

HSC 3102: PERSONAL & FAMILY HEALTH SYLLABUS

COURSE DESCRIPTION

Surveys personal health concerns: emotional health; aging and death; alcohol, tobacco and drug abuse; physical fitness; nutrition and dieting; consumer health; chronic and communicable diseases; human sexuality; and environmental health.

COURSE INFORMATION

LEARNING OBJECTIVES

By the end of this course, students will:

- Gain factual knowledge of key concepts in the area of health and well-being.
- Increase knowledge of prevalence, risk factors, and treatment to common health problems.
- Understand impact of individual, social, cultural, community, environmental, and policy level factors have on health outcomes.
- Demonstrate how theory and research can be applied in real-world settings to improve health and well-being.
- Apply strategies to improve personal health and well-being.

INSTRUCTIONAL METHODS

This course is divided into 12 modules. Each module is interactive and includes following:

1. *Chapter Reading* - Students will first read associated textbook chapter(s) to establish foundation of knowledge, strengthen comprehension and interaction of course information, and have a foundation of lecture information.
2. *Lectures & Additional Engagement* - After reading, students will learn more about module topics by viewing module lectures, additional readings, and other activities associated with module.
3. *Quiz* - After learning module information, students are tested on knowledge gained by taking a 10-item quiz, designed to assess reading and lecture comprehension. Due on Thursday of the corresponding module.

4. *Discussion* - Students are presented with a relevant topic related to module and asked to apply lecture concepts, as well and seek and include new information in a initial discussion post (minimum of 200 words) to their peers. Students will then read and respond (minimum of 100 words each OR one-minute video, including a question their peers' post provoked) to two of their peers' posts. Initial post due on Thursday of the corresponding module. TWO peer replies due Sunday of the corresponding module. Reply must be thoughtful, articulate, and include question peers' post provoked.
5. *Experience* - Students complete an activity to engage module material by applying a task to everyday situations. Due on Sunday of the corresponding module.

CONTACT INFORMATION

INSTRUCTOR: Dr. Ashlee Ossiboff, M.A., M.S., Ph.D., MCHES (Dr. O)

PHONE NUMBER: (352) 294-1023

EMAIL: [Course communication through Canvas Inbox tool]

GroupMe:

OFFICE HOURS:

- Meetings available upon request
- Meetings through *Virtual Office* link on homepage

CREDIT HOURS: 3

For questions about course content, grade, or other personal issues, reach out through the Canvas Inbox tool. This is to execute student needs. Expect a response within 48 hours.

COURSE REQUIREMENTS

REQUIRED TEXTBOOK

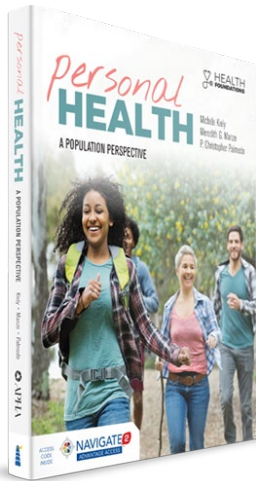
Text is available through UFallAccess. UF All Access is the University of Florida's digital course materials program. Selected courses are available through UF All Access to provide students with the lowest prices on their eBooks. Students can choose to opt into these materials and be provided instant access to their access codes for their homework systems

and/or access to a digital version of their books. The charges will be billed to their student accounts automatically and if they have Financial Aid available, it will automatically pay for these charges.

Click here to access course codes

Click here for All Access support

If you cannot find the answer at the link above, please email: allaccess@bsd.ufl.edu



Kiely, M., Manze, M. G., & Palmedo, P. C. (2020). *Personal health: A population perspective*. Jones and Bartlett Learning.

(ISBN-13: 978-1284099652)

****Majority of quiz questions come directly from this textbook**

PREQUISITES

No prerequisites for this course.

MINIMUM TECHNOLOGY REQUIREMENTS

The University of Florida expects students entering an online program to acquire computer hardware and software appropriate to his or her degree program. Most computers are capable of meeting the following general requirements. A student's computer configuration should include:

- Webcam
- Microphone
- Broadband connection to the Internet and related equipment (Cable/DSL modem)
- Microsoft Office Suite installed (provided by the university)

Individual colleges may have additional requirements or recommendations, which students should review prior to the start of their program.

