

**Florida International University
College of Nursing and Health Sciences**

HSC 2100 -- Wednesdays Summer C 2008 -- COURSE DESCRIPTION

COURSE NUMBER **HSC 2100**

COURSE TITLE **Healthy Lifestyles Through Wellness**

SECTION **U01**

PLACEMENT **Summer C 2008 - Wednesdays 1700-1940**
LOCATION **Room UHSC 230**

COURSE CREDITS **3**
CLOCK HOURS **36**

FACULTY **Robert Dollinger, M.D.**
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Hours, by appointment
FIU University Health Services Website: www.fiu.edu/~health

CATALOG DESCRIPTION:

This course will provide the student with the necessary skills to understand and make appropriate behavior choices in the areas of health care, substance abuse prevention, stress management, sexually transmitted diseases, psychological illness, nutrition, exercise, heart disease, and other health conditions.

COURSE DESCRIPTION:

This course provides an overview of human health with an emphasis on clinical applications of wellness and prevention through exploration of the physical, psychological, spiritual, social and interpersonal dimensions. Health risks and healthy lifestyle options will be discussed using a variety of clinical examples.

LEARNING OBJECTIVES:

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

- Demonstrate understanding of the various physiological, psychological, spiritual, and socio-cultural dimensions of health.
- Demonstrate understanding of the epidemiology, prevention, diagnosis, and treatment modalities of common clinical conditions, particularly affecting the adolescent and young adult population.
- Identify at least one area for improvement in the student's own personal lifestyle.
- Demonstrate analysis and critical thinking skills necessary to develop a realistic plan to improve the student's own health behaviors.

REQUIRED TEXT: **An Invitation to Health**, 2009-2010 edition, by Dianne Hales.

- It is highly recommended that you purchase the new text that comes bundled with the CD-ROM "Profile Plus" and the InfoTrac College Edition Research online subscription.

COURSE REQUIREMENTS AND EVALUATION:

Method of evaluation

1. Midterm examination	100 points
2. Final examination	100 points
3. Wellness Self-assessment Project	100 points
4. Personal Health Activity	50 points
5. "Health Event" presentation	30 points
6. Class participation, attendance	<u>20 points</u>
Total Maximal Points	400 points

Maximum points:

Course Grades:

A = 90 – 100%	360 – 400 points	("A-" = 90-91%)
B = 80 – 89 %	320 – 359 points	("B+" = 88-89%; "B-" = 80-81%)
C = 70 - 79%	280 – 319 points	("C+" = 78-79%; "C-" = 70-71%)
D = 60 – 69%	240 – 279 points	
F = < 60 %	< 240 points	

Exams and Grading Criteria:

1. Grades for both the midterm and final exams are on a total point cumulative system. Materials for the exams will not be cumulative. The final exam will cover the course material covered from midterm onward, as well as the class presentations.
2. Material for all exams will include all topics that are discussed during class as well as the pertinent sections of the textbook.
3. Extra credit opportunities will be announced during class.

COURSE POLICIES AND EXPECTATIONS:

1. Attendance is strongly recommended.

- Part of your class grade will be based on your class participation, your health presentation, and your responses to clinical cases and experiential activities that relate to the topic being discussed in class. You might even win a few small prizes.
- **If you must miss a class:**
 - Please let me know in advance, if possible. You can send me an email, but do not state anything of a confidential nature
 - You should obtain notes from a classmate. Please do not ask me for notes or copies of the power point slides, as to be fair to all students, I am not able to give them to you.
- If you are unable to make an exam date (midterm or final), please let me know in writing as soon as possible so that alternate arrangements can be made.

2. Any and all personal health information pertaining to a classmate that may be divulged as part of class activities or discussion MUST be kept confidential and never discussed with anyone. This is the basis of confidentiality that is a professional requirement of all health professionals. It's a good idea to be aware and understand the importance of this professional behavior now.

- ### **3. All papers (Wellness Project, Personal Health Activity reports) must have a cover page (name, student ID #. and title of project). The report must be typed, single-spaced, and written in black ink using an appropriate font style and size.**
- All pages should be stapled, clipped, or placed in a folder.

