Kinesiology, Health Promotion, and Recreation
HLTH 1100 – School and Community Health
Fall 2018, Canvas Online

Instructor: Dr. Erin Bowman
Campus Phone: 940.565.3425
Email: erin.bowman@unt.edu
Office: PEB 110
Office Hours: By Appointment, at my office or via phone.

Prerequisites (recommended): None

Catalog Description
3 hours. Introduction to the field of health education and various health services offered by the school and community. Health problems and strategies to improve community health are explored.

Experiential Learning
This course includes an experiential learning component. Experiential learning involves opportunities to experience learning in real world settings. The opportunities chosen for this course were selected to enhance the learning experience. They provide an opportunity not just for intellectual learning, but social, physical and emotional learning as well. By engaging in experiential learning a student will have an opportunity to reflect on the material learned, analyze the best way to engage others with that material, utilize their creativity, and incorporate problem solving, and ultimately provide suggestions for future changes and improvements.

Student Learning Outcomes
Upon successful completion of this course the student should:
1. Be able to state why schools and health educators have such a large impact in the health education of a community.
2. Be able to define what a health disparity is and list at least 3 possible contributing reasons that a health disparity may exist.
3. Be able to define the most prevalent health problems within the United States and appropriate methods of prevention for each.
4. Be able to describe the impact of both legal and illegal drugs on the individual and on society.
5. Be able to describe how personal health behaviors (diet, exercise, sleep etc) affect health throughout life and list at least 3 reliable resources for obtaining health information.
6. Be able to describe the impact of injuries on health and describe age appropriate ways of teaching injury prevention and safety to others.
7. Be able to define good mental health and recognize the most common mental health disorders as well as recognize the impacts of a variety of influences on mental health such as bullying, abuse, neglect, etc.
8. Demonstrate understanding of the different organ systems and how they interact.
Course Expectations:
1. This course offers you the flexibility to complete your assignments when you chose; however, such a structure requires you to use a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact me immediately.
4. Academic dishonesty will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Support

Student Helpdesk:

UIT Helpdesk
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Technical Skill Requirements: Students will need a computer with Internet access, Microsoft Word or a Word compatible program, and Adobe Acrobat Reader. Students must have the ability to send and receive email, create send and receive Microsoft Word documents, print Word documents OR open and print pdf files. All work will be done on Canvas. As such, the ability to navigate Canvas, including the ability to post to discussion boards, will be necessary.

Netiquette: Because of how important communication is in the online environment, I will expect each of you to log in to the course at least 3 evenly spaced times a week. Please check the Announcements area first, since that is where I will put important information. Communication online is different than that of face to face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face to face communication everyday without us really noticing it. So, please keep this in mind when you are commenting on others ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

To learn more about online etiquette, visit the following Web site: http://www.albion.com/netiquette/corerules.html

Important Notice for F-1 Students taking Distance Education Courses
To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at http://ecfr.gpoaccess.gov. The specific portion concerning distance education courses is located at “Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)” and can be found buried within this document: http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&amp;PART=214&amp;SECTION=2&amp;TYPE=TEXT

The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student’s responsibility to do the following:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

**Evaluation:** Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below.
### Component Points

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Learning Module Quizzes</td>
<td>220</td>
</tr>
<tr>
<td>Class Discussions</td>
<td>90</td>
</tr>
<tr>
<td>Laboratory Assignments</td>
<td>210</td>
</tr>
<tr>
<td>Learning Portfolio Assignment</td>
<td>150</td>
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<tr>
<td>Final Exam</td>
<td>100</td>
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<td><strong>Total</strong></td>
<td><strong>770</strong></td>
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### Grading Scale

<table>
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<tr>
<th>Grade</th>
<th>Points</th>
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<tbody>
<tr>
<td>A</td>
<td>$693 \geq$ points</td>
</tr>
<tr>
<td>B</td>
<td>616-692 points</td>
</tr>
<tr>
<td>C</td>
<td>539-615 points</td>
</tr>
<tr>
<td>D</td>
<td>462-538 points</td>
</tr>
<tr>
<td>F</td>
<td>$461 \leq$ points</td>
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**Note:** Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the UNT catalog to review conditions under which an incomplete may be granted.

### Grading

**Discussion forums:** Each discussion forum requires 3 posts. There should be 1 post with your well thought out response to the article. In general, an adequate response should take 150 words. This primary response is worth 15 points. You should also have 2 responses to your classmate’s posts, each consisting of 50-75 words. These posts are each worth 7.5 points. Full credit of 30 points will be given to those meeting these criteria and not violating the rules of netiquette. Partial credit for posts will not be given to posts not meeting these criteria. During the discussion process, you should treat your peers, the TA, and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 6:00 am and expire at 11:59 pm on the dates shown below. **If you miss a discussion, NO make-up will be offered.**

**Learning Modules:** During the course of this semester you will complete a series of **10** learning modules. Each learning module will consist of a combination of up to four main components: 1) Lecture, 2) Quiz, 3) Self-guided learning activity, and 4) Assignment Submission. You will have
until the due date at 11:59 PM to complete and finalize all your learning module grades. Please make note of the release and availability dates listed on the tentative course schedule on Canvas.

