

Summer 2024

HLED 2130

Section 501 CRN 31243 (1 Credit)



Consumer Health

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MANUAL FOR SUCCESS IN THIS COURSE:

This syllabus explains why the course content matters and the benefit of learning the knowledge and skills described in the course learning objectives. Use the syllabus as a communication tool, planning tool, and a supportive tool.

A NOTE FROM THE INSTRUCTOR:

I have a passion for health education, researching new trends in safe health products and services. I especially enjoy sharing my passion with my students. I strive to help my students develop a love of learning by exploring and researching their topics of interest.

My commitment to you is to see that the course goals and learning objectives are met. I am committed to quality online teaching. The online course will be organized, interactive, relevant, and challenging.

I need you to commit to the course as well. I expect you to know what is due during the week, interact with your peers, and complete all assignments by the due date. Each module is a week long, so be sure and stay organized and manage your time each week. Please view the section, online course tips.

This course is 4 weeks and is condensed which can be challenging. I am confident that all my students can be successful.

Please reach out anytime through the email from Canvas. I will help you in any way that I can. We can also set up an online meeting.

I am glad you are a student in my class and I am looking forward to getting to know you better.



WHY TAKE THIS COURSE?

The purpose of this course is to provide students with the knowledge and skills related to consumer health. Learn how to choose wisely from the menu of health products and services that affect you and your family's health.

Prerequisites and Co-requisites: There are no prerequisites or co-requisites for this course.

WHAT MATERIALS DO I NEED?

No Textbook All course readings and materials are on UNM Canvas.

UNM Canvas



This class is Online, please log onto Canvas: <https://canvas.unm.edu/>


All of the materials, instructions, and updates for this class will be posted in our UNM Canvas. It is your responsibility to log in to Canvas regularly and be up to date with all information posted pertaining to the class.

Appropriate technology:

- A high-speed Internet connection is highly recommended.
- Supported browsers include Chrome or Firefox.
- 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 [UNM's Computer Pods](#).
- 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>)
- **For UNM Canvas Technical Support: (505) 277-0857 (24/7) or visit the [Canvas Info Site](#)**

Technical Tasks: In order to participate and succeed in this class, you will need to be able to perform the following basic tasks:



- Use the Canvas  Help link on the 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
 - Create, download, update, save, and upload MS Word documents
 - Create, download, update, save, and upload MS PowerPoint presentations
 - 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.

WHAT WILL I LEARN?

Course Goal: Upon successful completion of the course, students will <i>know</i> basic consumer health resources and how to make informed decisions concerning health.
Learning Objectives
Upon completion of the course, students will be able to <i>identify</i> and describe consumer health issues.
Upon completion of the course, students will be able to develop an <i>understanding</i> of the importance of fitness and nutrition and how to choose their consumer resources carefully related to these topics.
Upon completion of the course, students will be able to <i>describe</i> major health problems the health consumer may encounter.
Upon completion of the course, students will be able to <i>describe</i> how consumers can make informed decisions concerning health products and services.
Upon completion of the course, students will be able to <i>identify</i> consumer laws, agencies, and strategies that protect the consumer.

WHEN ARE THINGS DUE?

Please Note: This is a tentative schedule. Any changes made to the schedule will be announced ahead of time in Canvas.

Week	Start Date	Due Date	Readings, Assignments, Discussions, & Exams	Assignments Due
1.	Monday July 1	Sunday July 7	Course Introduction/Syllabus Quiz Introduction Discussion Post -Consumer Health Issues -Marketing & Evaluating -Problems with products -“CAM” Movement	Introduction Post } Syllabus Quiz } Due Thursday 11:59pm Assignments 1 & 2 } Discussions 1 & 2 } Due Sunday 11:59pm
2.	Monday July 8	Sunday July 14	-Basic Nutrition Concepts -Nutrition Fads -Weight Control -Fitness -Consumer Protection -Consumer Strategies	Assignments 3 & 4 } Discussions 3 & 4 } Due Sunday 11:59pm
3.	Monday July 15	Sunday July 21	Consumer Health Interview/Paper	Consumer Health Interview/Paper – Due Sunday 11:59pm

4.	Monday July 22	Sunday July 28 <i>*Last week's module will be open until July 30th</i>	Exam	Exam – Due Sunday 11:59pm
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WHAT WILL I NEED TO DO?

