Prerequisites: None

I. Course Description:

This course will introduce students to health concepts relevant to physical, social, and emotional needs of children and adolescents. The emphasis will be on individual responsibilities, decision-making skills, and strategies for implementing age-appropriate curriculum. We will discuss current topics in health including but not limited to the childhood obesity epidemic, vaccines, and adolescent mental and sexual health. This course contains two critical assignments related to accountability and accreditation.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

This course links with SFA’s Envisioned Goal 2: Our students will be engaged and empowered.
This course links with SFA’s PCOE Goal 1: We will provide transformational experiences for our students.
This course links with SFA’s Envisioned Goal 5: We will be an innovative university.
This course links with SFA’s PCOE Goal 5: We will provide academic and co-curricular innovations.

Program Learning Outcomes (Community Health):

1. The student will be able to plan and evaluate a community/classroom-based health lesson (NCHEC I, II, IV).
2. The student will construct professional documents (resume and cover letter) to be used as a personal career-marketing tool for employment opportunities (NCHEC VII).
3. The student will demonstrate the knowledge and skills to search for and write a grant proposal to address a specific health-issue (NCHEC I, II, IV, VII).
4. The student will be able to communicate health information (NCHEC VI).
5. The student will design and implement a health behavior change plan that they will monitor for the semester (NCHEC I, II, III).

Student Learning Outcomes:

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

1. Plan and evaluate a health-planning document to present to peers (NCHEC I-VII)
2. Demonstrate proficient use of multiple health education strategies/methods (I, VII)
3. Access and utilize health education information resources (I, VI)

III. Course Assignments, Activities, Instructional Strategies, use of Technology:

A. Exam 1 & Exam II
   - The content in the exam will be covered during lectures in class and also posted on D2l and is also in textbook.
It is students’ responsibility to familiarize yourself with the lecture materials from all sources and prepare for the exam outside of class. **You MUST study outside of class from all the content that will taught in this course to adequately prepare for the exams.**

**B. Health-Planning Document (NCHEC I-VII) -200 points total**

In this assignment, students will create a health-planning document for children or adolescents. Students will select a broad topic area and must determine the age appropriate instructional needs based on the topic assigned. More specific instructions regarding the assignment will be given in class.

The following procedures will be used to create the health-planning document:

- Generate ideas for addressing the scenario. Students may use various resources, such as the Internet, books, peer-reviewed journal articles, governmental websites and agencies and other health educators to assist with ideas.

- If a student uses someone’s lesson plan/activity, he/she must re-write the planning document in his/her own words and give the author credit.

- Specific instructions for the assignment will be posted on D2L in the sub-module: Health Planning Document under Module 1

*(Please note: If credit is not given, it is plagiarism!! Plagiarism is an Academic Integrity violation (see policy below) and will result in a failing grade on this assignment.)*

This assignment will consist of two submissions:

1. **Rough draft** of health-planning document (worth 50 points).
2. **Finalized version** of the health-planning document (worth 100 points)
3. Presentation- **Oral Presentation** (worth 50 points)
   a. Power point presentations on your health planning document sharing the highlights of your topics and important details.
   b. It should also include the teach section of your activity

- During the date and time of your presentation, you will submit the final version of the health-planning document: 1) As a hard copy and 2) as an electronic copy in LiveText. If your assignment is not submitted both ways, you will receive a zero (‘0’) on this assignment

**B. Quizzes/In-class assignments (NCHEC I) - 100 points total**

1. The student will be expected to participate during in-class group assignments relating to various topics discussed to assess levels of student preparedness and understanding. **In-Class Participation= 40 points**
2. Quizzes will cover lectures, journal articles and supplemental course materials that are taught throughout the week and posted online. Quizzes will be administered ONLINE on D2L. A due date for each quiz is written in the course timeline! A discussion post will be also posted on D2L to initiate and engage students in an online discussion about a selected topic.

   To ensure a good grade on the quizzes, exams and assignments attendance is mandatory! You can NOT skip class and expect yourself to do well on the course!

3. **Quizzes and discussion post= 15 points each; Total= 60 points**
C. Reflection Paper (NCHEC I) - 100 points total
***This assignment is related to accountability and accreditation. The assignment MUST be completed.***
Each student will write at least a 2-page, double-spaced paper with 1-inch margins and 12-point Times New Roman Font addressing the following questions in paragraph form. (Please do not bullet-point your responses.)

