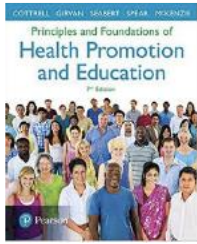


HLED 2150: Foundations of Health Promotion

University of New Mexico

Valencia Campus

Instructor Information	
<u>Name</u>	Jennifer Escajeda, MPH
<u>Email</u>	Please use Online Course Messages- Canvas Inbox . See below for more details. Email: jescajed@unm.edu
<u>Office Location/Hours</u>	Online course messages, online zoom meetings or in person by appointment
Course Information	
<u>Course Number/Sect.</u>	HLED 2150 Section 501 CRN 50922
<u>Semester/Term & Year</u>	Spring 2025: March 24 th – May 18 th – an online 8 week course
<u>Credit Hours</u>	3
<u>Class Meets</u>	This class is Online, please log onto Canvas: https://canvas.unm.edu/
<u>Textbook/Materials</u>	<p>Principles and Foundations of Health Promotion & Education, 7th Edition. Randall R. Cottrell, James T. Cirvan & James F. McKenzie. ISBN-9780134517650</p> 
<u>Course Schedule</u>	See Course Schedule Attachment on Canvas
<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>	<p>Students will:</p> <ol style="list-style-type: none"> 1. Describe basic principles and terms of the profession of health education; 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; 3. Identify five predominant philosophies, theories and models of health education; 4. Describe the five ethical issues currently facing the profession of health education and outline a guide for making ethical decisions; 5. Describe the difference between a primary, a secondary, and tertiary, and a popular press source; 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; 7. Identify the competencies needed for the Certified Health Education Specialist (CHES) in each of the four major practice setting;
<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"> • Use Canvas (help documentation located in “Help”>”UNM Canvas Help Site” link on left course menu, and also at Online Student Documentation). • Use email – including attaching files, opening files, downloading attachments • Copy and paste within applications including Microsoft Office • Open a hyperlink (click on a hyperlink to get to a website or online resource) • Use Microsoft Office applications <ul style="list-style-type: none"> ○ Create, download, update, save and upload MS Word documents ○ Create, download, update, save and upload MS PowerPoint presentations ○ Create, download, update, save and upload MS Excel spreadsheets ○ Download, annotate, save and upload PDF files • Use the in-course web conferencing tool (Zoom) if needed • Download and install an application or plug in – required for participating in web conferencing sessions if needed.
<p><u>Computer Requirements/Skills</u></p>	<p>Computer</p> <ul style="list-style-type: none"> • A high speed Internet connection is highly recommended. • Supported browsers include: Internet Explorer, Firefox, and Safari. • 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. • Microsoft Office products are available free for all UNM students (more information on the UNM IT Software Distribution and Downloads page: http://it.unm.edu/software/index.html) <p>For UNM Canvas Technical Support: (505) 277-0857 (24/7) or visit the Canvas Info Site</p>
<p><u>Coursework and Participation</u></p>	<p><u>COURSE MESSAGES:</u> Before a student emails the instructor please check:</p> <ol style="list-style-type: none"> 1) Course Syllabus 2) Canvas Course Content Homepage <p>Please email the instructor on Canvas 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 jescajed@unm.edu only under special circumstances.</p> <p><u>Time Commitment</u></p> <p>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.</p> <p>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.</p> <p>BE SURE TO KEEP THE SCHEDULE HANDY BECAUSE IT CONTAINS DUE DATES FOR THE ASSIGNMENTS.</p> <p><u>CHAPTER ASSIGNMENTS:</u> Students will submit chapter assignments on UNM Canvas weekly.</p>

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 Canvas.

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 Canvas.

EXAMS: 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.

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.

Expectations for Participation

- time required (~8-10 per week)
- students are expected to learn how to navigate in Canvas
- students are expected to communicate with one another in team projects
- students are expected to keep up-to-date of course announcements
- students are expected to use the Canvas course email as opposed to a personal email address
- students are expected to keep instructor informed of class related problems, or problems that may prevent the student from full participation
- students are expected to address technical problems immediately

What to do if Canvas goes offline

Please wait to turn in assignments until it goes back online or email the instructor at jescajed@unm.edu for further instructions.

