

# HLED 2150: Foundations of Health Promotion

*University of New Mexico*

*Valencia Campus*

<u>Instructor Information</u>	
<u>Name</u>	Angelica Boyle, B.S., M.S.
<u>Email</u>	Please use <b>COURSE MESSAGES on UNM Learn</b> . See below for more details. (akozicki@unm.edu)
<u>Office Location/Hours</u>	<u>Online course messages, online zoom meetings or in person by appointment</u>
<u>Course Information</u>	
<u>Course Number/Sect.</u>	HLED 2150 Section 501 CRN 50922
<u>Semester/Term &amp; Year</u>	Spring 2021: March 22 <sup>nd</sup> – May 15 <sup>th</sup> – an online 8 week course
<u>Credit Hours</u>	3
<u>Class Meets</u>	This class is Online, please log onto UNM Learn: <a href="https://learn.unm.edu/">https://learn.unm.edu/</a> . For instructions on how to use UNM Learn, visit <a href="http://online.unm.edu/help/learn/students/">http://online.unm.edu/help/learn/students/</a>
<u>Textbook/Materials</u>	<b>Principles and Foundations of Health Promotion &amp; Education, 7<sup>th</sup> Edition. Randall R. Cottrell, James T. Cirvan &amp; James F. McKenzie.</b> <b>ISBN-9780134517650</b>
<u>Course Schedule</u>	<b><u>See Course Schedule Attachment on UNM Learn</u></b>
<u>Prerequisites and Co-requisites</u>	There are no prerequisites or co-requisites for this course
<u>Course Description</u>	This course introduces students in Health Education to basic principles and terms, theories, models, ethical issues, health education journals, agencies, associations, the competencies to become a Certified Health Education Specialist (CHES) and related foundations to enhance the health status of individuals and communities.
<u>Student Learning Objectives</u>	<b><u>Students will:</u></b>  <ol style="list-style-type: none"> <li>1. Describe basic principles and terms of the profession of health education;</li> <li>2. Describe the current status of health education and explain why it is important for health education professionals to understand the history of health, health education, and health care;</li> <li>3. Identify five predominant philosophies, theories and models of health education;</li> <li>4. Describe the five ethical issues currently facing the profession of health education and outline a guide for making ethical decisions;</li> <li>5. Describe the difference between a primary, a secondary, and tertiary, and a popular press source;</li> <li>6. Identify ways, such as networking, health educators can stay up-to-date in the field and become familiar with various journals, health agencies, associations and organizations with which the profession of health education interacts;</li> <li>7. Identify the competencies needed for the Certified Health Education Specialist (CHES) in each of the four major practice setting;</li> </ol>
<u>Technical Skills</u>	In order to participate and succeed in this class, you will need to be able to perform the following basic technical tasks: <ul style="list-style-type: none"> <li>• Use UNM Learn (help documentation located in "How to Use Learn" link on left course menu.</li> <li>• Use email – including attaching files, opening files, downloading attachments</li> <li>• Copy and paste within applications including Microsoft Office</li> <li>• Open a hyperlink (click on a hyperlink to get to a website or online resource)</li> <li>• Use Microsoft Office applications</li> </ul>