4. **University Policies:**

- a. **Americans with Disability Compliance.** Students with disabilities who may need special accommodations must register with the Office of Disability Services (GC 190 348-3532). In addition, they should notify the instructor no later than the end of the second week of classes, so that arrangements can be made to accommodate their needs.
- b. **Observation of Religious Holy Days:** The professor will adhere to the University's policy on religious holy days as stated in the University catalog and the student handbook. Religious holidays are an excused absence, but not beyond the day for the holiday itself. Students should make their requests known at the beginning of the semester and arrangements must be made with the faculty member for missed work.
- c. **Student Code of Standards:**

Academic Misconduct

Florida International University is a community dedicated to generating and imparting knowledge through excellent teaching and research, the rigorous and respectful exchange of ideas, and community service. All students should respect the right of others to have an equitable opportunity to learn and honestly to demonstrate the quality of their learning. Therefore, all students are expected to adhere to a standard of academic conduct, which demonstrates respect for themselves, their fellow students, and the educational mission of Florida International University. All students are deemed by the University to understand that if they are found responsible for academic misconduct, they will be subject to the Academic Misconduct procedures and sanctions, as outlined in the Student Handbook. Students who plagiarize or cheat can be charged with academic misconduct. Penalties for academic misconduct can include up to dismissal from the University. Misconduct includes:

1. *Cheating:* The unauthorized use of books, notes, aids, electronic sources; or assistance from another person with respect to examinations, course assignments, field service reports, class recitations; or the unauthorized possession of examination papers or course materials, whether originally authorized or not.
2. *Plagiarism:* The use and appropriation of another's work without any indication of the source and the representation of such work as the student's own. Any student, who fails to give credit for ideas, expressions or materials taken from another source, including internet sources, is guilty of plagiarism.

Healthy Lifestyles Through Wellness (HSC 2100)
Wednesdays: Summer 2008

TEACHING STRATEGIES: Through formal lecture, assigned reading and experiential learning, as well as opportunities for self-exploration, the following topics will be addressed:

Course Outline: (Course schedule subject to change)

Date	Reading Assignment	Topics
May 7	Chapters 1, 2	Introduction, course description, grading The World of Wellness - Your Wellness Inventory Making Healthy Behavior Changes
May 14	Chapter 17 A21-24 <i>Complete Your Wellness Inventory -- p. 23-31</i>	Health-wise Consumer, Complementary / Alternative Therapies Medical tests
May 21	Chapter 3	Stress Management; exercises, meditation
May 28	Chapter 4	Psychological Health: Depression, suicide, ADHD
June 4	Chapter 5 Chapters 6, 7	Exercise and Physical Fitness Nutrition- quick review Weight Management & Disordered Eating
June 11	Chapter 14 <i>Personal Health Activity is due today</i>	Healthy Heart Chronic Diseases: Diabetes, Cancer <i>Review for Exam</i>
June 18	Chapter 19 pp. 47- 52	Environmental Health Healthy Sleep Midterm exam – starts at 6:30 PM <i>Good luck!</i>
June 25	Chapter 16	<i>Review midterm exam</i> Sexually Transmitted Infections
July 2	Chapter 8	Communication & Relationships - Jennifer Attonito, M.Ed. -- Adjunct Professor, College of Nursing & Health Sciences
July 9	Chapters 11, 12, 13	Addiction, Drug abuse, misuse Substance Abuse Prevention, tobacco use Alcohol: Responsibility
July 16	Chapter 15 <i>Wellness Project is due</i>	Allergies, Asthma Infectious Diseases, Immunization

July 23	Submit your presentation outline and exam questions	“Health Event” presentations: <i>Group A</i>
July 30	Submit your presentation outline and exam questions	“Health Event” presentations: <i>Group B</i>
Aug. 6	<i>Good Luck !</i>	Final Examination -- starts at 5:15 PM