1. **LM Lectures:** The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. Edge, FireFox, Chrome, Safari, etc.). You may watch the lecture as many times as you like. A printable “storyboard” version of the lecture is also available for download in PDF format in the same folder where you will find the online lecture. There will be 10 learning modules completed during this class. If you experience difficulties accessing the lectures, please be sure that you have received the required 100% on the syllabus quiz and the required 60% on any prior learning module quizzes, AND that the date listed in the syllabus has passed. Lectures will not be posted until the date listed in the syllabus. If you have completed these requirements and you are still unable to access the lecture, please post a question in the discussion forum for assistance. If you have access to the lecture but are having difficulties getting the lecture to play correctly, please contact the UIT helpdesk at 940-565-2324.

2. **LM Quizzes:** After you have watched the Online Learning Module for a given topic, you are required to take a Canvas quiz (5 questions, 4 points per question) to test your level of knowledge. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the “highest” of your attempts. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss. Once you “unlock” a learning module and its associated quiz, these will remain open for the remainder of the semester. During the semester, you will take a total of 11 quizzes worth 20 points each. In leaving the quizzes available all semester, you should be able to use these as a study tool to prepare for the final exam. **Note:** In order to “unlock” new learning modules, you have to get at least 60% of the questions correct on the previous learning module (at least 12 out of 20 points). For example, in order to unlock learning module 2, you have to get 60% correct on learning module 1. In order to unlock learning module 1, you will have to get 100% correct on the syllabus quiz.

3. **LM Self-Guided Learning Activity:** After you have completed the learning module quiz (and earned at least 60%) you will “unlock” access to the self-guided learning activity instructions. This will give you a brief overview of the assignment and then provide you access to any downloadable forms (either Word or PDF) that you will need to use to complete the assigned activity. The activities have been designed to provide you practical learning experiences and applications for the learning objectives for a given learning module. **(Please note, that the laboratory worksheets are meant to be printed off and make notes as you complete the laboratory assignment. These worksheets are in PDF format and are difficult to edit on a computer. You will be submitting your answers through the laboratory submission template in each module.)**

4. **LM Assignment Submission:** Once you have completed your self-guided learning activity, you will use the link in the learning module folder to submit your assignment. This may include entering the information you collected on yourself, completing a discussion forum, or uploading an assignment. Each module has an associated assignment. These assignments will be graded on completion. You will receive full credit for completing each assignment. No credit will be given for incomplete assignments. **If you fully enter all the information from your assignment correctly you should receive a grade of 30/30. If you do not receive full credit for the laboratory, you should resubmit your responses.**
**Canvas Final Exam:** The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Canvas. The final exam will consist of questions in a similar format as the LM quizzes. You will be allowed 2 attempts to take the final exam. Your grade will be reported as the “higher” of your two attempts. **If you fail to complete the final exam by the due date, NO make-up will be offered.**

**Learning Portfolio Assignment:** Over the course of this semester, students will participate in experiential learning. Many students taking this class are planning on being future educators. These students are encouraged to find volunteer opportunities that will allow them to interact with students in similar age ranges to the students they plan to teach in the future. However, volunteer hours are not required. There will be 3 modules throughout this course (Physical Activity, Mental Health, and Nutrition), which will require the creation and implementation of a lesson plan. You will upload these lesson plans into the e-portfolio (foliotek) to keep for future reference as you work toward your future career. You will then implement the lesson plan using a group of people that you recruit, and reflect on that implementation. At the end of the course, you will complete a reflection on the whole experience through foliotek. The learning portfolio assignment is worth a total of 150 points. The points will be distributed as follows:

1. Creation of an e-portfolio through foliotek – 25 points
2. Completion of 3 specific experiential learning lesson plans – 20 points each (60 points total)
3. Reflection on each lesson plan implementation – 10 points each (30 points total) This will be completed through canvas, not through foliotek.
4. Reflecting on the experiential learning process through foliotek– 35 points

Grading for each of the assignments will be as follows:

- **ePortfolio creation:** Full credit will be given for Identity pages achieving a score of 60% or greater (as assigned by foliotek). Partial credit will be given based on the percent completeness achieved. For example, a foliotek score of 30% will receive 12.5/25 points etc.

- **3 Experiential learning assignment lesson plans:** Each lesson plan will be scored on completion and will receive a score of 0/20 if not completed and 20/20 if completed. These assignments must be uploaded to foliotek.

- **150 word written reflection on lesson plan implementation:** For each of the 3 lesson plans designed, students will need to have a way to implement the lesson plan. This could be with a group of classmates that you meet on the discussion forums, with a group of roommates, or even with a group of elementary students that you already interact with. The reflection should briefly describe the lesson plan and reflect on what worked well, what didn’t work, what you might do differently in the future, or what you plan to continue using as you move forward in your career.

