Department of Kinesiology and  
Health Science HSC 121-004  
Core Concepts of Health  
Spring 2020

Instructor: Victoria Wagner-Greene, MPH, CHES  
Course Time: M/W 2:30p-3:45p
Office: HPE Rm 218  
Course Location: HPE 222
Office Phone: 936-468-1543  
Credits: 3 hours
Office Hours: MW: 10a-12p, T: 1p-2p  
Email: victoria.wagner-greene@sfasu.edu
or by appointment

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.

Course Justification: Health Concepts for Children and Adolescents (3 credits) is a is a  
face-to-face course that will meet 150 minutes of physical classroom time with direct  
instruction per week for 15 weeks and a final exam. This course contains critical  
assignments related to accountability and accreditation and fulfills NCHEC’s area I, II, IV,  
V, VI & VII of responsibilities. The assignments for this course consist of a Health Planning  
Document and Reflection Paper. The Health Planning document is a semester long project  
that is worth 33% of their grade and includes different sections that are due throughout  
the semester. Besides the assignments, the students have three exams. These activities  
average at a minimum of 6 hours of work each week to prepare outside of the  
engagement time with the course content.

Prerequisites: NA

Diversity: The James I. Perkins College of Education is committed to proactively  
recruiting and retaining a diverse faculty, staff, and student population. Through open  
dialogue, mutual respect, and shared responsibility, faculty, staff, and students will  
demonstrate an understanding and sensitivity to ethnicity, race, gender,  
exceptionalities, culture, language/dialect, age, social class, family structure, sexual  
orientation, religion, and spiritual values in order to enhance the quality of life in a  
diverse, global community.

II. Intended Learning Outcomes/Goals/Objectives:

1. This course links with SFA’s Envisioned Goal 2: Our students will be engaged  
and empowered.
2. This course links with SFA’s PCOE Goal 1: We will provide transformational  
experiences for our students.
3. 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 be able to communicate health information (NCHEC VI).

Student Learning Outcomes - 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:

LiveText Statement:
This course uses the LiveText/Watermark 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/Watermark 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/Watermark 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/Watermark 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/Watermark account or any technical questions, call 936-468-2395 or e-mail LiveText@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText/Watermark system may result in course failure.

1. Health-Planning Document (NCHEC I-VII) - 200 points total
   a. In this assignment, students will create a health-planning document for children or adolescents on a health topic list provided by the instructor. Students will complete this project in a "group setting" and each student must actively contribute to the project. There must be no more than four students per group.

   b. The group must determine the age appropriate “instructional needs" of their target audience based on the chosen health topic and create a step-by-step lesson plan. More specific instructions regarding the assignment and rubrics are posted on d2l in the “Health Planning document module”.

   c. The following procedures will be used to create the health-planning document:
      i. Generate ideas for addressing the given scenario/broad topic. 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.

ii. 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.

d. This assignment will consist of three submissions:
   i. **HPD Planning Guide** (worth 25 points). Template and Rubric are placed in HPD Module* Due in D2l ONLY- Individual Submission
   ii. **Health Planning Document- Final Draft** (worth 100 points) Rubric and examples are placed in HPD Module* Due in D2l & LIVETEXT- Individual Submission
   iii. **Oral Presentation** (worth 50 points) Template and Rubric are placed in HPD Module
      1. The oral presentation will be the application of your actual lesson concept- Health Planning document. You and your group will use this opportunity to teach your topic to the audiences.
      2. The power point presentations should include the teach (anticipatory activity), lesson concepts and references. * Due in D2l ONLY- Group Submission

e. During the date and time of your presentation, you will INDIVIDUALLY submit the “final” version of the health-planning document: 1) as an electronic copy in d2l. If your assignment is not submitted both ways, you will receive a zero (‘0’) on this assignment.

(Please note: Please remember to cite your sources! 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.)

