

PBHE 111 WS1 Personal Health (Online)
Tentative Syllabus for Spring 2023
Department of Applied Health
Southern Illinois University Edwardsville (SIUE)

Instructor Information

Name: Huaibo Xin, DrPH, MD, MPH

E-mail: hxin@siue.edu (best way to reach me)

Link to the instructor: <https://www.siue.edu/education/applied-health/faculty-staff/xinbio.shtml>

Time and Place for Class Meetings

Online Asynchronous

Required Text Book and Other Readings

Donatelle, R.J. (2020). Health: The Basics, 13e. New York: Pearson.

Other readings will be assigned.

Course Description

This course is designed to give an overview of relevant personal health topics and provide an opportunity to apply the information learned in the course. The goal is to supply you with the tools you need to affect the health of yourself, others and your community. You will learn by doing.

Teaching and Learning Objectives

1. Understand the significance of self-responsibility in minimizing negative lifestyle habits and enhancing positive lifestyle habits;
2. Recognize that health is much more than just "feeling OK," and that it involves the need for a multi-dimensional approach to wellbeing - physical, emotional, and spiritual health balance;
3. Possess factual knowledge and skills that allow you to make informed decisions about your health practices.
4. Develop a sound basis from which you can make health decisions consistent with your beliefs and values.
5. Identify campus resources to support your own physical, mental, social and spiritual health.

Successful completion of PBHE 111 prepares you by addressing the following public health domains:
Analytical/Assessment Skills, Cultural Competency Skills, Public Health Sciences Skills.

What are the technological requirements for this course?

- ✓ PC or Apple computer:
- ✓ Computer Accessories: Web Camera and computer Microphone and Speakers
- ✓ Software (e.g., Microsoft Office: Word, Excel, PowerPoint)
- ✓ Internet Access (Windows Explorer and Safari are recommended)
- ✓ Storage device (jump drive)

Note: Documents MAY BE saved to student's computers, but it is highly encouraged to back these documents up using a jump drive.

What kind of technical support is available?

Technical Support: Information about technical support is available via the following web site: <http://www.siue.edu/its/bb/> or call 618.650.5500 (tech support)

What are the minimum technical skills required?

You need experience:

- ✓ Creating documents in Microsoft Word and uploading files to the computer in cases where papers need to be turned in via Blackboard Assignment or Turnitin in the online course
- ✓ Opening and replying to email messages both electronic email and messages within the course. **Students must have a university email address and check it regularly.**
- ✓ Moving between multiple internet windows, so you can open the learning module, move to the discussion board and the journal; then, go back to the learning module with no problem
 - ✓ It is preferable that you have experience participating in online conferences using Blackboard Collaborate, Skype or other types of online video conferencing software

Teaching Strategies

Discussion, lecture, visual display, hands-on practice, problem-solving, exams, etc.

Course Policies

1. SIUE Legal and Ethical Standards will be followed. Detailed information can be found: <http://www.siu.edu/policies/3c2.shtml> In particular, Students should be aware that,
“Plagiarism includes either presenting someone else’s words without quotation marks (even if you cite the source) or presenting someone else’s ideas without citing that source. If you plagiarize, your instructor cannot evaluate your understanding of the topic. When paraphrasing from another source, at the very least the student should change the wording, sentence syntax, and order of ideas presented in the paper. Ideally, the student will integrate ideas from multiple sources while providing critical commentary on the topic in a way that clearly identifies whether words and ideas are those of the student or are from another source. Plagiarism is one type of academic misconduct described in SIUE’s Student Academic Code. University policy states that ‘Normally a student who plagiarizes shall receive a grade of F in the course in which the act occurs. The offense shall also be reported to the Provost.’ The University policy discusses additional academic sanctions including suspension and expulsion from the University.”—AH & SIUE
2. The Americans with Disabilities Act (ADA) is
“A federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities..”---SIUE
3. *“Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. The ACCESS office is located in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siu.edu/access.”*
4. Any information shared by the class, which is confidential, must only remain in the class;
5. Each student should be responsible for being fully involved in any class activity;
6. Please adhere to the due dates of any of your assignments. There will be NO extensions except in case of an emergency, such as death and illness, “official university business,” or a religious event. **Five points** deduction will be applied for an extension for each business day. And the instructor MUST be notified in advance;
7. Please show your respect, patience, and support to your peers. Any discrimination and harassment will not be tolerated;
8. Team-spirit is greatly encouraged and appreciated;
9. **Please check your SIUE email account and the course announcements on the blackboard regularly, at least once a day. If you fail to do so, you will have to take the full responsibility for any missing piece of the course information.**

