HTLH 2150
Personal Health and Safety
Spring 2019

Instructor: Doryce Judd
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Office Hours
Monday and Wednesday 11:30am – 1:00pm
All other times by appointment

Course Description: 3 sch. Health Promotion elective (all tracks). This course is a study of personal awareness, strategies for prevention and protection, and defense tactics. The topics will include identity theft, home and travel security, financial security, health care, insurance, and self-defense. This course will require some physical activity.

Required Text:
There is no required text book for this class.

Course Objectives:

- Students will identify and respond to threatening situations in the home, on campus, and in the community.
- Students will demonstrate how to protect their personal identity.
- Student will identify travel, insurance, and home security.
- Students will identify and develop strategies for financial security.

Acceptable Student Behavior:

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Center for Student Rights and Responsibilities to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at www.deanofstudents.unt.edu

American Disabilities Act:

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide
you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at http://www.unt.edu/oda. You may also contact them by phone at 940.565.4323.

Grading Procedures:

The grades for the class will be calculated from two exams, class assignments, class participation, and attendance. The grade is based upon points, not percentage. Also, there might be potential for bonus points throughout the semester. The total maximum points are as follows: Total possible points = 400

In class exams = 200 points (2 worth up to 100 points each)
Class assignments = 150 points (3 @ 50 points each)
Attendance=50 points

Exams

There are two exams given during the semester. Both will be worth 100 points each and will consist of multiple-choice questions. If you are unable to attend class (whether online or face to face) during an exam, it is your responsibility to inform me ahead of time. Make up exams will not be allowed unless prior approval has been given.

Assignments

There will be four assignments given throughout the semester.

Assignment 1 - Locus of control self-assessment – Jan. 18
Assignment 2 – Video/Article regarding fraud – due Feb. 13
Assignment 3 – Travel prioritization inventory – due March 20

Attendance

Attendance is expected!
Attendance of class meetings are important for the learning experience. Every student begins the semester with 50 points for attendance. With each class missed, there will be a 10 point reduction.

Grading Scale – Total pts available are

A = > 360 points
B = 359 - 320 points
C = 319 – 280 points
D = 279 – 240 points
F = ≤ 239 points

TENTATIVE SCHEDULE

15-Jan  Introduction to the course
17-Jan  Campus safety

22-Jan  Local and Federal Agencies - UNTPD
24-Jan  Theft prevention – UNTPD

29-Jan  Facilities/Risk management – campus safety
        Medical safety – Student Health and Wellness Center

31-Jan

5-Feb  Active Shooter - UNTPD
7-Feb  Safety beyond - UNTPD

12-Feb  Campus safety/Green Dot – Survivor advocate office
14-Feb  Campus safety/Green Dot – Survivor advocate office

19-Feb  ID Theft/Money mgmt. – UNTPD and Money Mgmt. Center
21-Feb  Fire safety– Emergency Mgmt. (E.M.)

26-Feb  Emergency mgmt./Medical City Denton
28-Feb  Emergency Readiness – E.M.

5-Mar  International Travel Safety – UNTPD and E.M.
7-Mar  EXAM
March 11 - March 15

**SPRING BREAK**

19-Mar  Self Defense
21-Mar  Self Defense

26-Mar  Self Defense
28-Mar  Self Defense

2-Apr  First Aid/cpr – Doryce Judd
4-Apr  Alcohol/Drug – SARC

9-Apr  Depression/Suicide - Counseling and Testing
11-Apr  Inclusive – ODA

16-Apr  Social Media – Cyber Security
18-Apr  Stalking/intimate partner/violence – Dean of students

23-Apr  Protests/Rallies
25-Apr  Fitness and Safety – Pohl Rec. Center

30-Apr  **RED MAN**
2-May  **EXAM**