Course Structure: Modules. All course content will be organized each week using modules. The module folder will typically contain a) an introduction/purpose of the week’s module; b) a list of specific learning objectives; c) a module checklist of the activities to complete; d) instructional materials needed to complete the module (such as narrated PowerPoint slides, audio and video clips, supporting websites, links to discussion board threads, etc.).

Class Participation: Students are expected to fully participate in all online class activities and class discussions.

Introduction Post: Students will post an introduction under the discussion tab.

Syllabus Acknowledgment Page: Students will read the syllabus, sign the bottom, acknowledging they have read and understand the course syllabus.

Assignments: Students will complete assignments on Canvas based on the lectures and readings.

Course Discussions: Each student will participate in the course discussion and must respond to at least two other student posts. Please be respectful.

-You should make at least one original substantive posting, answering the question(s) posed, in the threaded discussion areas by Thursday at 11:59 PM each week.

AND (in the same week)

-You also need to reply to at least two of other student’s original postings or responses by the Sunday following your original posting at 11:59 PM each week.

Health Consumer Interview & Paper: This assignment is to help you become a health consumer in search of important information. Examples are on Canvas. You may come up with other ideas. Please check with me about the validity of other topic ideas and email me. You must interview in person at least two individuals or visit two facilities. If this can’t be done, please complete either by phone or by emails.

Please submit your selected topic and contacts on the due dates listed prior to the paper being due, as well as questions to be asked prior to paper submission. Please list all sources. The following is just a starting point. **Make sure you are prepared with questions, cost comparisons, facility comparisons,**

personal experiences, credentials, qualifications and stories from the professionals you are interviewing.

Exam: There will be one exam consisting essay, T/F and multiple choice questions. 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.

See rubrics for all assignments in Canvas for more details.

HOW WILL I BE GRADED?

Course Requirement	Points
Syllabus Acknowledgement	2 points
Introduction Video	3 points
Assignments (4)	20 points
Discussions & Replies (4)	10 points
Health Consumer Interview Paper	40 points
Exam	25 points
TOTAL	100 points

GRADE	POINTS	GRADE	POINTS
A+	97-100	C	73-76.9
A	93-96.9	C-	70-72.9
A-	90-92.9	D+	67-69.9
B+	87-89.9	D	63-66.9
B	83-86.9	D-	60-62.9
B-	80-82.9	F	Below 60
C+	77-79.9		

Grading Procedures: It is required you check Canvas daily for course materials posted by the instructor that are necessary for coursework 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.

COURSEWORK & PARTICIPATION

Course Messages: Before a student emails the instructor please check:

- 1) **Course Syllabus & Schedule**
- 2) **Course Announcements**

Please email the instructor on Canvas using the course inbox. 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 akoziicki@unm.edu only under urgent circumstances.

Zoom Meeting: Please email the instructor to set up a Zoom meeting if needed.

Time Commitment: This class is 1 credit. 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.

Dropped from Course: Students not participating within the first week of the online course will be dropped.

Late or Missing Assignment

To help develop an important career and life skill, you will need to complete all quizzes, assignments, and exams according to schedule. However, sometimes life happens, making it challenging to complete the learning task on schedule.

Late or missing assignments will be given a zero depending on the situation. If you know ahead of time that you will miss an assignment or if you have a personal set of circumstances preventing you from completing some of your work on time, please email me so we can determine a plan. It is strongly recommended you try and give at least 24 hours' notice and email any appropriate documentation.

Make Up Policy

For an authorized representation of the University 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 (~5-6 hours per week)
- students are expected to learn how to navigate in Canvas
- students are expected to keep up-to-date with course announcements
- students are expected to use UNM email as opposed to a personal email address
- students are expected to keep the instructor informed of class-related problems or problems that may prevent the student from full participation
- students are expected to address technical problems immediately and contact Canvas Tech Support
- students are expected to observe course netiquette at all times

Netiquette

In following the UNM Student Handbook, all students will show respect to their fellow students and the instructor when interacting in this course.

