussion board and zoom meetings. ***Participation will make the course more interesting and will be a valuable asset to your grade.***
2. My expectation for you is not just to learn but to **live what you learn**. Making healthy choices almost always leads to a longer and happier life!

Student Outcomes: After completion of this course the student will be able to: 1.

Describe the medical, environmental, holistic, spiritual, and wellness, models of health. 2.

Understand and explain the importance of national health objectives for the year 2020. 3.

Describe ways the mind and body communicate biologically.

4. Describe signs of depression and anger with strategies for coping.

5. Describe sleep and dietary choices for well-being and biological energy.

6. Describe the benefits of activity and differences in aerobic and strength training.

7. List and define the major dimensions of human sexuality and safe sex practices 8.

Discuss abortion, contraception, fertilization, and implantation.

9. Identify the causative agent, symptoms, testing procedures and treatment for sexually transmitted infections/diseases

10. Recognize music lyrics effects societal behavior; especially teenage and young

adults. 11. Define addiction, psychological dependence, habituation, tolerance, and

withdrawal. 13. Identify physiological and psychological effects of tobacco

14. Discuss the prevalence of alcohol, reasons/attitudes of drinking among college students along with the short-term effects and long-term effects of alcohol.

15. Discuss the philosophy and method of treatment in acupuncture, chiropractic, herbal medicine, and homeopathy and why some people choose alternative medicine.

16. Describe interpersonal violence, hate crimes, and bullying.

17. Discuss the relationship between the environment and health.

Health 101 Schedule: (Changes may take place during the semester) Please review each module and discussion board for complete details

2/10 ZOOM 8:15 a.m.: Introduction/Expectations Q & A session

2/10 – 2/17 Module 1: Achieving Wellness Chapter 1 Cyber Café Introduction

Sign up for project
Homework Assignment #1 Due
3 projects due (see schedule)

2/17 – 2/24 Module 2: Mind-Body Communication Chapter 2 Managing Stress

Chapter 3 3 projects due (see schedule)

1 peer review of 2/17 project

2/24 ZOOM 9:00 a.m. Review Chapters 1-4, Q & A session

2/24 – 3/3 Module 3: Mental Health Chapter 4 Homework Assignment #2 Due

Study for test 1 on chapters 1, 2, 3, 4

3/3 Zoom 9:00 a.m. Introduction to Nutrition/Healthy Weight and Exercise **3/3 –**

3/10 Module 4: Introduction to Nutrition Chapter 5 **3/3 Test #1 at 9:00 a.m. on
Chapters 1, 2, 3, 4**

4 projects due (see schedule)

1 peer review of 2/24 project

3/10 – 3/17 Module 5: Managing a Healthy Weight Chapter 6 Homework

Assignment #3 Due

4 projects due (see schedule)

2 peer reviews of 3/10 projects

3/17 ZOOM 9:00 a.m. Review Chapters 5-7, Q & A session

3/17 – 3/24 Module 6: Exercise & Activity Chapter 7 Homework Assignment #4

Due

Study for test 2 on chapters 5, 6, 7

3/24 – 3/31 Module 7: Relationships/Anatomy & Physiology Chapter 8 **3/24**

Test #2 at 9:00 a.m. on Chapters 5, 6, 7

4 projects due (see schedule)

1 peer review of 3/17 projects

1 peer review of 3/24 projects

3/31 – 4/7 Module 8: Fertility Chapter 10 Homework Assignment #5 Due

4 projects due (see schedule)

1 peer review of 3/31 projects

4/7 ZOOM 9:00 a.m. Review Chapters 8-11, Q & A session

4/7 – 4/14 Module 9: Sexually Transmitted Infections/Diseases Chapter 11

Study for test 3 on chapters 8, 10, 11

4/14 – 4/21 Module 10: Drug Use & Abuse Chapter 16 *4/14 Test #3 at 9:00 a.m. on Chapters 8, 10, 11*

5 projects due (see schedule)

1 peer review of 4/7 projects

4/21 ZOOM 9:00 a.m. Intro to substance use and abuse

4/21 – 4/28 Module 11: Tobacco Use Chapter 17 5 projects due (see schedule)

2 peer reviews of 4/21 projects

4/28 – 5/5 Module 12: Alcohol Use & Abuse Chapter 18 5 projects due (see schedule)

3 peer reviews of 4/28 projects

5/5 – 5/12 Module 13: Alternative Care/Health Decisions Chapter 19 Module 13: Health Care Decisions/Insurance Chapter 20 2 peer reviews of 5/5 project

5/12 ZOOM 9:00 a.m. Review Chapters 12, 19, 20, Q & A session 5/12 – 5/19 Module 14: Preventing Diseases Chapter 12

5/19 Module 15:

TEST #4 at 9:00 a.m. on Chapters 12, 19, 20