Health Event Presentations (30 points): either July 23 or July 30

- All students are required to select a classmate of their choice to work with on their presentation.
- Select a current health topic, medical mystery, or medical controversy based on a recent article read in the newspaper, a medical or lay journal, a TV documentary, or reliable internet piece. Select a topic in an area of health or medical science that is especially appealing to both of you.
- Working together, prepare a ten minute presentation that will be both informative and entertaining to your classmates, as well as provide you with an opportunity to be creative and enhance your public speaking skills. Teaching a topic to others is an excellent way to truly learn something new. Be sure to make your presentation interesting and memorable as your classmates will provide 50% of your grade (i.e., up to 20 out of the 40 possible points)!!
- Have fun with this! Be creative! You can do a regular lecture, create a short skit and act it out in front of the class, videotape a “live on the scene” news report, etc. You can use audiovisuals if you wish. If you desire to use a power point, please save your work on a flash drive or CD and bring in with you. If you desire handouts, please submit to me electronically (via email attachment) no later than Monday July 30th. Handout requests after July 31 will not be honored and you will have to make your own copies, if you so desire; handouts are not required.
- You will officially select your partner and the dates for your presentation during the second day of class. Please divide tasks equally; both partners must have a role in the presentation.
- Each of you should submit a one-page typed outline of your presentation as well as two or three exam questions (multiple choice, fill-in-the blank, or short answer questions). I will choose one of the topics of your exam questions that you submit for use on final exam.
- Grading criteria (maximum of 40 points -- 20 points by classmates, 20 points by professor):
 - o Content of your presentation, including Q & A = 10 points
 - o Presentation style, knowledge (i.e., without reading your notes verbatim) = 10 points
 - o Creativity, stimulation of audience interest and interactivity = 10 points
 - o Your grade will be the same as your partner, unless there are special circumstances.
- If your partner decides to drop the class, then you will do your presentation solo.
- If you desire to have a trio, please let me know on the sign-up date (second day of class); you will have 15 minutes for a trio presentation.

IMPORTANT DATES TO REMEMBER:

- **Personal Health Activity due: June 11**
- **Wellness project due: July 16**
- **Class presentations: Group A (July 23) or Group B (July 30)**
- **Midterm exam: June 18**
- **Final Exam: August 6**

Wellness Self-Assessment Project (100 points) -- Due: July 16

For your wellness self-assessment project, select one of the following activities that you find especially appealing and that you feel may enhance your personal health.

Then, write a **three (3)** page double-spaced typed paper describing the activity and how your participation has enhanced (or not enhanced) your personal health and wellness. Be specific about how you will alter your health behavior as a result of your participation in this activity.

Attach the printed results of your assessment to your paper using a binder, folder, clips, or staple. Students who take either of the two assessments early in the semester and then demonstrate and discuss behavioral health changes that took place during the course of the semester in their final paper, usually receive improved scores on this assignment, i.e., don't wait until the end of the semester to start this process

1. Complete the **Profile Plus CD-ROM** self-assessment program that is packaged with the new An Invitation to Health textbook. This is a comprehensive software package that allows you to generate personalized fitness and wellness profiles, conduct self-assessments, analyze your diet, tailor exercise prescriptions to your individual needs, keep an exercise log, and much more.
2. Take the **computerized fitness assessment Micro-Fit** located in the UP campus Wellness Center, room 180 of the University Health Services Complex. Call (305)348-4020 to set up an appointment; it only takes about 30 minutes and it's fun!
3. Any **other personal health-related activity** with advanced permission from professor.

Personal Health Activity: (50 points) -- Due June 11

What must be submitted: a two page double-spaced typed report describing how this activity influenced your personal health or a thoughtful critique about the activity with specific ideas on how this activity could be improved.

Examples:

1. **Internet project** (see next page)
2. **Documented participation at one of the following personal health activities:**
 1. FIU Wellness Center programs -- stress clinic experience, yoga, consultation with a dietitian, massage therapy, acupuncture, chiropractic, aromatherapy consultation.
 2. FIU Clinic Services: physical exam with a physician or nurse practitioner at the General Medical Clinic or the Women's Health Services;
 - Health promotion events to be announced in class throughout the semester sponsored by University Health Services, Counseling and Psychological Services Center, Victim Advocacy Center, Fitness Center, and others with advance permission.
 3. Other creative health activities or marketing plans with advanced permission of instructor.

