

Montgomery College
Health Education, Exercise Science and Physical Education
Rockville Campus

HLTH 160– Science and Theory of Health (3 credits)
Blended and Non-Blended Courses

I. Instructor Information

Instructor: Odella Dianne Hagan, MS, CHES, C-EP

Phone: 240-567-7584

Office: PE Center Room 231

E-mail: odella.hagan@montgomerycollege.edu

Note: It may take up to 2 business days for me to reply to e-mails. Please make sure you e-mail me using only. Also, in your e-mail make sure to include your name and the class you are registered in.

Office hours: M 4:30-6:30, T 12-12:30, W 12:00-1:00, Th 11-12:30 Appointments at other times are available

II. General Course Information

HLTH 160 CRN - Multiple	Monday M /W 1:00-2:15 - room 136; M 6:30-8:15 room 116; Th 9:30-10:45 room 135
PE Center Room varies: 116, 135; 136	Fall 2018

The objective of this course is to introduce students to the diverse health education and wellness education fields for students preparing to enter the profession. The areas analyzed are historical foundations, philosophy and principles of health education, and professional opportunities.

ENGL 101/101A is a required assessment level for this class. If you do not meet this level, you may be asked to leave the class, or may be dropped by the instructor. Students who do not meet this prerequisite will have difficulty completing the necessary requirements for this class.

HLTH 160 fulfills a General Education Program requirement.

Montgomery College's General Education Program is designed to ensure that students have the skills, knowledge and attitudes to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop two or more of the following competencies: written and oral communication, scientific and quantitative reasoning, critical analysis and reasoning, technological competency, and information literacy. Your performance in these competencies will be evaluated on your mastery of the area anywhere from

Novice to Advanced. For more information, please see <http://cms.montgomerycollege.edu/gened/>

Blended course description:

Part of your learning experience will be provided during our class meetings, outside assignments and **online through the course website on Blackboard**. To access the course website, follow the instructions below.

- Log on to My MC
- Click on “My Courses” tab
- Click on the link for HLTH 160
- A new list of courses will appear, click once again on the HLTH 160 link.

Non Blended course description:

You will be expected to complete outside class assignments as directed and be familiar with the online classroom for review and study of materials presented in class.

III. Specific Outcomes

Upon completion of the course, the student will be able to:

- • Define and explain the relevance of health, wellness, health education, health protection, health promotion, and levels of prevention.
- • Define, describe, and utilize the skills and competencies of an entry-level health educator.
- • Describe coordinated school health and discuss the impact on the health of the student, family, and community.
- • Describe principles of human maturation, development, and learning in relation to the production of appropriate health education materials.
- • Identify and describe the relevance of historical events and documents in the field of health education.
- List and describe appropriate settings for Health Education

IV. Text and Supplies - None required

Course Requirements

A. Course Grade

You are expected to spend approximately 2 hours outside of class to prepare for the next class (i.e. by completing the assigned readings) and extra time to prepare for completing the online modules. Additional course materials will be distributed in class or posted via Blackboard.

Exams (two at 70 points each)	140 points
Online Modules (four - points are variable)	160 points
Health literacy /academic integrity assignment	40 points

Group Project / Presentation	75 points
Group Project / In-class Presentation	75 points
Discussion Assignment	60 points
Total	550 points

Final grades are calculated based on the number of points you earn in the class. The grade breakdown is as follows:

550 – 495 =	A
494.5 – 440 =	B
439.5 – 385 =	C
384.5 – 330 =	D
329.5 – 0 =	F

Orientation Tasks (See Orientation/Practice Module on

Blackboard): Students will complete a series of orientation assignments to familiarize themselves with the course website and Blackboard. *Instructions for the orientation assignments are available on the course website.* Also, within this module students need to complete the Statement of Accountability and the Academic Integrity Tutorial.

Academic Integrity Tutorial (10 points): Students need to complete the Montgomery College Library’s web tutorial and quiz on plagiarism. Complete the tutorial and forward your results to me electronically to my MC e-mail by the due date indicated at the end of the syllabus. Regardless of your score or whether or not you complete the quiz, you will be held responsible for the information that is presented in the tutorial. The address for the tutorial is: <https://www.softchalkcloud.com/lesson/serve/cafVBuijknhpyr/html>

Online Modules (160 points): Students will complete a total of 4 modules that will be due online (via Blackboard) on the dates specified at the end of the syllabus. Each module is comprised of one chapter quiz and one assignment OR discussion board. Chapter quizzes are worth 20 points each. Module assignments and discussion boards are worth 20 points each. Students are required to complete these Modules as part of the class.

Assignments are due at 11:59 pm on the due date/week.
Assignments are always due on the second day of the week for classes meeting 2 times a week.

Health Literacy Paper / Plagiarism (50 points): This paper requires each student to locate and evaluate health information on the web related to a specific topic. More information for this assignment will be discussed during class.

This assignment will be submitted via Blackboard.