2. **Reflection Paper (NCHEC I) -** (25 points total) * Due in D2l. *This assignment is related to accountability and accreditation. The assignment MUST be completed.
   a. 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.)
      i. How did your presentation teach your assigned health topic?
      ii. Reflecting back on your health-planning document, what were some positive AND negative outcomes of the instructional activity you developed?
      iii. How did you address the negative outcomes in the finalized version of your health- planning document plans?
      iv. What were your most and least favorite aspects of the health-planning document?
      v. Reflecting back, what did YOU learn about yourself and about critical thinking and the health-planning implementation process?
      vi. How will the completion and experience of this project influence your
approach to your future work/job?

vii. Any additional thoughts about the health-planning process.

b. 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 D2L. If your assignment is not submitted both ways, you will receive a zero (‘0’) on this assignment.

3. **Health Facts Brochure (25 points):** Students will create a health facts brochure for a selected health topic from the class. Health brochures should be formatted as a brochure with credible facts/information/resources. More information and examples will be posted on D2L.

4. **Mini Assignments:** Hands-on and computer-based discovery exercises are intended to reinforce, supplement, and extend traditional text- and lecture-based learning. Most of these exercises are designed to be completed during class. Learning exercises ARE NOT scheduled; they may be introduced and distributed during any class period. Students who are absent for a learning exercise will receive a score of 0 for that exercise.

5. **Evaluation and Assessments (Grading):**
   a. Exam 1 (Mid-Term) – 100 points
   b. Exam 2 (Final) – 100 points
   c. Health Planning Document – 200 points
   d. Health Facts Brochure – 25 points
   e. Reflection Paper – 25 points
   f. Office Visit – 10 points
   g. Syllabus Agreement – 5 points
   h. Course Evaluation – 5 points

6. **Exams:** There will be a midterm exam and a final exam in this course. Each exam is worth 100 points. Exams will be taken in class on the scheduled dates. If you are absent on the day of the exam without prior communication/excused absence you will receive a grade of 0. Once the exam time begins students are not permitted to leave the classroom. Additionally, students will not be permitted to enter the classroom once an exam has been completed and turned in to the instructor.

7. **Office visit:** Students will be required to stop by the instructors office to become familiar with her office hours and office location.

8. **Syllabus Quiz and Agreement:** Once students have read the syllabus they will be required to complete an online syllabus quiz and syllabus agreement. This will encourage students to become familiar with all course assignments, expectations, and policies.

9. **Attendance:** Daily attendance will be recorded.
   a. Be in class on time!
   b. If you miss 5 or more classes you will not be eligible for any extra credit at the end of the course.
10. **Instructional Strategies:** Multiple strategies such as in class discussion, group work, in-class-questions, on-line activities, readings, presentations and other various teaching techniques/strategies will be used throughout this course.

11. **Technology:** Students will be required to utilize D2L for all assignment submissions. Texting/Facetime/phone calls and other cell phone personal use is **NOT** permitted in class. If you need to make/answer a call please do so outside of the classroom. Laptops may only be used for note-taking purposes and/or online activities designated by the instructor. If a student is found on social media sites, texting, or doing tasks other than what is permitted in the instructor may ask them to leave the class.

**IV. Evaluation and Assessment:**
   a. Exam 1 (Mid-Term) – 100 points
   b. Exam 2 (Final) – 100 points
   c. Health Planning Document – 150 points
   d. Reflection Paper – 25 points
   e. Health Facts Brochure – 25 points
   f. Mini Assignments – 15 points
   g. Office Visit – 10 points
   h. Syllabus Agreement – 5 points
   i. Course Evaluation – 5 points

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<tr>
<th>Total Course Points</th>
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<tr>
<td>Letter Grade</td>
<td>Points Needed</td>
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<tr>
<td>A = 90%+</td>
<td>580.5 +</td>
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<tr>
<td>B = 80-89.999%</td>
<td>516-579.5</td>
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<tr>
<td>C = 70-79.999%</td>
<td>451.5-515.5</td>
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<tr>
<td>D = 60-69.999%</td>
<td>387-451</td>
</tr>
<tr>
<td>F = Below 59.999%</td>
<td>387.5 and under</td>
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</tbody>
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**V. Tentative Course Schedule:** See last page of syllabus for tentative course schedule. Course schedules will always be posted on D2L as well.