MINIMUM TECHNOLOGY SKILLS

To complete your tasks in this course, you will need a basic understanding of how to operate a computer, and how to use word processing software.

ZOOM (for meetings/office hours)

Zoom is an easy to use video conferencing service available to all UF students, faculty, and staff that allows for meetings of up to 100 participants. You can find resources and help using Zoom at .

- Meetings are through the *Virtual Office* link on homepage

COURSE POLICIES

COMMUNICATION

1. **CANVAS INBOX**: Communication associated with course must be through the Canvas inbox tool in the left panel []. This is to prioritize student needs and execute the question. Messages are checked weekdays @ 6am & 4pm.
2. **GROUPME**: For brief questions that may also help your classmates, use the GroupMe set up for the course. Expect responses from me through this modality during normal, weekday business hours (9am-5pm).

COURSE ANNOUNCEMENTS

Students are sent weekly (and supplemental) announcements throughout the course. These are created to assist and respond to any potential concerns. Reading these communications is a requirement of the course.

QUIZZES

- Due on Thursday of the corresponding module.
- Random and drawn from a quiz bank.
- Lowest TWO quiz score dropped week before finals.
- Course includes syllabus quiz, weekly module quiz (12 modules), and overall quiz.
- **Quizzes are locked at time due and CANNOT be made up for any reason (two dropped for unexpected issues [i.e. something comes up, loss of internet access, illness, etc.]) to protect integrity of quiz.**
- Incorrect answer feedback is provided immediately following submission.
- Concerns about quiz questions answered following the quiz due date.
- Students have ONE WEEK from submission to view address any concerns with quiz questions (must include question [not number, since all questions are random and each student will have different questions], a specific reference from the textbook or supplemental materials presented in the module (i.e. source, page number, paragraph number, time in film, etc.-be as detailed as possible).

ASSIGNMENTS

- Assignments are due according to the due dates described in the directions (in the Eastern Standard timezone) and listed in course schedule/calendar
- All assignments include corresponding rubrics, under assignment directions in Canvas
- All assignments must be uploaded or submitted through the assignment listing on Canvas
- Emailed assignments not accepted.

MICROSOFT WORD

Microsoft Word is accessible for FREE to all UF students. It can be accessed through [GatorCloudLinks to an external site.](#) > Office365. Once accessed and used, document must be saved to computer via *File* (top toolbar) > *Save As* (left menu) > *Download a Copy* > a prompt will appear that says, *Do you want to download a copy of this file and work offline?* > select *Download a Copy* > a pop up box may appear asking about opening the file, select *Save As* > for most, it will save their document in the *Download* file. Some may have their computer settings to save to desktop (it will appear on your desktop).

Office365 can also be accessed directly through Canvas on the left button bar.

INCOMPLETE & CORRUPT FILE SUBMISSIONS

Incomplete assignment submissions will be graded as incomplete. Corrupt file submissions will be graded as a 0. If missing components are submitted after the due date, they will be graded at 50% of the earned value of the assignment.

It is students' responsibility to ensure assignment submission is correct, viewable, and accurate. This can be done by selecting the assignment > (under *Submission* on right) select *Submission Details* > (to right of document link) select *View Feedback*. Students should be able to see their document.

ASSIGNMENT FEEDBACK

Depending on detail needed for each assignment submission, feedback will be provided through rubrics, on assignment comments, and directly on submitted document (select assignment > *Submission Details* > *View Feedback* [feedback looks similar to *Track Changes* in *Microsoft Word*). Students are expected to review all feedback and incorporate it prior to next module submission. Any questions about grading and/or feedback must be addressed within one week (7 calendar days) of when the assignment is returned.

PARAPHRASING & QUOTATIONS

All assignments are designed to assess students' ability to synthesize and apply information learned in the course. Therefore, ALL assignment submissions MUST be in

students' OWN words. Direct quotes should not be used. Assignments are designed to assess students' understanding and comprehension of course information, therefore, anything quoted will NOT count toward the minimum word count for assignment.

TURNITIN

All assignments in this course will be evaluated through TurnItIn once submitted through Canvas. TurnItIn generates a report on the originality of writing by comparing it with a database of periodicals, books, online content, a repository of previously submitted student papers, and other published work. This report helps determine appropriate use of sources, proper citation, and paraphrasing effectively —skills essential to academic performance.

