

Personal Health Management

School of Dreams Academy & UNM Valencia

Instructor Information	
Name	Don Cole & Angelica Boyle
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Office Hours	Contact by email
Course Information	
Course Number/Sect.	HED 171 Section 550 CRN 40798
Semester/Term & Year	Spring 2018: January 15 th – May 13 th
Credit Hours	3
Class Meets	This class is a Dual Credit – Online Course, please log onto UNM Learn: https://learn.unm.edu/ . For instructions on how to use UNM Learn, visit http://online.unm.edu/help/learn/students/
Textbook/Materials	Materials will be accessed through UNM Learn.
Course Schedule	See attachment on UNM Learn
Course Description	Exploration of the major areas of health information pertinent to understanding how to achieve, maintain, and promote positive health. Topics covered include mental health, drugs, human sexuality, prevention and control of diseases, nutrition, consumer health and ecology.
Student Learning Objectives	<p>Student Learning Objectives = Knowledge, Skills & Appreciation</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Describe the six dimensions of wellness and the behavioral skills needed to establish a wellness lifestyle; 2. Develop a personal plan to track and change a particular health related behavior; 3. Describe and understand stress, sources of stress, the relationship between stress and disease, and techniques for managing stress; 4. Define and understand aspects of psychological health, psychological disorders, and psychological health strategies; 5. Identify the essential nutrients and describe the functions they perform in the body; 6. Describe and understand the components of a healthy diet and a personal healthy diet plan; 7. Identify and describe aspects of the body's immune system and various sources of disease; 8. Identify the most common types of unintentional injuries and prevention strategies; 9. Identify key physical, social, and mental changes that may accompany aging
Course Outline	<p><u>Class Expectations and Course Requirements</u></p> <p>Students are expected to turn in assignments on time, and be prepared for exams. Students will be required to participate in discussion activities and expected to assist in maintaining an on-line classroom environment that is conducive to learning.</p> <p><u>Attendance</u> Your instructor will take attendance online. Students must log-on to UNM Learn regularly.</p>

	<p><u>Exams</u> Exams will cover assigned chapters, discussions, assignments, and handout materials. The exams may contain a combination of any of the following: multiple-choice, matching, true or false and fill in the blank.</p> <p><u>Make Up Policy</u> For any <u>excused</u> absence, student will have the equal amount of time missed to make up any work that he or she has missed. Student will not be allowed to make up any assignment from an unexcused absence. Late work will not be accepted. Extra credit will not be offered.</p> <p><u>Homework and Assignments</u> You are required to read the chapters listed on the tentative schedule as part of your homework. Late work <u>will not be accepted</u>. Additionally, it is strongly recommended that you check UNM Learn daily. The instructor will post course materials that are necessary for course work, including other readings on UNM Learn.</p>																														
Assignments/Points	<p><u>Evaluation/Grading</u></p> <table border="0"> <tr><td>Mid-Term Exam</td><td>20 points</td></tr> <tr><td>Final Exam</td><td>20 points</td></tr> <tr><td>Group Discussions (12) (reply to 2 students)</td><td>40 points</td></tr> <tr><td>Homework Assignments (12)</td><td>40 points</td></tr> <tr><td>Quizzes (12)</td><td>60 points</td></tr> <tr><td>Personal Health Management Plan</td><td>20 points</td></tr> <tr><td>Total Possible Points</td><td>200 points</td></tr> </table> <p><u>Track Your Own Progress:</u></p> <table border="0"> <tr><td>Mid-Term Exam</td><td>___ points</td></tr> <tr><td>Final Exam</td><td>___ points</td></tr> <tr><td>Group Discussions (12)</td><td>___ points</td></tr> <tr><td>Homework Assignments (12)</td><td>___ points</td></tr> <tr><td>Quizzes (12)</td><td>___ points</td></tr> <tr><td>Personal Health Management Plan</td><td>___ points</td></tr> <tr><td></td><td>___ total points</td></tr> <tr><td>Total Possible Points</td><td>200 points</td></tr> </table>	Mid-Term Exam	20 points	Final Exam	20 points	Group Discussions (12) (reply to 2 students)	40 points	Homework Assignments (12)	40 points	Quizzes (12)	60 points	Personal Health Management Plan	20 points	Total Possible Points	200 points	Mid-Term Exam	___ points	Final Exam	___ points	Group Discussions (12)	___ points	Homework Assignments (12)	___ points	Quizzes (12)	___ points	Personal Health Management Plan	___ points		___ total points	Total Possible Points	200 points
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Due Dates	See HED 171 Spring 2018 course schedule on UNM Learn																														
Grading Scale	<p><u>Grading Scale</u></p> <table border="0"> <tr><td><u>194-<200 A+</u></td><td><u>148-<153 C</u></td></tr> <tr><td><u>188-<193 A</u></td><td><u>140-<147 C-</u></td></tr> <tr><td><u>180-<187 A-</u></td><td><u>134-139 D+</u></td></tr> <tr><td><u>174-<179 B+</u></td><td><u>128-<133 D</u></td></tr> <tr><td><u>168-<173 B</u></td><td><u>120-<127 D-</u></td></tr> <tr><td><u>160-<167 B-</u></td><td><u><119 F</u></td></tr> <tr><td><u>154-<159 C+</u></td><td></td></tr> </table>	<u>194-<200 A+</u>	<u>148-<153 C</u>	<u>188-<193 A</u>	<u>140-<147 C-</u>	<u>180-<187 A-</u>	<u>134-139 D+</u>	<u>174-<179 B+</u>	<u>128-<133 D</u>	<u>168-<173 B</u>	<u>120-<127 D-</u>	<u>160-<167 B-</u>	<u><119 F</u>	<u>154-<159 C+</u>																	
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Guidelines