**VI. Recommended Textbook:** Child 2ed. Author: Gabriela Martorell. McGraw Hill.

**Required Readings:** All articles/websites/readings posted to the course D2L page

**VII. Course Evaluations:**
At 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:
   a. Course and program improvement, planning, and accreditation;
b. Instruction evaluation purposes; and

c. Making decisions on faculty tenure, promotion, pay, and retention

d. 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. This assignment is **REQUIRED** not optional.

e. 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:** [http://www.sfasu.edu/policies/](http://www.sfasu.edu/policies/)

**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 (including the first 12-day attendance report) 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. Students should contact the office of Community Standards (Rusk Building 315) to provide supporting documentation for excused absences.

**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/disabilitieservices/](http://www.sfasu.edu/disabilitieservices/)

**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:**
- 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.

**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. 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 policy 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 [http://www.sfasu.edu/judicial/earlyalert.asp](http://www.sfasu.edu/judicial/earlyalert.asp) or call the office at 936-468-2703.
IX. Other Important Course Information

- Due Dates: All assignments are due by the designated due date/time. Late work **WILL NOT** be accepted.
- Final Grades/Assignment Grades: There will be **no rounding** of final grades or individual assignment grades.
- Email etiquette (adapted from Dr. John Janowiak at UNC Chapel Hill) and **Professionalism**: When you e-mail friends, you can be as informal as you wish. However, when you write to your employer, professor, or supervisor you should use proper and polite language. Please use the following guidelines when e-mailing me and other professors.
  - Even telephone conversations start with “Hello” and end with “Goodbye.” Therefore, please use a formal salutation when e-mailing professors, such as: “Dear Instructor Wagner-Greene”
  - When e-mailing faculty, remember that you are not communicating with a friend or relative, therefore do not use informal language in your e-mails.
  - If you have a request, say it politely. You can start with “I would like to ...”, “I wonder if you can ...,” “May I...,” “Is it possible to ...,” “Do you mind ....” **DO NOT WRITE**: “I want to know ...,” “I want you to,” “Send this to me”, “Tell me when ....” Just adding the word “please” does not mean that you are being polite.
  - Your identity is an important clue to the context of the message. Every semester I teach hundreds of students in numerous classes; therefore, identify yourself as a student in the class you are enrolled in, such as: “Dear .... I am a student enrolled in your HSC ___ course.”
  - Also, please include a brief description of the subject of your email in the subject line of the email.
  - Be concise
  - Always re-read your emails and check for spelling and grammatical mistakes before sending them.
  - When needing to schedule an appointment outside of my office hours, please suggest a few time slots, but always say something like “If these times do not suit you, please feel free to let me know any other time that you prefer / that is convenient to you.” If you cannot make the date suggested, say, “I am sorry, but I cannot come to see you on [Monday].” Do not say, “I am not available on [Monday].

*See Next Page for Tentative Course Schedule*
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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapter/Assignments/Reminders</th>
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<tbody>
<tr>
<td>1/15</td>
<td>Syllabus Review, introductions, expectations</td>
<td>Please review syllabus online prior to class</td>
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<td><strong>MLK Day – No class</strong></td>
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<td>1/22</td>
<td>Leading Causes of Death</td>
<td><em>Syllabus quiz and agreement due</em></td>
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<td>Health Planning Document Group Assignments</td>
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<td>1/27</td>
<td>Maternal, Infant and Child Health</td>
<td><em>Office visit due</em></td>
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<td>Maternal, Infant, and Child Health</td>
<td>Guest Speaker</td>
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<td>Introduction to Development of a Child</td>
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<td>Introduction to Development of a Child</td>
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<td>3/2</td>
<td>Midterm Review</td>
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<td><strong>Midterm Exam</strong></td>
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<td><em>Online lesson</em> <em>Mini Assignment</em></td>
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<td>Health Planning Work Day</td>
<td><em>Online lesson</em> <em>Health Planning Guide due</em></td>
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<td>Childhood Obesity</td>
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<td>3/25</td>
<td>School Health/School Lunch</td>
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<td>3/30</td>
<td>Recommended Physical Activity</td>
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<td>Media and Body Image/Eating Disorders</td>
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<td>Childhood Poverty</td>
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<td>and Ethical Issues</td>
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<td>4/29</td>
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<td>Reflection Paper due</td>
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<tr>
<td>5/8</td>
<td>Final Exam (10:45a-1:15p)</td>
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