1. How did your presentation teach your assigned health topic?
2. Reflecting back on your health-planning document, what were some positive AND negative outcomes of the instructional activity you developed?
3. How did you address the negative outcomes in the finalized version of your health-planning document plans?
4. What were your most and least favorite aspects of the health-planning document?
5. Reflecting back, what did YOU learn about yourself and about critical thinking and the health-planning implementation process?
6. How will the completion and experience of this project influence your approach to your future work/job?
7. Any additional thoughts about the health-planning process.

- During the date and time of your presentation, you will submit the reflection paper: 1) As a hard copy and 2) as an electronic copy in LiveText. If your assignment is not submitted both ways, you will receive a zero (’0’) on this assignment.

IV. Evaluation and Assessments (Grading):

An attendance will be taken at the beginning of each class. If you are late, you WILL be marked absent. Please be respectful of everyone’s time! Attendance will be also used to determine the in-class participation grade which is approximately 6.67% of your grade. If you are not in class, you won’t get any in-class participation points.

Also, grades that are not submitted on LiveText will receive a grade of “0”.

The final grade in this course will be determined by the following:


<table>
<thead>
<tr>
<th>Exam 1 (100 points)</th>
<th>Grade Scale</th>
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<tbody>
<tr>
<td>Exam 2 (100 points)</td>
<td>A = 90% and above (540 points &amp; above)</td>
</tr>
<tr>
<td>Health Planning Document (200 points)</td>
<td>B = 80-89% (480 – 539 points)</td>
</tr>
<tr>
<td>Quizzes/In-class assignments (100 points)</td>
<td>C = 70-79% (420 – 479 points)</td>
</tr>
<tr>
<td>Reflection Paper (100 points)</td>
<td>D = 60-69% (360 – 419 points)</td>
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<tr>
<td><strong>Total Points:</strong> 600</td>
<td>F = Below 59% (359 points &amp; below)</td>
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V. Tentative Course Outline/Calendar: TENTATIVE