- **Reflection in foliotek:** You will be asked the questions that help you address the topics listed below.
  
  A description of the learning activity  
  An explanation of how this activity affected your view of your involvement in and/or responsibility in the community  
  A description of how this experience applied to your future career  
  A discussion of what you learned about yourself through this experience and how you felt about the experience  
  What you will take away from this experience.

Reflections addressing all 5 questions will receive full credit. Documents missing criteria will receive partial credit as follows: 4/5 questions addressed = 20/25 points, 3/5 questions addressed = 15/25 points etc. This reflection will be submitted to the ePortfolio.
Should you feel that there is a problem that I have not addressed to your satisfaction, or feel you have been unfairly evaluated in this class: We at the KHPR department work together to make sure you have every opportunity to learn, and to be recognized for that learning. If you feel that is not occurring, please contact our Assistant Chair: Dr. Karen Weiller at Karen.Weiller@unt.edu.

How do I get answers to my Questions? I am here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum on Canvas. This will allow all students in the course to view my responses. If you have grade related questions, you are welcome to e-mail me directly via Canvas e-mail. Please send all e-mails from your UNT e-mail account as e-mails generated from external accounts will not be answered. Additionally, this course has laboratory modules centered on physical activity. If you have any concerns about any of the assignments or feel for any reason that you should not complete an assignment, please contact me so that an alternate assignment can be arranged.

Exams/Quizzes/Assignments
No make-ups will be given for missed quizzes or exams unless approved by the instructor in advance. In most cases, it is possible to get an absence approved ahead of time. Therefore, only for extenuating circumstances will approval will be granted after the fact. If the absence is not approved, the student will receive a zero for the missed exam/quiz.

Written assignments are due in Canvas at the specified time. Assignments received after this time will be considered late, and points will be deducted. All assignments must be typed, 12 pt. font. All quotes and references must be cited, and when applicable, the guidelines of the American Psychological Association (APA format) must be used.

ADA Statement
The Department of Kinesiology, Health Promotion, and Recreation is committed to full academic access for all qualified students, including those with disabilities. In keeping with this commitment and in order to facilitate equality of educational access, faculty members in the department of Kinesiology, Health Promotion and Recreation will make reasonable accommodations for qualified students with a disability such as appropriate adjustments to the classroom environment and the teaching, testing, or learning methodologies when doing so does not fundamentally alter the course.

If you have a disability, it is your responsibility to obtain verifying information from the Office of Disability Accommodation (ODA) and to inform the instructor of your need for an accommodation. Copies of the College of Education ADA Compliance Document are available in the Dean’s Office, Matthews Hall 214.

Federal Educational Rights and Privacy Act (FERPA)
The University is required to follow the Family Educational Rights and Privacy Act of 1974 ("FERPA"), as amended. The purpose of FERPA is to afford certain rights to students concerning their educational records. In essence, FERPA grants students the right to inspect and
review their educational records, to seek to have their records amended and to have limited control over the disclosure of information contained in the records. UNT’s Family Educational Rights and Privacy Act and privacy policies are available at http://policy.unt.edu/policydesc/ferpa-policy-18-1-9.

**Academic Dishonesty and Misconduct**

Academic dishonesty and misconduct includes cheating, plagiarism, fabrication and facilitating academic dishonesty. Cheating refers to collaborating on assignments and using unauthorized materials. Plagiarism refers to presenting ideas, words or statements of another person without giving credit to that person. Academic dishonesty and misconduct will not be tolerated. Individuals caught in academic dishonesty and misconduct will be charged under the University’s Code of Student Conduct. Students found guilty run the risk of having their score changed to a zero, receiving a grade of “F” for the course and/or other penalties from the University. If you have questions about cheating or plagiarism, please see your instructor.

**List of Graded Course Assignments**

(Students will be given plenty of advance notice if changes are necessary. Please refer to Canvas frequently for updated information. All release dates and Due dates will be in Canvas)

Quizzes (each worth 20 points)
- Syllabus Quiz
- School Health Quiz
- Communicable and Non-Communicable Diseases Quiz
- Nutrition Quiz
- Physical Activity Quiz
- Drugs and Alcohol Quiz
- Mental Health and Stress Quiz
- Communication Quiz
- Organ Systems Quiz
- Health Maintenance Quiz
- Personal Safety Quiz

Discussion Forums (Each worth 30 points)
- School Health Discussion Forum
- Nutrition and Learning Discussion Forum
- Media devices and communication Discussion Forum

Laboratory Assignments (Each worth 30 points)
- Communicable and Non-Communicable Diseases Lab
- Nutrition Lab
- Physical Activity Lab
- Drugs and Alcohol Lab
- Stress Relief Lab
- Child Abuse Reporting Training
- Health Insurance Lab

Final Exam (worth 100 points)
Learning Portfolio assignment (worth 150 points)
Creation of ePortfolio – 25 points
3 specific experiential learning assignments – 20 points each (60 points total)
Reflection on each lesson plan implementation – 10 points each (30 points total)
Foliotek experiential learning reflection – 35 points