

Personal Health Management

UNM Valencia Campus

Instructor Information	
Name	Angelica Boyle, M.S.
Email	akozicki@unm.edu
Office Hours	Online, please contact by email
Course Information	
Course Number/Sect.	HED 171 Section 501 CRN 37931
Semester/Term & Year	Fall 2015: August 17 th – December 12 th a 16 week course
Credit Hours	3
Class Schedule	Online using UNM Learn (learn.unm.edu)
Textbook/Materials	<i>Core Concepts in Health 13th Edition (Brief)</i> . Paul M. Insel & Walton T. Roth There may be other materials required for this class. These materials will be accessed through 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 (Chapter 1); 2. Identify major goals of the national Healthy People Initiative 2020 (Chapter 1); 3. Describe the steps in creating a behavior management plan to change a health-related behavior (Chapter 1); 4. Develop a personal plan to track and change a particular health related behavior; 5. Describe and understand stress, sources of stress, the relationship between stress and disease, and techniques for managing stress; (Chapter 2) 6. Define and understand aspects of psychological health, psychological disorders, and psychological health strategies; (Chapter 3) 7. Describe and understand the various aspects of healthy intimate relationships and the importance of communication skills; (Chapter 4) 8. Identify and describe the male and female sexual structure and function and the guidelines for safe, responsible sexual behavior; (Chapter 5) 9. Describe and understand fertility, pregnancy, and childbirth; (Chapter 5) 10. Identify various methods of contraception; (Chapter 6) 11. Identify and describe various aspects of the abortion issue; (Chapter 6) 12. Describe and understand aspects of drug use and abuse; (Chapter 7) 13. Understand the nature of alcohol and tobacco, problems associated with alcohol and tobacco abuse, and effects on health; (Chapter 8) 14. Identify the essential nutrients and describe the functions they perform in the body; (Chapter 9) 15. Describe and understand the components of a healthy diet and a personal healthy diet plan; (Chapter 9) 16. Describe and understand the aspects of the 5 physical fitness components and the wellness benefits of physical activity; (Chapter 10) 17. Demonstrate an understanding of the basic concepts of weight management and methods to assess body composition; (Chapter 11)

	<ol style="list-style-type: none"> 18. Identify factors that may contribute to a weight management problem, including genetic, physiological, lifestyle, and psychosocial factors and the health risks associated with being overweight or obese; (Chapter 11) 19. Identify major risk factors for cardiovascular disease and cancer plus other common diseases and preventive factors; (Chapter 12) 20. Identify and describe aspects of the body's immune system and various sources of disease; (Chapter 13) 21. Identify and describe signs, symptoms, transmission and prevention of STD's; 22. Identify strategies for healthful aging; (Chapter 13) 23. Identify environmental health concerns and the strategies that individuals, communities, and nations can take to preserve and restore the environment. (Chapter 14) 24. Develop personal skills for consumer consumption of health products, conventional, alternative or integrative medical systems, and insurance; (Chapter 15) 25. Identify the most common types of unintentional injuries and prevention strategies; (Chapter 16)
Course Outline	<p><u>Class Expectations and Course Requirements</u></p> <p>There will be 2 exams, 16 short homework assignments and 13 quizzes given during the semester. Each exam will be worth 100 points. The 16 homework assignments, 16 discussions and 13 quizzes will be worth a total of 580 points and your final personal health behavior plan (2 parts) will be worth 200 points. Your final grade will be the average of total points earned.</p> <p><u>Students are expected to purchase and read the text, read other selected materials, turn in assignments on time, and be prepared for exams.</u> 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></p> <p>Your instructor will take attendance online. Students must log-on to UNM Learn regularly.</p> <p><u>Exams</u></p> <p>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></p> <p>For authorized representation of the University or illness, a make-up exam will be allowed if arrangements are made in advance of the absence. In other words, you must contact your instructor BEFORE you miss an exam or due date for homework. For illness or emergencies, a make-up exam will be allowed if appropriate documentation is provided.</p> <p>The instructor reserves the right to administer a different exam or assignment at her convenience; different from the one that was administered during the originally scheduled time online.</p> <p><u>Homework and Assignments</u></p> <p>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</p>