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics/Class work</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>08/28 - 09/1</td>
<td>Syllabus, class expectations, Health Planning</td>
<td>Submit topic for Health Planning</td>
</tr>
<tr>
<td>Week</td>
<td>Dates</td>
<td>Activity</td>
<td>Assignments</td>
</tr>
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<td>--------------------------------------------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>1</td>
<td>08/31</td>
<td>Assignment overview, discuss presentation and projects</td>
<td>Document (D2l)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Child &amp; Adolescent Health Across Cultures</em></td>
<td><em>Due: 08/31 (Thu) @ 11:59 PM</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>OUT OF OFFICE ON Fri 9/01</td>
</tr>
<tr>
<td>2</td>
<td>09/04 to 09/08</td>
<td>Child and Adolescent Development</td>
<td>Quiz#1 (D2l)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Parenting in the 21st Century</td>
<td><em>Due: 09/07 (Thu) @ 11:59 PM</em></td>
</tr>
<tr>
<td>3</td>
<td>09/11 to 09/15</td>
<td>Maternal, infant and Child Health</td>
<td></td>
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<td><em>Brain storming: Work w/ your partner(s) on HPD ideas.</em></td>
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</tr>
<tr>
<td>4</td>
<td>09/18 to 09/22</td>
<td><em>Exam # 1</em></td>
<td></td>
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<td></td>
<td></td>
<td>Mental Health in Children and Adolescents</td>
<td></td>
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<td></td>
<td><em>Class Time: Work w/ your partner on journal Research on HPD (Bring your laptops)</em></td>
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</tr>
<tr>
<td>5</td>
<td>09/25 to 09/29</td>
<td><em>Documentary: Weight of the Nation Part III Children</em></td>
<td>HPD: Journal Research</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Childhood Obesity: Lecture</em></td>
<td><em>Due: 9/26 (Tue) @ 11:59 PM</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Childhood Obesity: Debrief an activity related to childhood obesity</em></td>
<td>Quiz#2 (D2l)</td>
</tr>
<tr>
<td></td>
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<td></td>
<td><em>Due: 09/28 (Thu) @ 11:59 PM</em></td>
</tr>
<tr>
<td>Week</td>
<td>Dates</td>
<td>Topic</td>
<td>Assignments</td>
</tr>
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</tbody>
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| 6    | 10/02 to 10/06 | BMI, Healthy Eating, and Public School Food Policy and Challenges Class Time: To work on HPD-Rough Draft *(Bring your laptops)*  
OUT OF OFFICE on Th (10/5) & F (10/6)  
**NO CLASS ON THURSDAY (10/05)** |
| 7    | 10/09 to 10/13 | Recommended and Appropriate Physical Activity & Sports Participation  
HPD: Peer Review Activity |
| 8    | 10/16 to 10/20 | *Exam # 2*  
Media and Body Image  
*Documentary: Thin Viewing + Discussion* |
| 9    | 10/23 to 10/27 | Child Health & Poverty  
*Documentary: Viewing + Discussion*  
Quiz #3 *(D2L)*  
**Due: 10/26 (Thu) @ 11:59 PM** |
| 10   | 10/30 to 11/03 | Child Abuse & Neglect  
Resilience  
Duty to Report  
Discussion Post *(D2L)*  
**Due: 11/02 (Thu) @ 11:59 PM** |
<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Topic</th>
<th>Extra Notes</th>
</tr>
</thead>
</table>
| 11   | 11/06 to 11/10 | Legal & Ethical Issues, Policy Prevention, & Intervention Strategies | Duty to Report  
Class Time: Work w/ Your partner on HPD: Final Drafts *(Bring your laptops)* |
| 12   | 11/13 to 11/18 | Teen Sexual Health                        | Incarcerated & Delinquent Youth  
Class Time: Work w/ Your partner on HPD: Final Drafts *(Bring your laptops)* |
|      | 11/21 to 11/25 | Thanks Giving Break                       |                                                      |
| 14   | 11/27 to 12/01 | HPD: Group Partner(s) evaluation          | HPD: Reflection Paper *(D2l and on LiveText)*  
Due: 12/11 (Mon) @ 11:59 PM  
HPD : Oral Presentations *(Bring your laptops)* |
| 15   | 12/04 to 12/08 | Presentation of Health-Planning Document |                                                      |
| 16   | 12/11 to 12/15 | Presentation of Health-Planning Document | HPD: Oral Presentations *(D2l)*  
Due: 12/11 (Mon) @ 11:59 PM |
VI. Required Readings:


2. Required readings in the form of journal articles, websites, and other scholarly material may be assigned based on the topics discussed in the course. These will be announced ahead of time and posted on D2L. The student will be required to utilize technology to obtain articles and course materials posted online.

3. D2L

4. LiveText - This course uses the LiveText data management system to collect critical assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education. Students who do not have an existing LiveText account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText account, and you will be notified how to do this via email. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails.

If you have questions about obtaining or registering your LiveText account, call ext. 1267 or e-mail SFALiveText@sfasu.edu. Once LiveText is activated, if you have technical questions, call ext. 7050 or e-mail livetext@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText system may result in course failure.

VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education (PCOE) electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation;
2. Instruction evaluation purposes; and
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical AND IS WORTH 2 POINTS (REQUIRED not optional)!

In the PCOE, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Attendance and Excuse Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

- See Section V for how Extra Credit can and will be used for attendance.

**Academic Accommodations for Students with Disabilities: Policy 6.1 and 6.6**

To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004/468-1004 (TDD) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to [http://www.sfasu.edu/disabilityservices/](http://www.sfasu.edu/disabilityservices/)

**Student Academic Dishonesty: Policy 4.1**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:

- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- Helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:

- Section V for how Extra Credit can and will be used for attendance.
● submitting an assignment as one’s own work when it is at least partly the work of another person;
● submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
● Incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Withheld Grades: Policy 5.5

At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Additional Information:

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texas.ets.org/registrationBulletin/<http://www.texas.ets.org/registrationBulletin/>). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.
3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information concerning this matter, contact Katie Snyder Martin at 936-468-1740 or snyderke1@sfasu.edu.

**Student Code of Conduct: Policy 10.4**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at [https://www.sfasu.edu/judicial/earlyalert.asp](https://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.

**Additional Information**

**To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:**

1. Undergo criminal background checks for field or clinical experiences on public school campuses; the public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

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