

Foundations of Health Promotion

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 260 Section 501 CRN 41205
Semester/Term & Year	Spring 2016: January 18 th – May 14 th a 16 week course
Credit Hours	3
Class Meets	This class is Web-Enhanced, 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	<i>Principles and Foundations of Health Promotion & Education, 6th Edition. Randall R. Cottrell, James T. Cirvan & James F. McKenzie.</i> There may be other materials required for this class. These materials will be accessed through UNM Learn.
Course Schedule/Due Dates	See attachment on UNM Learn
Course Description	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.
Student Learning Objectives	<p>Student Learning Objectives = Knowledge, Skills & Appreciation</p> <p>Students will:</p> <ol style="list-style-type: none"> 1. Describe basic principles and terms of the profession of health education (Chapter 1); 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 (Chapter 1 & 2); 3. Identify five predominant philosophies, theories and models of health education (Chapter 3 & 4); 4. Describe the five ethical issues currently facing the profession of health education and outline a guide for making ethical decisions (Chapter 5); 5. Describe the difference between a primary, a secondary, and tertiary, and a popular press source (Chapter 9); 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 (Chapter 6, 7, 8 & 9); 7. Identify the competencies needed for the Certified Health Education Specialist (CHES) in each of the four major practice setting (Chapter 10); 8. Have an appreciation of Health Education/Health Promotion in creating social, economic, and political change that benefits the health of individuals, groups and the environment.
Course Outline	<p>Class Expectations and Course Requirements</p> <p>There will be 4 exams, 10 homework assignments, 10 quizzes and 10 discussions given during the semester. Each exam will be worth 100 points. The 10 homework assignments, quizzes and discussions will be worth a total of 400 points. Your final project will be worth 100 points. You will need to attend at least 2 meetings,</p>

presentations, or health promotion events and report on them to receive 100 points. Your final grade will be the average of total points earned on the exams and the homework.

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.

Meetings/Presentations/Health Promotion Events

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

Choose one of the following for each paper topic:

1. A live lecture, presentation, or meeting to attend
2. A webinar related to view

Paper guidelines will be available on UNM Learn.

Students are expected to purchase and read the text, read other selected materials, 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.

Attendance

Your instructor will take attendance online. Students must log-on to **UNM Learn** regularly and check their UNM Lobomail.

Exams

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.

Make Up Policy

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.

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.

Homework and Assignments

You are required to read the chapters listed on the tentative schedule as part of your homework. Late work **will not be accepted**. 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**.

Assignments/Points	<p>Evaluation/Grading</p> <p>Exam 1 (50 questions) 100 points</p> <p>Exam 2 (50 questions) 100 points</p> <p>Exam 3 (50 questions) 100 points</p> <p>Exam 4 (50 questions) 100 points</p> <p>Homework Assignments (10) 100 points</p> <p>Quizzes (10) (20 questions) 200 points</p> <p>Discussions (10) 100 points</p> <p>Attend (2) meetings/workshops 100 points</p> <p>Final Project 100 points</p> <hr/> <p>Total Possible Points 1,000 points</p> <p>Track Your Own Progress:</p> <p>Exam 1 ____ points</p> <p>Exam 2 ____ points</p> <p>Exam 3 ____ points</p> <p>Exam 4 ____ points</p> <p>Homework Assignments (10) ____ points</p> <p>Quizzes (10) ____ points</p> <p>Discussions (10) ____ points</p> <p>Attend (2) meetings/workshops ____ points</p> <p>Final Project ____ points</p> <p>____ total points</p> <p>Total Possible Points 1,000 points</p>
Grading Scale	<p>Grading Scale</p> <p>970-1000 A+ 730-<770 C</p> <p>930-<970 A 700-<730 C-</p> <p>900-<930 A- 670-700 D+</p> <p>870-<900 B+ 630-<670 D</p> <p>830-<870 B 600-<630 D-</p> <p>800-<830 B- <600 F</p> <p>770-<800 C+</p> <p>You must earn at least 730 points to earn credit for this course if taking it for C/NC.</p> <p><i>Personal Health Management Plan is extra credit for students taking course for C/NC.</i></p>
Guidelines	<p>Etiquette online</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 ✓ Demonstrate flexible thinking and the ability to take multiple perspectives

	<ul style="list-style-type: none"> ✓ 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.***