	that you check UNM Learn daily . The instructor will post course materials that are necessary for course work, including other readings on UNM Learn .																																		
Assignments/Points	<p><u>Evaluation/Grading</u></p> <table> <tr><td>Mid-Term Exam</td><td>100 points</td></tr> <tr><td>Final Exam</td><td>100 points</td></tr> <tr><td>Group Discussions (16)</td><td>160 points</td></tr> <tr><td>Homework Assignments (16)</td><td>160 points</td></tr> <tr><td>Quizzes (13)</td><td>260 points</td></tr> <tr><td>Personal Health Management Plan Part 1</td><td>100 points</td></tr> <tr><td><u>Personal Health Management Plan Part 2</u></td><td><u>100 points</u></td></tr> <tr><td>Total Possible Points</td><td>980 points</td></tr> </table> <p><u>Track Your Own Progress:</u></p> <table> <tr><td>Mid-Term Exam</td><td>___ points</td></tr> <tr><td>Final Exam</td><td>___ points</td></tr> <tr><td>Group Discussions (16)</td><td>___ points</td></tr> <tr><td>Homework Assignments (16)</td><td>___ points</td></tr> <tr><td>Quizzes (13)</td><td>___ points</td></tr> <tr><td>Personal Health Plan Part 1</td><td>___ points</td></tr> <tr><td>Personal Health Plan Part 2</td><td>___ points</td></tr> <tr><td></td><td>___ total points</td></tr> <tr><td>Total Possible Points</td><td>980 points</td></tr> </table>	Mid-Term Exam	100 points	Final Exam	100 points	Group Discussions (16)	160 points	Homework Assignments (16)	160 points	Quizzes (13)	260 points	Personal Health Management Plan Part 1	100 points	<u>Personal Health Management Plan Part 2</u>	<u>100 points</u>	Total Possible Points	980 points	Mid-Term Exam	___ points	Final Exam	___ points	Group Discussions (16)	___ points	Homework Assignments (16)	___ points	Quizzes (13)	___ points	Personal Health Plan Part 1	___ points	Personal Health Plan Part 2	___ points		___ total points	Total Possible Points	980 points
Mid-Term Exam	100 points																																		
Final Exam	100 points																																		
Group Discussions (16)	160 points																																		
Homework Assignments (16)	160 points																																		
Quizzes (13)	260 points																																		
Personal Health Management Plan Part 1	100 points																																		
<u>Personal Health Management Plan Part 2</u>	<u>100 points</u>																																		
Total Possible Points	980 points																																		
Mid-Term Exam	___ points																																		
Final Exam	___ points																																		
Group Discussions (16)	___ points																																		
Homework Assignments (16)	___ points																																		
Quizzes (13)	___ points																																		
Personal Health Plan Part 1	___ points																																		
Personal Health Plan Part 2	___ points																																		
	___ total points																																		
Total Possible Points	980 points																																		
Due Dates	See HED 171 Fall 2015 course schedule on UNM Learn																																		
Grading Scale	<p><u>Grading Scale</u></p> <table> <tr><td>960-<980 A+</td><td>730-<770 C</td></tr> <tr><td>930-<960 A</td><td>700-<730 C-</td></tr> <tr><td>900-<930 A-</td><td>670-700 D+</td></tr> <tr><td>870-<900 B+</td><td>630-<670 D</td></tr> <tr><td>830-<870 B</td><td>600-<630 D-</td></tr> <tr><td>800-<830 B-</td><td><600 F</td></tr> <tr><td>770-<800 C+</td><td></td></tr> </table> <p>You must earn at least 730 points to earn credit for this course if taking it for C/NC. <i>Personal Health Management Plan is extra credit for students taking course for C/NC.</i></p>	960-<980 A+	730-<770 C	930-<960 A	700-<730 C-	900-<930 A-	670-700 D+	870-<900 B+	630-<670 D	830-<870 B	600-<630 D-	800-<830 B-	<600 F	770-<800 C+																					
960-<980 A+	730-<770 C																																		
930-<960 A	700-<730 C-																																		
900-<930 A-	670-700 D+																																		
870-<900 B+	630-<670 D																																		
830-<870 B	600-<630 D-																																		
800-<830 B-	<600 F																																		
770-<800 C+																																			
Guidelines	<p><u>Etiquette online</u></p> <p>The following dispositions are expected of all of us:</p> <ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> ✓ Demonstrate persistence and commitment to continuous learning 																																		

	<ul style="list-style-type: none"> ✓ 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 <p><u>Discussion Board:</u> 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.</p> <p><u>Academic Dishonesty:</u> 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.</p> <p>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.</p> <p>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. <u>Violation of the principles of integrity and honesty can forfeit your course credit.</u></p> <p><u>Required Technical Skills</u> 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.</p> <p><u>Computer Requirements and Skills:</u></p> <ul style="list-style-type: none"> • 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 • 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><u>Equal Access Statement</u> 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>

****The instructor reserves the right to change any material/requirements on the syllabus.***