	<ul style="list-style-type: none"> <li>○ Create, download, update, save and upload MS Word documents</li> <li>○ Create, download, update, save and upload MS PowerPoint presentations</li> <li>○ Create, download, update, save and upload MS Excel spreadsheets</li> <li>○ Download, annotate, save and upload PDF files</li> <li>● Use Kaltura media to upload videos (instructions will be posted on UNM Learn)</li> <li>● Download and install an application or plug in – required for participating in web conferencing sessions</li> </ul>
<p><u>Computer Requirements/Skills</u></p>	<p><b>Computer</b></p> <ul style="list-style-type: none"> <li>● A high speed Internet connection is highly recommended.</li> <li>● Supported browsers include: Internet Explorer, Firefox, and Safari. Detailed Supported Browsers and Operating Systems: <a href="http://online.unm.edu/help/learn/students/">http://online.unm.edu/help/learn/students/</a></li> <li>● Any computer capable of running a recently updated web browser should be sufficient to access your online course. However, bear in mind that processor speed, amount of RAM and Internet connection speed can greatly affect performance. Many locations offer free high-speed Internet access including <a href="#">UNM’s Computer Pods</a>.</li> <li>● For using the Kaltura Media Tools inside Learn, be sure you have downloaded and installed the latest version of <a href="#">Java</a>, <a href="#">Flash</a>, and <a href="#">Mozilla Firefox</a>. They may not come preloaded.</li> <li>● Microsoft Office products are available free for all UNM students (more information on the UNM IT Software Distribution and Downloads page: <a href="http://it.unm.edu/software/index.html">http://it.unm.edu/software/index.html</a>)</li> </ul> <p>For UNM Learn Technical Support: (505) 277-0857 (24/7) or use the “Create a Support Ticket” link in your course.</p> <p>Tracking Course Activity UNM Learn automatically records all students’ activities including: your first and last access to the course, the pages you have accessed, the number of discussion messages you have read and sent, web conferencing, discussion text, and posted discussion topics. This data can be accessed by the instructor to evaluate class participation and to identify students having difficulty.</p>
<p><u>Coursework and Participation</u></p>	<p><b>COURSE MESSAGES:</b> Before a student emails the instructor please check:</p> <ol style="list-style-type: none"> <li>1) <b>Course Syllabus</b></li> <li>2) <b>UNM Learn Course Content Homepage</b></li> </ol> <p>Please email the instructor on UNM Learn using course messages. Response time is usually within 24-48 hours. If you do not hear from me, please email me again. Sometimes emails get lost. Email me at <a href="mailto:akozicki@unm.edu">akozicki@unm.edu</a> only under special circumstances.</p> <p><b>Zoom Meeting</b> If you need to set up a zoom meeting with the instructor, below are some resources:</p> <ul style="list-style-type: none"> <li>· Joining a meeting for the first time: <a href="https://online.unm.edu/help/learn/students/web-conferencing/zoom/index.html">https://online.unm.edu/help/learn/students/web-conferencing/zoom/index.html</a></li> <li>· Configuring Audio and Video: <a href="https://www.youtube.com/embed/HqncX7RE0wM?rel=0&amp;autoplay=1&amp;cc_load_policy=1">https://www.youtube.com/embed/HqncX7RE0wM?rel=0&amp;autoplay=1&amp;cc_load_policy=1</a></li> <li>· Test your internet connection by joining a test meeting: <a href="https://zoom.us/test">https://zoom.us/test</a></li> </ul>

### **Time Commitment**

This class is 3 credits. A traditional 3-credit general-education class meets for approximately 3 hours per week for 16 weeks. Since this is an online class, the in-class time is replaced by learning from readings and chapter exercises.

Even though this is an online class, you can expect to put in the same amount of time as you would for a traditional class. You may find it impossible to succeed on the more difficult assignments if you wait until the last day before they are due to begin them. The skills we learn in this class require time, so it is your responsibility to manage your time accordingly.

BE SURE TO KEEP THE SCHEDULE HANDY BECAUSE IT CONTAINS DUE DATES FOR THE ASSIGNMENTS.

### **Late or Missing Assignment**

Late or missing assignments are unacceptable or depending on the situation. If you know ahead of time that you will miss an assignment or exam, please email me to make arrangements. Give at least 24 hours notice and email any appropriate documentation.

### **Make Up Policy**

For authorized representation of the University or illness, or emergency, a make-up opportunity will be allowed if arrangements are made in advance or proper documentation is provided. Contact the instructor immediately to discuss options.

**CHAPTER ASSIGNMENTS:** Students will submit chapter assignments on UNM Learn weekly.

**COURSE DISCUSSIONS:** Each student will participate in the course discussion due by Thursdays and must respond to at least two other student posts by Sundays. Please be respectful.

### **Final Project**

Choose a Health Education/Promotion topic and priority population of influence, select one Spectrum of Prevention from the list below, and create a brief Strategic Plan for a Health program using the Strategic Prevention Framework (5 Steps). Your topic, population, and prevention plan should INSPIRE you. Evaluate and assess the resources you would need to implement your plan and create ideas for overcoming any boundaries to your program's success. More details and examples will be on UNM Learn.

### **Meeting/Presentation/Health Promotion Events**

Attend or view one Health Promotion related events or webinars and describe the information presented.

Choose one of the following for your paper:

1. A live lecture, presentation, or meeting to attend related to health education/health promotion
2. A webinar related to health education/health promotion (TED Talks are acceptable)

Paper guidelines will be available on UNM Learn.