“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.”

Every student is a valued and equal member of the class. We all bring different experiences to this class and therefore it is our different experiences that will enrich the course content. I encourage every student to share their own opinions but to also stay respectful and professional.

Link to Netiquette document: <http://online.unm.edu/help/learn/students/pdf/discussion-netiquette.pdf>

What to do if Canvas goes offline

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

STUDENT TIPS FOR HLED 2130 & OTHER ONLINE COURSES



**How do you manage your time with
the HLED 2130 online course?**

Know what is due and by when

Either print online course schedules or take pictures of them on your phone so you have them handy



Create a schedule and write down a time range to complete your assignments, discussions, etc....

Reminder: Online courses allow you to do most of the work on your own time during the week. You have that flexibility!

Prioritize Tasks

Each module is open all week, learn to prioritize your time. Don't wait until the last minute. Identify the most important tasks and assignments based on deadlines and importance, and tackle them first.





Manage your time accordingly by dividing your assignments into smaller chunks

Be specific on which course and type of assignment. Example: "View lecture online & complete Assignment"—not just "HED homework."

Specific Place

Study in a place reserved for study, where you won't get distracted or multitask, like the library or a specific place in your home. Even listen to some calming music.



Avoid Distractions

Turn off your phone, close your chat windows, and block distracting websites. You could also set reminders on your phone or alarms for when you need to be working on an assignment and for how long.



Learning Accommodations

Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 require the University of New Mexico to provide academic adjustments or accommodations for students with documented disabilities. It is imperative that you take the initiative to bring such needs to the instructor's attention, as he/she is not legally permitted to inquire.

It is the student's responsibility to make arrangements for any special needs and the instructor's responsibility to accommodate them with the assistance of the Office of Disability Services for Students. If you think you need alternative accessible formats for undertaking and completing coursework, please

contact the Accessibility Resource Center at 505-277-3506 right away to ensure your needs are met in a timely manner.

Title IX

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>

Academic Integrity

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.

Please note that assignments are run through a plagiarism tool in Canvas. Plagiarism or other academic dishonesty will result in a zero for the assignment. Students may be subject to receiving a grade of “F” for the course and a referral to the appropriate academic standards bodies on campus. Please be sure to cite all outside sources and to do your own, original work.

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. Please visit UNM’s Policy on Academic Dishonesty and the Student Code of Conduct for more information.

Copyright Issues: 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.

AVAILABLE RESOURCES AND SUPPORT

CAPS



CAPS offers peer tutoring and academic support services for over 800 classes each semester. (<https://caps.unm.edu/>).

UNM – Valencia Campus Learning Commons: Tutoring Services



You are able to schedule in person and Zoom appointments for math, science, writing, and other subjects. You are also able to do email appointments for responses to a writing draft.

<https://valencia.unm.edu/campus-resources/learning-commons/index.html>

SHAC



The Student Health and Counseling (SHAC) supports the well-being of students through access to the highest quality health care, education, and advocacy. (<https://shac.unm.edu>) & (<https://mentalhealth.unm.edu/>)

ARC



The Accessibility Resource Center (ARC) recognizes individuals with disabilities as an integral part of a diverse community and is committed to the provision of comprehensive resources to the University community (faculty, staff, and students) in order to create equitable, inclusive, and practical learning environments. (<https://arc.unm.edu>)

UNM Libraries



UNM-Main campus provides many library services and some tutorial services for distance students. For library services, go to <http://www.unm.edu/libraries/> to link to a specific library or to contact a librarian.

SYLLABUS ACKNOWLEDGMENT SIGNATURE

I have read, understand, and agree to abide fully by the requirements, policies and procedures outlined in this course syllabus.

Print Name:

Student Signature:

Date:

- Save as a Word document or PDF
- Upload to the 'signed syllabus' assignment