Early assignment submission is encouraged to review associated TurnItIn report prior to the due date. This allows the opportunity to revise, reach out with concerns, or contact the Writing Studio (<https://writing.ufl.edu/writing-studio/> for assistance.

Original work is expected in this course. **All responses must illustrate individual interpretation and presented in your own words.** Assignments are used to assess student learning and comprehension. Therefore, plagiarism of any kind is unacceptable. **Similarity scores 20% and above will not be accepted** and will be further reviewed for potential Honor Code Violation (<https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/> .

FORMAT & REFERENCES

Format and references are aligned with the American Psychological Association (APA) Style Guide (7th edition). Included in assignment directions are templates to use. This course also includes an **APA Format** page (button on the homepage), which includes descriptions and examples.

EXPERIENCE SUBMISSIONS: Set up in quiz format for ease. If reference is asked, information included must be in APA (7th edition) format.

DISCUSSION SUBMISSIONS: Must be submitted directly in the 'body' of the discussion post, by selecting *Reply* under the discussion prompt. Reply must be thoughtful and include a question the peer's post provoked. Discussion posts can be in typed or (embedded) video.

MAKE-UP WORK

- Written assignments will be accepted late for 50% reduction in the earner score and are accepted through the last week of the course. Submit work early to avoid technical problems.
- Quizzes CANNOT be made up for any reason to protect the integrity of the assessment.

- Requests for make-ups due to technical issues **MUST** be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You **MUST** email your instructor within 24 hours of the technical difficulty if you wish to request a make-up.
- Requirements for make-up exams, assignments, and other work in this course are consistent with university policies that can be found at [Attendance Policies](#)[Links to an external site.](#).

EXTRA CREDIT

Extra credit may be offered in this course. To take advantage of these opportunities, students must also meet the following requirements:

- Complete and submit ALL experience and discussion assignments
- Including discussion posts AND peer replies and all *Experience* assignments

GRADING POLICY

All assignments are graded according to associated rubrics. Specific feedback on assignments and APA formatting will be provided through document feedback, submission comments, and described directly on rubric. Students are expected to review feedback and ask any questions for clarity prior to submitting future assignments. Effort to have each assignment graded and posted within one week of the due date will be made.

All questions related to grades must be asked through the Canvas Inbox within 7 days of when the grade is presented.

ASSIGNMENTS & ASSOCIATED POINTS

ASSIGNMENTS	POINTS
Quizzes modules, overall, & syllabus – 2 drops = 12 total	20 points each (240 total points)
Experience modules – 1 drop = 11 total	20 points each (220 total points)
Discussion modules & intro – 1 drop = 12 total	20 points each (240 total points)
Total	700 points

ASSIGNMENTS & ASSOCIATED POINTS

LETTER GRADE	PERCENTAGE	GRADE POINTS
A	93 <	4.0
A-	90-92.9	3.67
B+	87-89.9	3.33
B	83-86.9	3.0
B-	80-82.9	2.67
C+	77-79.9	2.33
C	73-76.9	2.0
C-	70-72.9	1.67
D+	67-69.9	1.33
D	63-66.9	1.0
E	< 63	0

See the [current UF grading policies](#)Links to an external site. for more information.

UF POLICIES

ACCOMMODATING STUDENTS WITH DISABILITIES

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://disability.ufl.edu/Links to an external site.>) by providing appropriate documentation. Once registered, students will receive an accommodation letter that must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

ACADEMIC CONDUCT

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code (<http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/Links to an external site.>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If

you have any questions or concerns, please consult with the instructor or TAs in this class.

GETTING HELP

TECHNICAL DIFFICULTIES

For issues with technical difficulties for Canvas, please contact the UF Help Desk at:

- <http://helpdesk.ufl.edu> [Links to an external site.](#)
- (352) 392-HELP (4357)
- Walk-in: HUB 132

Any requests for make-ups due to technical issues should be accompanied by the ticket number received from the Help Desk when the problem was reported to them. The ticket number will document the time and date of the problem. You should e-mail your instructor within 24 hours of the technical difficulty if you wish to request a make-up.