	<p><b>EXAMS:</b> There will be 2 exams. Each exam will have essay, T/F and multiple choice and will cover many chapters. You can take the exam whenever it is convenient for you during the week and will be due by 11:59PM at the end of the week.</p> <p><b>Expectations for Participation</b></p> <ul style="list-style-type: none"> <li>• time required (~9-12 per week)</li> <li>• students are expected to learn how to navigate in Learn</li> <li>• students are expected to communicate with one another in team projects</li> <li>• students are expected to keep up-to-date of course announcements</li> <li>• students are expected to use the Learn course email as opposed to a personal email address</li> <li>• students are expected to keep instructor informed of class related problems, or problems that may prevent the student from full participation</li> <li>• students are expected to address technical problems immediately</li> <li>• <i>“In following with the UNM Student Handbook, all students will show respect to their fellow students and instructor when interacting in this course. Take Netiquette suggestions seriously. Flaming is considered a serious violation and will be dealt with promptly. Postings that do not reflect respect will be taken down immediately.” (Rebecca Adams, OLIT 535)</i></li> <li>• <i>“This course encourages different perspectives related to such factors as gender, race, nationality, ethnicity, sexual orientation, religion, and other relevant cultural identities. The course seeks to foster understanding and inclusiveness related to such diverse perspectives and ways of communicating.”</i></li> </ul> <p>Link to Netiquette document:  <a href="http://online.unm.edu/help/learn/students/pdf/discussion-netiquette.pdf">http://online.unm.edu/help/learn/students/pdf/discussion-netiquette.pdf</a></p>																				
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<p><u>UNM Policies</u></p>	<p><b><u>Title IX: Gender Discrimination</u></b>  In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees” by the Department of Education (see pg 15 - <a href="http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf">http://www2.ed.gov/about/offices/list/ocr/docs/qa-201404-title-ix.pdf</a>). This designation requires that any report of gender discrimination which includes sexual harassment, sexual misconduct and sexual violence made to a faculty member, TA, or GA must be reported to the Title IX Coordinator at the Office of Equal Opportunity (<a href="http://oeo.unm.edu">oeo.unm.edu</a>). For more information on the campus policy regarding sexual misconduct, see: <a href="https://policy.unm.edu/university-policies/2000/2740.html">https://policy.unm.edu/university-policies/2000/2740.html</a></p> <p><b><u>Copyright Issues</u></b>  All materials in this course fall under copyright laws and should not be downloaded, distributed, or used by students for any purpose outside this course.</p> <p><b><u>Accessibility</u></b>  The American with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodations of their disabilities. If you have a disability requiring accommodation, please contact the UNM Accessibility Resource Center in 2021 Mesa Vista Hall at 277-3506 or <a href="http://as2.unm.edu/index.html">http://as2.unm.edu/index.html</a>. Information about your disability is confidential.</p> <ul style="list-style-type: none"> <li>• Blackboard’s Accessibility statement:  <a href="http://www.blackboard.com/accessibility.aspx">http://www.blackboard.com/accessibility.aspx</a></li> </ul> <p><b><u>Academic Misconduct</u></b>  The University of New Mexico believes that academic honesty is a foundation principle for personal and academic development. All University policies regarding academic honesty apply to this course. Academic dishonesty includes, but is not limited to, cheating or copying, plagiarism (claiming credit for the words or works of another from any type of source such as print, Internet or electronic database, or failing to cite the source), fabricating information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. The University’s full statement on academic honesty and the consequences for failure to comply is available in the college catalog and in the Pathfinder.</p>
<p><u>UNM Resources</u></p>	<p><b><u>UNM Valencia Campus Learning Center</u></b> <a href="https://valencia.unm.edu/campus-resources/the-learning-center/learning-center.html">https://valencia.unm.edu/campus-resources/the-learning-center/learning-center.html</a>  Tutoring is now online and tutors are ready to serve you through zoom.</p> <p><b><u>UNM Coronavirus Updates</u></b>  The University of New Mexico strives to promote and maintain a safe, healthy learning and working environment for all of our students, faculty, staff and visitors. UNM is closely monitoring the emerging global public health concern related to the novel coronavirus (COVID-19) through trusted authorities including the <a href="#">Center for Disease Control and Prevention (CDC)</a>, <a href="#">U.S. Department of State</a>, <a href="#">World Health Organization</a>, <a href="#">New Mexico Department of Health</a> and UNM Health Sciences. This webpage provides updates relevant to the UNM community along with links to various resources available to students, faculty and staff.  <a href="https://www.unm.edu/coronavirus/">https://www.unm.edu/coronavirus/</a></p>

**UNM Mental Health Resources**

A list of mental health resources.

<https://mentalhealth.unm.edu/>

**Student Health & Counseling (SHAC) Online Services**

SHAC provides quality health and counseling services to all UNM students to foster student success.

<http://online.unm.edu/help/learn/support/shac>

**CAPS Tutoring Services** <http://caps.unm.edu/programs/online-tutoring/>

CAPS is a free-of-charge educational assistance program available to UNM students enrolled in classes. Online services include the Online Writing Lab, Chatting with or asking a question of a Tutor.

**UNM Libraries** <http://library.unm.edu>