Course Assignments and Grades

1. **Participation (200 points):** This includes the significance of the contribution to in/after class activities, such as respond to questions, complete exercises, be engaged in blackboard online discussions, and read textbook and additional materials. Your participation performance will be evaluated by the instructor. **Ten points’** deduction for the incompleteness or insufficient response of EACH assigned activity.
2. **Exams (300 points):** 100 points for each exam.
3. **Current Events Article Presentation (40 points):** See individual assignment instruction and rubric for more information.
4. **Health Activities (60 points):** See individual assignment instruction and rubric for more information.
5. **General Writing Requirements:**
 - ✚ Use standard typeface (12 point, Times New Roman or Calibri);
 - ✚ Use standard margins of 1 inch at the top, bottom, left, and right of all pages;
 - ✚ Include your name and the title at the beginning of the first page;
 - ✚ Use double-spacing;
 - ✚ Use APA format for in-text citations and references (6th ed.);
 - ✚ Print it on standard paper (8½ x 11” and white) and staple them if there are multiple pages.
6. **Grades (A total score is 600 points)**
 - ✚ A: 540 and above
 - ✚ B: 480 to 539
 - ✚ C: 420 to 479
 - ✚ D: 360 to 419
 - ✚ F: below 359

An additional example for round-up: 539.50 to 539.99 = 540 & 539.01 to 539.49 = 539

“It is the student's responsibility to officially withdraw from a course by the dates set by the University if the student is not intending to complete the course for any reason. Students who do not withdraw from the course will

receive the grade earned. Students will NOT be given a grade of Incomplete (“I”) for activity courses.”—KHE & SIUE

“Upon registration, students accept the responsibility for attending classes and completing course work or officially withdrawing from classes in which they are not in attendance. It is the responsibility of students to ascertain the policies of instructors with regard to absence from class, and to make arrangements satisfactory to instructors with regard to missed course work. Students should understand that it is particularly important to attend the first meeting of a course. Failure to attend the first session of a course may result in the student’s place in class being assigned to another student.”---SIUE

Course Schedule

Date	Topics and Readings	Key Activities and Exams
Week 1 December 19-25	<p style="text-align: center;">Unit 1</p> <p style="text-align: center;">Introduction</p> <p style="text-align: center;">Chapter 1 Assessing Your Health</p> <p style="text-align: center;">Chapter 2 Promoting and Preserving Your Psychological Health</p>	<p style="text-align: center;">Current Events Article</p> <p style="text-align: center;">Presentation</p> <p style="text-align: center;">Online Discussion</p> <p style="text-align: center;">Exam 1 (Chapters 1-3 and 5)</p>
	<p style="text-align: center;">Unit 2</p> <p style="text-align: center;">Chapter 3 Managing Stress and Coping with Life’s Challenges</p> <p style="text-align: center;">Chapter 5 Preventing Violence and Injury</p>	
Week 2 December 26- January 1	<p style="text-align: center;">Unit 3</p> <p style="text-align: center;">Chapter 6 Building Healthy Relationships</p> <p style="text-align: center;">Chapter 8 Recognizing and Avoiding Addiction and Drug Abuse</p>	<p style="text-align: center;">Current Events Article</p> <p style="text-align: center;">Presentation</p> <p style="text-align: center;">Online Discussion</p> <p style="text-align: center;">Exam 2 (Chapters 6, 8 & 11)</p>
	<p style="text-align: center;">Unit 4</p> <p style="text-align: center;">Chapter 11 Reaching and Maintaining a Healthy Weight</p> <p style="text-align: center;">Chapter 12 Improving Your Physical Fitness</p>	
Week 3 January 2-8	<p style="text-align: center;">Unit 5</p> <p style="text-align: center;">Chapter 13 Reducing Your Risk of Cardiovascular Disease and Cancer</p> <p style="text-align: center;">Chapter 14 Protecting Against Infectious Diseases and Sexually Transmitted Infections</p>	<p style="text-align: center;">Current Events Article</p> <p style="text-align: center;">Presentation</p> <p style="text-align: center;">Online Discussion</p> <p style="text-align: center;">Exam 3 (Chapters 12, 13 & 14)</p> <p style="text-align: center;">Health Activities due</p>

Note: “This syllabus and all course-related materials are the intellectual property of (Dr. Huaibo Xin) and/or SIUE. Students who give or sell this syllabus or course-related materials, without the written permission of (faculty name) to any outside agency or person who is not currently enrolled in this class or at SIUE, will be in violation of the University's code of conduct and may be subject to disciplinary action, including but not limited to, immediate removal from the class.” -- SIUE