Personal Health Activity Option: Internet Projects

If you choose to do an internet project for your personal health activity, select one of the sites listed. Explore the site well. Do **all** of the personalized interactive assessments (quizzes, personal health assessments, etc.) that you can find on the site and print out the results of each assessment and/or quiz and attach it to your paper. Write a two-page doubled-spaced paper briefly describing what you have learned from the site and specifically how your health behavior and choices might change based on this knowledge. *Have fun with this educational exercise!*

LiveWell Health Risk Appraisal.

This colorful and comprehensive site was created by the National Wellness Institute and features a series of questions to help you identify what specific lifestyle factors can impair your health and longevity. This self assessment features a series of 7-10 questions in a variety of wellness dimensions, including physical fitness, nutrition, self-care, substance abuse, emotional health, as well as social, intellectual, environmental, and spiritual wellness.

<http://wellness.uwsp.edu/other/livewell>

Facts On Tap: Alcohol and Your College Experience.

This colorful and interactive web site is designed specifically for college students and features a variety of activities and straightforward information specifically written for college students. Some of the topics include: alcohol and the college experience, the effects of alcohol on the non-drinker, alcohol and the family, and a true/false quiz to test your knowledge about alcohol and its effects.

<http://www.factsontap.org>

Stress Assess

This is a three-part online educational tool developed by the National Wellness Institute at the University of Wisconsin – Steven's Point. This questionnaire is designed to increase your knowledge about stress and features separate evaluations for stress sources, distress symptoms, and stress balancing strategies

<http://wellness.uwsp.edu/Other/stress>

FitDay.com:

FitDay.com is a free web site designed to help you track and analyze the important aspects of your diet and fitness. Your personal FitDay account serves as a food and exercise journal. You track the foods you eat and the exercises you do on a daily basis. Based on your journal entries, FitDay analyzes your diet, exercise, and weight, generating graphical reports on the important aspects of your fitness, including... calories, fat, carbohydrates, and protein intakes; nutritional analysis; calorie expenditure; weight loss; and much more! FitDay remembers your past journal entries, so you can also perform a long term analysis of your diet and fitness.

<http://www.fitday.com>

My Pyramid Tracker

MyPyramid Tracker is an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information. The Food Calories/Energy Balance feature automatically calculates your energy balance by subtracting the energy you expend from physical activity from your food calories/energy intake. Use of this tool helps you better

understand your energy balance status and enhances the link between good nutrition and regular physical activity. MyPyramid Tracker translates the principles of the 2005 Dietary Guidelines for Americans and other nutrition standards developed by the U.S. Departments of Agriculture and Health and Human Services.

www.mypyramidtracker.gov

The Body:

Thebody.com is an HIV website dedicated to HIV treatment, prevention, and care information. The Risk Assessment tool is geared to help you discover your risk for HIV or other sexually transmitted diseases (STDs). This is a learning tool as well as a risk assessment tool. This survey was created by Rick Sowadsky, MSPH, Senior Communicable Disease Specialist, Nevada State Health Division AIDS Program and Nevada AIDS Hotline Coordinator. Please try to answer these questions as honestly as you can -- remember this survey is for you -- we want to help you find out whether you have possibly been exposed to HIV or other sexually transmitted diseases. If you have any questions about HIV or other STD prevention, please visit The Body's Safe Sex and Prevention Section. www.thebody.com/surveys/sexsurvey.html

Psychology Today:

Psychology Today is a print and internet based periodical that discusses all types of mental health topics. At psychologytoday.com you will find a list of "Self Tests" in the left hand column. Select "Health" as your topic and you will see a variety of self-assessments. All self-tests on this site have been professionally designed, but are not a replacement for consultation with a mental health professional. Select a couple of tests that apply to your topic. As with other internet-based assessments, be sure to review the website thoroughly.

www.psychologytoday.com

Writing Your Paper: Personal Health Activity & Wellness Project

You've chosen your topic, completed your Wellness Self-Assessment Project and your Personal Health Activity. Now it's time to put it all together into something meaningful.