<p><u>Netiquette</u></p>	<ul style="list-style-type: none"> In following with the UNM Student Handbook, all students will show respect to their fellow students and instructor when interacting in this course. <p>Pro Tip: Netiquette :: Canvas @ UNM The University of New Mexico</p>																				
<p><u>Grading Procedures</u></p>	<ul style="list-style-type: none"> It is required you check Canvas daily for course materials posted by the instructor that are necessary for course work and/or any class changes. Please check announcements often on the homepage & announcements tab. Instructor Response Time and Feedback. There will be multiple opportunities to give and receive feedback in this course. Clear and timely feedback will be provided throughout the course to each student in various ways. I will provide comments and feedback on assignments/papers. Papers and assignments will be graded within one week of the due date. The “Grades” tab will be used to record student progress. 																				
<p><u>Assignments/Points</u></p>	<p><u>Evaluation/Grading</u></p> <table border="0"> <tr> <td><u>Syllabus Quiz</u></td> <td><u>5 points</u></td> </tr> <tr> <td><u>Introduction Post</u></td> <td><u>5 points</u></td> </tr> <tr> <td><u>Homework Assignments (10)</u></td> <td><u>50 points</u></td> </tr> <tr> <td><u>Discussions (10)</u></td> <td><u>50 points</u></td> </tr> <tr> <td><u>Attend (1) meeting/workshop</u></td> <td><u>60 points</u></td> </tr> <tr> <td><u>Final Project</u></td> <td><u>100 points</u></td> </tr> <tr> <td><u>Mid-Term</u></td> <td><u>25 points</u></td> </tr> <tr> <td><u>Final Exam</u></td> <td><u>25 points</u></td> </tr> <tr> <td> </td> <td></td> </tr> <tr> <td><u>Total Possible Points</u></td> <td><u>320 points</u></td> </tr> </table>	<u>Syllabus Quiz</u>	<u>5 points</u>	<u>Introduction Post</u>	<u>5 points</u>	<u>Homework Assignments (10)</u>	<u>50 points</u>	<u>Discussions (10)</u>	<u>50 points</u>	<u>Attend (1) meeting/workshop</u>	<u>60 points</u>	<u>Final Project</u>	<u>100 points</u>	<u>Mid-Term</u>	<u>25 points</u>	<u>Final Exam</u>	<u>25 points</u>	 		<u>Total Possible Points</u>	<u>320 points</u>
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<p><u>UNM Policies</u></p>	<p><u>Title IX</u> In an effort to meet obligations under Title IX, UNM faculty, Teaching Assistants, and Graduate Assistants are considered “responsible employees.” 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 (oeo.unm.edu). For more information on the campus policy regarding sexual misconduct, see: https://policy.unm.edu/university-policies/2000/2740.html</p> <p><u>Accommodations</u> UNM is committed to providing equitable access to learning opportunities for students with documented disabilities. As your instructor, it is my objective to facilitate an inclusive classroom setting, in which students have full access and opportunity to participate. To engage in a confidential conversation about the process for requesting reasonable accommodations for this class and/or program, please contact Accessibility Resource Center at arcsrvs@unm.edu or by phone at 505-277-3506.</p>																				

	<p><u>Academic Misconduct</u> 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>Copyright Issues</u> 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><u>UNM Resources</u></p>	<p><u>UNM Valencia Campus Learning Center Tutoring</u> http://www.unm.edu/~tutor/505-925-8907</p> <p><u>CAPS Tutoring Services</u> http://caps.unm.edu/programs/online-tutoring/</p> <p>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.</p> <p><u>UNM Libraries</u> http://library.unm.edu</p> <p><u>UNM Mental Health Resources</u> https://mentalhealth.unm.edu/</p> <p><u>Student Health & Counseling (SHAC) Online Services</u> SHAC provides quality health and counseling services to all UNM students to foster student success. http://shac.unm.edu/</p>

Spring 2025 Course Schedule

HLED 2150

Foundations of Health Promotion

Week	Dates	Topics	Assignments: Thursdays – Discussion posts Sundays – Reply posts, assignments, exams
1.	Mon, Mar. 24 - Sun, Mar. 30	<u>Orientation</u> Introduction Post Syllabus Quiz <u>Week 1</u> Chapter 1: A Background for the Profession Chapter 2: The History of Health and Health Education/Promotion	Introduction Post Syllabus Quiz Chapters 1 & 2: Discussion posts <u>Due: Thursday 11:59pm</u> Chapters 1 & 2: Assignment & Discussion replies <u>Due: Sunday 11:59pm</u> <i>*Begin thinking about webinars/events to attend by week 7 (See guidelines on Canvas)</i>
2.	Mon, Mar. 31- Sun, Apr. 6	Chapter 3: Philosophical Foundations Chapter 4: Theories and Planning Models	Chapters 3 & 4: Discussion posts <u>Due: Thursday 11:59pm</u> Chapters 3 & 4: Assignment & Discussion replies <u>Due: Sunday 11:59pm</u>
3.	Mon, Apr. 7- Sun, Apr. 13	Chapter 5: Ethics and Health Education/Promotion Chapter 6: The Health Education Specialist: Roles, Responsibilities, Certifications, and Advanced Study	Chapters 5 & 6: Discussion posts <u>Due: Thursday 11:59pm</u> Chapters 5 & 6: Assignment & Discussion replies <u>Due: Sunday 11:59pm</u>
4.	Mon, Apr. 14- Sun, Apr. 20	Mid-Term Exam (Chapters 1-6)	<u>Mid-Term Exam</u> <u>Due: Sunday 11:59pm</u>
5.	Mon, Apr. 21 - Sun, Apr. 27	Chapter 7: The Setting for Health Education/Promotion Chapter 8: Agencies, Associations, and Organizations Associated with Health Education/Promotion	Chapters 7 & 8: Discussion posts <u>Due: Thursday 11:59pm</u> Chapters 7 & 8: Assignment & Discussion replies <u>Due: Sunday 11:59pm</u>
6.	Mon, Apr. 28- Sun, May 4	Chapter 9: The Literature of Health Education/Promotion Chapter 10: Future Trends in Health Education/Promotion	Chapters 9 & 10: Discussion posts <u>Due: Thursday 11:59pm</u> Chapters 9 & 10: Assignment & Discussion replies <u>Due: Sunday 11:59pm</u>

7.	Mon, May 5 - Sun, May 11	- Watch Webinar or Attend Live Meeting/Event - Final Project	Event or Webinar Paper Due & Final Project Due Due: Sunday 11:59pm
8	Mon, May 12 -Sun, May 18	Final Exam (Chapters 7-10)	Final Exam <u>Due: Sunday 11:59pm</u>