Etiquette online

The following dispositions are expected of all of us:

- Act in an ethical manner with integrity and fairness;
- Take responsibility for one's own actions and behaviors;
- Work collaboratively with colleagues; demonstrate social and relationship skills;
- Demonstrate willingness to explore and understand cultural differences as well as different experiences that come with growing up in different socio-economic levels; maintain self-awareness and critique personal biases;
- Through the course, demonstrate understanding of and commitment to dialogue as a way of teaching, learning from, and connecting with others;
- Have habits of mind that:
 - ✓ Demonstrate persistence and commitment to continuous learning
 - ✓ Demonstrate flexible thinking and the ability to take multiple perspectives
 - ✓ Demonstrate the willingness to take responsible risks
 - ✓ Demonstrate independent thinking and accountability
 - ✓ Demonstrate appreciation, empathy and respect for others & self
 - ✓ Demonstrate energy, enthusiasm and hopefulness as well as critical reflection & analysis

Discussion Board: There will also be a weekly discussion topic which you are expected to participate in. Discussion topics correspond to the weekly reading assignments. Students are expected to be respectful and courteous to their instructor and fellow students may be asked to leave the discussion and points will be deducted.

Academic Dishonesty:

Each student is expected to maintain the highest standards of honesty and integrity in academic and professional matters. The University reserves the right to take disciplinary action, including dismissal, against any student who is found responsible for academic dishonesty. Any student who has been judged to have been engaged in academic dishonesty in course work may receive a reduced or failing grade for the work in question and/or for the course.

Academic dishonesty includes; but is not limited to, dishonesty in quizzes, tests, or assignments; claiming credit for work not done or done by others; hindering the academic work of other students; and misrepresenting academic or professional qualifications within or outside the University.

Cases of cheating (including plagiarism-representing someone else's work as your own) will be dealt with according to policies in the The Pathfinder, UNM's official student policies manual. **Violation of the principles of integrity and honesty can forfeit your course credit.**

Required Technical Skills

Online classes are different from on-campus classes and require self-discipline, and motivation, and an above-average measure of confidence in one's computer skills.

Computer Requirements and Skills:

- A computer less than 3 years old to which you have access day and night
- Reliable and stable access to the Internet (broadband/high-speed is highly recommended)
- Microsoft Internet Explorer 6.0 or higher or Mozilla Firefox 1.5 Web browser

	<ul style="list-style-type: none">• A valid email account• Basic computer skills (ability to copy and paste, add attachments, and navigate the Internet). <p>Students are expected to meet the course requirements during the entire semester. If you run into difficulty with the computer you normally use for the course, you are required to find and use an alternate computer in order to complete all assignments. <u>Late assignments will not be accepted based on student inability to access a computer.</u></p>
Accommodations	<p>Equal Access Statement Check also with your instructor. Equal Access Services, (505) 925-8560, http://www.unm.edu/~vcadvise/equalaccess.htm, provides academic support to students with disabilities. If you need alternative formats for completing coursework, you should contact this service immediately to ensure your success.</p>