

**Department of Health Promotion and Behavior
College of Public Health, University of Georgia
HPRB 1710 (Section 75-282): Health and Wellness
Spring 2014 Syllabus**

Course Information

Course description	This course examines the factors affecting the health and wellness of individuals. Topics include mental health, sleep, nutrition, diet and weight control, physical fitness, human sexuality, consumer health, drugs, suicide, and injury prevention.
Location	Ramsey, Room 114
Meeting time	Tuesdays & Thursdays 9:30 am-10:45 am
Online	eLCNew: https://uga.view.usg.edu/ OR www.elcnew.uga.edu

Instructor Information

Instructor	Lusine Nahapetyan, MPH
Office Location	Ramsey Building, Room 223
Email	lusine@uga.edu (Email is the best way to contact me)
Office Hours:	Tuesdays 11AM to 1 PM (or by appointment)

Textbooks and Other Required Course Material

Teague, M. L., Mackenzie, S. L. C., Rosenthal, D. M. (2013). *Your health today: Choices in a changing society* (4th ed.). New York: McGraw Hill. (required text)

Familiarize yourself with the Online Learning Center for your text at www.mhhe.com/teague4e . It has sample quizzes, review questions and more! Other resources are www.mhhe.com/teague3e and www.mhhe.com/teague2e from the previous editions of the text which also have helpful tools.

Course Learning Objectives

By the end of the course, students will be able to:

1. Define health, wellness, social determinants of health, and public health.
2. Provide basic information on current health issues.
3. Identify which behaviors are detrimental to health and their short-term and long-term effects.
4. Explore their own attitudes, values, and beliefs about health and their lifestyle.
5. Present accurate and recent information which will assist them in making decisions about health.
6. Identify reliable sources of health information available on line and on campus.
7. Name local, state, national, and global health promotion organizations.
8. Describe *Healthy People 2020* goals and vision.

Grades

Grading System:

A	93 – 100%	B+	87 – 89.99%	C+	77 – 79.99%	D+	67 – 69.99%
A-	90 – 92.99%	B	83 – 86.99%	C	73 – 76.99%	D	60 – 66.99%
		B-	80 – 82.99%	C-	70 – 72.99%	F	<60%

The grades are a sum of the points earned. Grades are not negotiable, except for a mathematical error. Once grades are submitted to the registrar's office after finals, they are final. If you have concerns, discuss them with the instructor as early as possible and NOT at the end of the semester.

The point breakdown is as follows:

Exams:	300 (total)
Assignments:	150 (total)
Participation/Attendance:	100
Group Project:	150
TOTAL:	700 points

Course Requirements for Grading

Exams: There will be 4 exams given in class; students will be allowed to drop their lowest score. Each exam will cover a section and the final exam will be cumulative. The exams consist of multiple choice questions that focus on class lectures, class activities, guest speakers, video, and the textbook. Make-up exams will not be given, please see Make-Up Policy section below. Tests will not be reviewed in class; however, students are welcome to come to my office to review their tests.

Assignments: Throughout the semester a total of 3 class assignments will be given: Current Health Article Presentation, Family Health Tree, and This is Public Health Sticker Campaign. Each assignment relates to a topic covered in class and is designed to enhance your understanding. The details of the assignments will be announced later in the course. Make-up assignments will not be allowed.

Group Project: The class will be divided into groups to research and present a health topic approved by the instructor. The presentation should be designed as if you are presenting the information to your peers at a health promotion seminar. The presentation will be graded based on content, originality, and within-group reviews. Groups will be required to create a log of all their meetings, including attendance and contributions of each person. The details of the project will be announced later in the course. **You must attend the group presentations. If you miss more than one day of presentations, you will lose 20 points on your own presentation.**

Attendance/Participation: The success of the class is a shared responsibility between the instructor and the students. Each student is expected to attend and actively participate in class. Attendance will be taken through the use of sign-in sheets and in-class exercises that will require that each student submit their own work. These will be conducted randomly throughout the semester. Participation will be graded based on participation in class discussions as well as in-class exercises that require that each student submit their own work. If a student is not in class when an in-class assignment is conducted or attendance is taken, then they will receive a 0 for that day. The attendance/participation grade will be based on the number of days present and in-class discussion participation and exercises turned in. How to get a high grade on attendance/participation?