Exams (140 points): There will be 2 exams (70 points each). Each exam will be a combination of multiple choice, true/false, matching and short answer questions. Exams will cover all material covered in class (lecture, presentations, videos, etc.) and reading assignments.

Exam 2 will be completed online via Blackboard (see course schedule for due dates)

Group Project (150 points): For this assignment students will work in groups to put together a health education presentation on a specific health topic. More details of the project will be given during class.

IMPORTANT: Please note that you are **required** to attend the two days of group presentations (see course schedule for exact dates). Failure to do so could incur a zero grade for the group project. If you are unable to attend one of the days your group may be due to present, you must contact me at least 1 week before the group presentations are due to start, and must have documentation for the absence. Please keep in mind that if you miss both days of the group presentations you will only be able to be graded on the part of the project you participated in. The presentations piece of the project is a class requirement that ***cannot be made up.***

Grading standards for typed assignments

- · **Font-** Font size must be 12 and must be Times New Roman. The font must be a dark color, either black or dark blue.
- · **Margins-** The margins must be one-inch. Please note that most word programs are preset to 1-¼ inches.
- · **Spacing-** All papers must be double spaced with no additional lines between paragraphs
- · **Spelling and grammar-** All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make, the more points you will lose.
- · **Title page-** Papers need to have a title page that has the title, your name, my name, and the class name, day and time.
- · **Reference page-** if you use a source, you must include in-text citations and a list of reference. These reference must follow APA style formal. <http://owl.english.purdue.edu/owl/resource/560/05/> is a good resource for APA formatting.
- · **Stapled-** If your paper has multiple pages it must be stapled or have your full name appear in all pages.

B. Make-up policy

Students are responsible for obtaining the information they missed due to absence. If an emergency occurs before an exam, quiz, or written assignment due date (in-class meetings or presentation) the student **must contact the professor within 24 hours of the exam/quiz/assignment and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me within 24 hours, you will not be given a make-up exam or quiz nor allowed to make-up missed assignments.

If you know ahead of time that you will be missing an exam, assignment or group project, you must submit your work ahead of time. Also, you must speak with the professor **at least one week before** the exam or the assignment's due date to allow enough time for accommodations to be made (if necessary).

C. Late policy

Deadlines and due dates are **not negotiable**. This applies to in-class activities, homework, online coursework, long-term assignments, and quizzes.

VI. College Policies and Procedures

A. Attendance Policy

Students are expected and encouraged to attend each class session and be on time. Please note that I reserve the right to drop any student who has missed an excessive amount of classes, as defined in the Student Handbook. Also, if the student decides that they no longer want to participate in the course, withdrawal by the appropriate "drop" date is ultimately the responsibility of the student.

B. Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies. <http://cms.montgomerycollege.edu/mcsyllabus/>

C. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records

are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

D. Communication

Class communication will be done through Blackboard (using the announcements feature). Please make sure you also log in to the course site on a regular basis to review announcements and other class-related information.

Please use BLACKBOARD EMAIL for all communications unless you cannot log in to blackboard.

- If you contact me through the MC e-mail system, you must use your student MC e-mail account.
- Make sure to include your name and the class you are registered in.
- E-mails will be answered within 24 - 48 hours during **week days**.
- If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

VII. Additional Information

A. Classroom Conduct

Cell phones and tablets: Students are required to turn cell phones, etc to silent at the beginning of each class.

This means no text messaging or taking photos of the PowerPoint presentations (unless instructed to do so); this is considered cell phone use.

Any student caught using a cell phone or other electronic device during a class period may be asked to put their cell phone or device on the desk in the front of the classroom until the end of the class period.

Talking: During class please refrain from side conversations. These can be disruptive to your fellow students and your professor. The professor reserves the right to remove any disruptive student(s) from the classroom if necessary.

Tentative Course Schedule - Subject to Change

Date	Topic in class	Assigned Readings	Notes
	Week 1: Introduction of Module Assignments and Blackboard		Comm
Wee	Week 2: Background for the profession	Community Tool Box CDC Strategy Guide	
	Week 3: Module Initiative Discussions		
	Week 4: Literature and Theory of health education, exercise science and community health	Theory in Health	
	Week 5: Group project work day / Review for exam.		
	Week 6: Quiz/Exam		
	Week 7: Cultural, racial and ethnic considerations in health.	Have discussion article read	
	Week 8 - 9: Continuation of race and ethnicity in health (may continue into week 10)		
	Week 10:		D
	Week 11:		Needs as

Date	Topic in class	Assigned Readings	Notes
	Week 1: Introduction of Module Assignments and Blackboard		Comm
	Ethics in health education, community and public health and exercise science Evaluation/Needs Assessment/Implementation		
	Week 12: Settings in Health Professions/ Health Care Delivery Systems / Jobs		
	Week 13: Group Meeting		
Holi	Holiday Thanksgiving		No Class
	Week 15: Group presentations		
	Week 16: Fi		