HEALTH & WELLNESS

- U Matter, We Care: If you or someone you know is in distress, please contact umatter@ufl.edu, 352-392-1575, or visit umatter.ufl.edu [Links to an external site.](#) to refer or report a concern and a team member will reach out to the student in distress.
- Counseling and Wellness Center: Visit counseling.ufl.edu [Links to an external site.](#) or call 352-392-1575 for information on crisis services as well as non-crisis services.
- Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit shcc.ufl.edu [Links to an external site.](#)
- University Police Department: Visit police.ufl.edu [Links to an external site.](#) or call 352-392-1111 (or 9-1-1 for emergencies).
- UF Health Shands Emergency Room/Trauma Center: For immediate medical care in Gainesville, call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; <https://ufhealth.org/uf-health-shands-emergency-room-trauma-center> [Links to an external site.](#)

ACADEMIC AND STUDENT SUPPORT

- Career Connections Center: 352-392-1601. Career assistance and counseling services career.ufl.edu [Links to an external site.](#)
- Library Support: Various ways to receive assistance with respect to using the libraries or finding resources. cms.uflib.ufl.edu/ask [Links to an external site.](#)
- Teaching Center: 352-392-2010 General study skills and tutoring: teachingcenter.ufl.edu [Links to an external site.](#)

- Writing Studio: 352-846-1138. Help brainstorming, formatting, and writing papers: writing.ufl.edu/writing-studio/Links to an external site.

COURSE EVALUATIONS

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/Links to an external site.> Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/Links to an external site.> Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/Links to an external site.>

CANVAS INFORMATION

Canvas is where course content, grades, and communication will reside for this course.

- ufl.instructure.com
- For Canvas, Passwords, or any other computer-related technical support contact the [IT Service Desk](#).
 - 877 878-8325
 - <http://it.myinstitution.edu>
 - itsupport@myinstitution.edu

PRIVACY & ACCESSIBILITY POLICIES

For information about the privacy policies of the tools used in this course, see the links below:

- Instructure (Canvas)
 - [Privacy Policy](#)
 - [Accessibility](#)
- Sonic Foundry (Mediasite Streaming Video Player)
 - [Privacy PolicyLinks to an external site.](#)
 - [AccessibilityLinks to an external site.](#)
- Vimeo
 - [Privacy PolicyLinks to an external site.](#)
 - [AccessibilityLinks to an external site.](#)
- Zoom
 - [Privacy PolicyLinks to an external site.](#)
 - [AccessibilityLinks to an external site.](#)
- YouTube (Google)

- [Privacy Policy](#)[Links to an external site.](#)
 - [Accessibility](#)[Links to an external site.](#)
- Microsoft
 - [Privacy Policy](#)[Links to an external site.](#)
 - [Accessibility](#)[Links to an external site.](#)

TIPS FOR SUCCESS

Taking a course online can be a lot of fun! Here are some tips that will help you get the most of this course while taking full advantage of the online format:

- Schedule "class times" for yourself. It is important to do the coursework on time each week. You will receive a reduction in points for work that is turned in late!
- Read ALL material contained on this site. There is a lot of helpful information to save time and help meet objectives of course.
- Review course schedule located in Syllabus and check items off as you go.
- Take full advantage of online discussion boards. Ask for help or clarification of material if you need it.
- Do not wait to ask questions - Waiting may cause missing due date.
- Do work well before the due dates. Things happen. If your computer goes down when trying to submit an assignment, time is needed to troubleshoot problem.
- Back up work to an external hard drive, thumb drive, or through a cloud service.

Disclaimer: This syllabus represents my current plans and objectives. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, communicated clearly, are not unusual and should be expected.

NETIQUETTE AND COMMUNICATION COURTESY

It is important to recognize that the online classroom is in fact a classroom, and certain behaviors are expected when you communicate with both your peers and your instructors. These guidelines for online behavior and interaction are known as netiquette.

Security
<ul style="list-style-type: none"> • General Guidelines • Email • Discussion Boards • Zoom

Your password is the only thing protecting you from pranks or more serious harm.

- Do not share password with anyone.
- Change your password if you think someone else might know it.
- Always log out when you are finished using the system.