Your paper should include the following in any order that makes sense to you:

- A few interesting statistics and facts about this health topic (e.g., physical fitness, wellness screenings, diet, mental health, alcohol use, heart disease risk factors, family history, etc.).
- How this issue affects you directly; your PERSONAL interest in this topic and why you selected this topic for your self-assessment (personal or family reasons, symptoms, risk factors, desire to alter lifestyle, etc.).
- For papers involving completion of a personal Self-Assessment analysis, please include the following:
 - A summary of your results
 - Impressions about the assessment (e.g., Did it seem accurate? Was it scientific?)
 - Attach a copy or printout of the assessment results (block out anything you don't want me to read)
- For papers written about a health activity (e.g., attendance at a lecture, health fair, special program, etc.), you must attach written proof of your participation (e.g., a written receipt or a note from activity sponsor confirming your attendance for the entire event).

Papers are graded on several scales:

- The depth of your personal insight, thoughtfulness, and overall analysis of the results of your assessment or activity experience. There are no correct or incorrect answers.
- Your grade is not dependent on how "well" you score on your self-assessment tests but how well you write about your results and how well you state what specific personal changes you plan to do to help improve your assessment scores should you perform this test or activity in the future.
- Completeness and detail
- Logic, organization, written communication skills, and flow-of-thought
- Grammar and spelling
- All papers must be typed – double-spaced using appropriate font style and size, and approximately three pages in length.
- Remember: The quality of your paper's content is much more important than its quantity (i.e., more than two pages in length).
- You may use any professional writing style. You can write in first person since you must include some personal experience in the paper. Just be sure to check your spelling and grammar

NOTE: 5 points will be deducted for each day a paper is submitted late past the due date.

It is always better to turn in any paper late than not at all. Failure to turn in a paper will result in zero points and typically results in a course grade that is two letter grades lower.

Academic Calendar -- Summer 2008

May 5	Classes begin
May 12	Drop/add period ends Last day to drop/withdraw without incurring a financial liability
	Last day to complete late registration
May 23	Last day to apply for Summer 2008 graduation
May 26	Memorial Day (University closed)
July 3	Last day to drop a course with a "DR" grade Last day to withdraw from the University with a "WI" grade.
July 4	Independence Day (University closed)
Aug. 9	Classes end
Aug. 16	Complete grade report available to students online

CODE OF ACADEMIC INTEGRITY

This Code of Academic Integrity was adopted by the Student Government Association on November 28, 2001 and reflects the values articulated in the Student Code of Standards. Florida International University is a community dedicated to generating and imparting knowledge through excellent teaching and research, the rigorous and respectful exchange of ideas, and community service. All students should respect the right of others to have an equitable opportunity to learn and honestly to demonstrate the quality of their learning. Therefore, all students are expected to adhere to a standard of academic conduct, which demonstrates respect for themselves, their fellow students, and the educational mission of Florida International University.

Pledge

As a student of this university:

- 1 I will be honest in my academic endeavors.**
- 2 I will not represent someone else's work as my own.**
- 3 I will not cheat, nor will I aid in another's cheating.**

All students are deemed by the University to understand that if they are found responsible for academic misconduct, they will be subject to the Academic Misconduct procedures and sanctions, as outlined in the Student Handbook.

Learning Resources for Students

DID YOU KNOW? FIU offers free labs to assist students with their presentations, writing, reading, and mathematics. Please note the following:

Oral Presentation Lab

"<http://www.fiu.edu/~orallab/>"

The Mission of the Oral Presentation Lab is to provide the students, faculty, and staff of Florida International University with expert coaching in the organization and delivery of oral presentations. The Oral Presentation Lab can be found on the 4th floor of the DM building in Room 445. Students can now schedule their appointments simply by visiting <http://www.fiuspeechlab.timetrade.com>

The University Learning Center

<http://learningcenter.fiu.edu>

The University Learning Center (ULC) can be found on the 2nd floor of the PC building (PC 247) next to Academic Advising. All registered/enrolled students are welcomed with or without referrals. The Reading Lab offers an extensive tutoring program which includes writing, reading, and mathematics, as well as improvement programs with study skills. Students may make their appointments in person or by calling 305 348-2180. In case students need to cancel their appointments they are asked to call and cancel 24 hours in advance. If students fail to cancel their appointments repeatedly, they risk losing Center privileges.