- **MOST IMPORTANT:** Maintain an active and positive interaction in class discussions.
- Arrive on time (depending on how late the student arrives, the grade can range from 0% to 90%).
- Before the class starts, put away all electronic devices, backpacks, agendas, and documents that do not belong to this class. (Working on other stuff? Students who will be completing a class work for another class will be counted absent and will be asked to leave the classroom).
- Do not use electronic devices, such as email, text messaging, phone calls, etc. (depending on the use, grade can range from 0% to 50%).

Course Policies

Disclaimer. The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Emails are the best way to communicate with me. To write an effective email: 1) Put HPRB1710 in the SUBJECT line, plus a few words about your question (e.g., HPRB1710-Exam1). 2) Sign with your first and last name. 3) Keep the message focused (use bullets or short paragraphs). 4) Avoid fancy typefaces or backgrounds; those emails end up in the recycling bin. 5) Do not use "text writing." 6) Proofread before you hit "send." I will respond within 24 hours, not counting weekends.

Phones, laptops, and other electronic devices: All cell phones and mobile devices should be silent and out of sight. Students will not be allowed to use cell phones during class. Students will not be allowed to use laptops during class as

laptop use can be distracting to other students and the instructor. The instructor has the right to ask a student in violation of this policy to leave class and therefore be counted absent for that day.

Coming to class late: If you are aware of a scheduling conflict and need to arrive late or leave early from class, let the instructor know ahead of time. Habitual tardiness or early departure from class not discussed beforehand with the instructor is not acceptable. If you come to class late you will only be counted present if the in-class assignment has not been completed. If you are aware in advance that you will be leaving early or arriving late, please sit near the door so that you will not disrupt the class. The instructor has the right to ask a student in violation of this policy to leave class and therefore be counted absent for that day.

Classroom Climate: As this course will entail discussion and participation from the class, there is an expectation that everyone will respect each other when one person is speaking and to be aware of all of the different backgrounds and beliefs that are represented. Students will also respect each other's opinions, ideas, and thoughts as this is the way a university classroom should be conducted. Any deviations from this policy will not be tolerated.

eLCNew: I will post the syllabus, class outlines, announcements, grades, and other important course information on eLCNew. My primary way of communicating with you in this course is via eLCNew, so please check it regularly. Also, do the following:

- 1) Forward your eLCNew mail to your UGA email account or any other email account that you check on regularly.
- 2) To receive eLCNew Notifications, do the following: Login to eLCNew. Before you click on any class, scroll down to 'My Settings.' Click on 'Notifications.' Make sure you check Discussions, News-item updated, and News-new item available.
- 3) Post your professional photo in eLCNew. Photos must be head and shoulder shots, similar to what you would find on an ID card. To post the photo: Before you click on any class, scroll down to on 'My Settings.' Then, click on 'Profile.' Browse for a photo and upload it to your profile. Then click 'Save.'

Grievance. It is inevitable that students will sometimes disagree with instructor decisions regarding grades, instructional techniques, advising, course content and classroom experiences. Students with concerns regarding any of the aforementioned should submit their complaint in writing and make an appointment with the instructor. Grades will not be changed, unless there is a mathematical error in grading. Students can be given feedback on how to improve their grade going forward in the course. Students who disagree with my decisions are welcome to contact: Dr. Pamela Orpinas, 313 Ramsey Center, 706.542.4372, porpinas@uga.edu.

Make up policy. Make-up assignments or exams are not allowed.

University Honor Code and Academic Honesty Policy. UGA students abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" (<http://honesty.uga.edu/>). Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic policy should be directed to the instructor. To avoid plagiarism, cite the resources you have used for all coursework. Ask the instructor if you have questions.

Students with disabilities who require reasonable accommodations in order to participate in course activities or meet course requirements should contact the instructor through email or meet during office hours. You must have a statement from the Disability Resource Center before accommodations can be made. For further review, the link is provided below: <http://www.drc.uga.edu/>. Their office is located at 114 Clark Howell Hall (on Lumpkin across from Tate Center #2).

Student athletes must bring the instructor an official letter from the Athletic Department outlining the student's athletic responsibility for the semester. If a scheduling conflict occurs, the instructor and student athlete will work in private to develop an acceptable solution.