[RETURN TO HOMEPAGE](#)

Course Summary:

Date	Details	Due
	Assignment EXTRA CREDIT: Introduction Announcement	due by 11:59pm
Thu Jan 12, 2023	Discussion Topic INTRODUCTION DISCUSSION: Student Introductory Video	due by 11:59pm
	Quiz INTRODUCTION QUIZ: Syllabus & APA Format Quiz	due by 11:59pm
Sun Jan 15, 2023	Assignment EXTRA CREDIT: GroupMe	due by 11:59pm
	Discussion Topic DISCUSSION 1: Inspire Change	due by 11:59pm
Thu Jan 19, 2023	Quiz QUIZ 1: Introduction to Health	due by 11:59pm
Sun Jan 22, 2023	Quiz EXPERIENCE 1: Apply a Behavior Change Theory	due by 11:59pm
	Discussion Topic DISCUSSION 2: Food Marketing	due by 11:59pm
Thu Jan 26, 2023	Quiz QUIZ 2: Nutrition & Health	due by 11:59pm
Sun Jan 29, 2023	Quiz EXPERIENCE 2: Dietary Guidelines	due by 11:59pm
Thu Feb 2, 2023	Discussion Topic DISCUSSION 3: Increase Physical Activity through Environments	due by 11:59pm

Date	Details	Due
	Quiz QUIZ 3: Physical Activity & Health	due by 11:59pm
Sun Feb 5, 2023	Quiz EXPERIENCE 3: New Physical Activity	due by 11:59pm
Thu Feb 9, 2023	Discussion Topic DISCUSSION 4: Mental Health Stigma	due by 11:59pm
	Quiz QUIZ 4: Mental Health	due by 11:59pm
Sun Feb 12, 2023	Quiz EXPERIENCE 4: Improve Sleep Habits	due by 11:59pm
Thu Feb 16, 2023	Discussion Topic DISCUSSION 5: Sex Education in School	due by 11:59pm
	Quiz QUIZ 5: Sexual Health	due by 11:59pm
Sun Feb 19, 2023	Quiz EXPERIENCE 5: Gender Influence	due by 11:59pm
Thu Feb 23, 2023	Discussion Topic DISCUSSION 6: Vaccines	due by 11:59pm
	Quiz QUIZ 6: Infectious Diseases	due by 11:59pm
Sun Feb 26, 2023	Quiz EXPERIENCE 6: Antibiotic Resistance	due by 11:59pm
Thu Mar 2, 2023	Discussion Topic DISCUSSION 7: Policies to Reduce Chronic Illness	due by 11:59pm
	Quiz QUIZ 7: Chronic Diseases	due by 11:59pm
Sun Mar 5, 2023	Quiz EXPERIENCE 7: Assist a Loved One	due by 11:59pm
Thu Mar 9, 2023	Discussion Topic DISCUSSION 8: Reduce Your Carbon Footprint	due by 11:59pm
	Quiz QUIZ 8: Environmental Health	due by 11:59pm

Date	Details	Due
Sun Mar 19, 2023	Quiz EXPERIENCE 8: Carry Your Trash	due by 11:59pm
Thu Mar 23, 2023	Discussion Topic DISCUSSION 9: Social Organization in Global Health	due by 11:59pm
	Quiz QUIZ 9: Global Health	due by 11:59pm
Sun Mar 26, 2023	Quiz EXPERIENCE 9: Global Health Perspective	due by 11:59pm
Thu Mar 30, 2023	Discussion Topic DISCUSSION 10: Campaigns & Interventions to Prevent Drug Use	due by 11:59pm
	Quiz QUIZ 10: Addiction & Health	due by 11:59pm
Sun Apr 2, 2023	Quiz EXPERIENCE 10: Addiction Photovoice	due by 11:59pm
Thu Apr 6, 2023	Discussion Topic DISCUSSION 11: Learned Violence & Prevention	due by 11:59pm
	Quiz QUIZ 11: Injuries, Accidents, & Violence Prevention	due by 11:59pm
Sun Apr 9, 2023	Quiz EXPERIENCE 11: Reduce Sexual Violence	due by 11:59pm
Thu Apr 13, 2023	Discussion Topic DISCUSSION 12: CAM Acceptance	due by 11:59pm
	Quiz QUIZ 12: Complementary, Alternative. & Spiritual Medicine	due by 11:59pm
Sun Apr 16, 2023	Quiz EXPERIENCE 12: Try a CAM	due by 11:59pm
Thu Apr 20, 2023	Quiz OVERALL QUIZ	due by 11:59pm