

HLTH 33: Health Science Spring 2013

Health 33 CRN #30315 Thursday from 10:00AM-11:50AM in SCI 113

City College of San Francisco
Department of Health Education

Instructor and Classroom Support Information

Gayle Reznikov

E-mail: greznikov@ccsf.edu

Phone: 415-452-4719 (email will be faster for response)

My Office – where I hold office hours: Enter through MU353

Office Hours: Thursdays, 9:10am-10:10am by appointment through email

Phone for the Counseling dept – for appointments: 415-452-5235

Tutoring: All tutoring is held in MUB 301 (the Link Center)

Health Education Department Office: Multi Use Building 353 (MU 353)

Course Description

This course will give students a basic familiarity with key concepts and principles associated with causes and consequences of illness and the promotion of individual, family, and community health based on research in public health and other social and behavioral sciences. The course examines the causes, consequences, available treatments and strategies for prevention of major health conditions across the lifecycle.

Class meetings will consist of a variety of activities (i.e. group work, discussions, lectures, and guest speakers.) Emphasis will be on thinking critically about what influences personal health choices, where and how to access health information and planning personal application.

Course Objectives and Learning Outcomes

By the end of this course, learners will be able to:

- A. Examine the multiple dimensions of health and the development of health goals and priorities.
- B. Compare the leading causes of illness and death among populations and health inequalities among populations within the United States and between nations.
- C. Analyze the factors that influence and determine the health and illness of individuals and populations based on public health and other social and behavioral science research.
- D. Describe the US healthcare system and access to services.
- E. Explain the rights of health care consumers and strategies for the successful navigation of health care systems.

- F. Analyze the causes, consequences, possible treatments and strategies for prevention of selected health issues such as major chronic and infectious diseases, mental health, reproductive health and drug and alcohol use and misuse.
- G. Identify personal behaviors that increase health risks and may promote wellness.

Course Information and Requirements

Prerequisites, Co-requisites, and Advisories:

ESL 140 or placement in ESL 150, or completion of or concurrent enrollment in ENGL 90 Not open to students who have completed HLTH 53

Required Reading:

Donatelle, R. *Health, the Basics*. Green Edition. Available from the bookstore.

Materials from the H33 website are also required All students will be expected to access the website that will be given the first week of class, either at home or using computers on campus, such as those in the Link Center. Students may print up to 10 pages without charge in the Link Center (MU 301).

Journal is required – any notebook that is just for H33 class warm up writings. This should be separate journal from your note taking in class. You will hand this in twice during the semester.

Additional readings from the Internet and/or class handouts may also be required.

Classroom Community and Guidelines

We are all responsible for making this class a supportive learning environment. This includes being respectful to the instructor and other students.

Student Participation and Attendance Policy

Students are expected to attend every class, participate in class discussions, and have completed readings and assignments.

- Students are allowed **two absences without penalty**. With documentation of good cause, the Instructor may extend up to 2 additional excused absences (without penalty).
- Students with more than 3 unexcused absences may receive a failing grade.
- If you miss a class, it is your responsibility to pick up copies of any handouts you missed on time. You are counted as late if you arrive after attendance is taken.
- Excessive absences may lead to you being dropped, at the instructor's discretion.

Assignment Policy

I expect you to turn in all assignments **in class** on the due date. If you turn it in late, your grade will be lowered to reflect the lateness. This expectation also applies to students who are absent; that is, an absence does not grant the student extra time. **There are no make-ups for quizzes, presentations or exams.**

All assignments should be typed and printed out. Computers are available in the Rosenberg Library, Link Center (MU 301), The Women's Resource Center (103 Smith), Latino/a Services

Network (Cloud 364) and throughout campus. In particular circumstances, the Instructor will accept papers by email – but check first.

Academic Honesty

Cheating or plagiarism” is prohibited. Plagiarism is defined as the unauthorized use of the language and thought of another author and representing them as your own.” Penalties for plagiarism can include a zero on the assignment, an F for the course, and/or referral to the Dean of Students.

If You Need Additional Assistance

If you have questions or concerns with the class, be sure to let me know as early as possible. If you need to discuss grading or personal problems, email me. Emergencies, unexpected events, and personal problems that disrupt students’ lives and affect their coursework and class attendance can and do happen during the semester. If this happens to you, please contact me as soon as possible so we can discuss possible strategies and solutions. City College may have resources that can help, and I'm happy to work with you to accommodate your needs.

Disabilities and Medical Conditions

If you...

- Need classroom or testing accommodations because of a disability
- Have an ongoing or emergency medical condition that may affect your class participation
- Need special arrangements in case the building needs to be evacuated

Please let me know within the first two weeks of class. Students who believe they may have learning or other disabilities that affect their coursework are encouraged to meet with a Disabled Students Programs and Services counselor (Rosenberg room 323, 452-5594) to learn more about possible classroom accommodations and other special programs. You must bring me a DSPS document to plan any accommodations to verify your DSPS status. Please keep track of any deadlines from the DSPS office (such as the deadline for final exam accommodation requests).

Classmate Contact Information

Please fill in the names of four classmates for study support and to contact if you miss class.

Name	Email	Phone

Important City College of San Francisco Dates

- 1/28/13** Last day to officially withdraw, drop or reduce course work units for a full fee refund.
- 2/1/13** Last day to add credit classes or to change sections (on web).
- 2/7/13** Last day to drop credit classes without a “W” on your record.
- 2/7/13** For non-residents, last day to drop and receive a 50% refund.
- 4/18/13** Last day for student-initiated or instructor-initiated withdrawal with a “W” on record.
- 5/21/13** Last day of this class (HLTH 33) – final exam – 8:00-10:00 am – in SCI 113

Additional Student Services on Campus

CCSF Catalog: The CCSF Catalog contains all of the rules and regulations of City College of San Francisco. You can review the catalog online at <http://www.ccsf.edu/Catalog/cat.html>, or purchase a copy from the bookstore.

Academic Counseling and Support Services: In addition to the Metro counselor, counseling intern and tutors (see above), you may find the following resources to be helpful to you:

African American Scholastic Program

(Rosenberg 209. 452-5315)

Asian Pacific American Students Success

(Batmale 208. 452-5620)

Disabled Students Programs and Services

(Rosenberg 323. 452-5481)

EOPS *(located behind Smith Hall, 239-3561)*

Gay/Lesbian, Bisexual Transgender

Student Counseling

(Cloud 207. 239-3320)

Latino Services Network

(Cloud 364. 452-5335)

In addition, CCSF offers support various students.

Health, Psychological, and Counseling Services: Visit Student Health Services to find about the many available free and low cost services.

Course Assignments Hlth 33

<i>Assignment</i>	<i>Points</i>
Behavior Change Assessment:	30
Health Condition Project:	130
Family Tree History:	30
5 quizzes (20 points each):	100
Final:	100
Participation:	50
Total	440

Please note: This may change during the semester. If so, please advise and use new syllabus given in class. It is your responsibility to get the new syllabus. Additional readings and/or Internet resources may be assigned in class.

Week	Topics	Homework:
1	January 17: <ul style="list-style-type: none"> ▪ Introduction to the class ▪ What is health ▪ Public health history and impacts 	Reading: Get the book
2	January 24: <ul style="list-style-type: none"> ▪ Personal health ▪ Dimensions of health ▪ Stages of Change model 	Reading: Ch. 1 Website Homework ➤ BC assessment given
3	January 31: <ul style="list-style-type: none"> ▪ Distinguishing public health and medicine ▪ What are social determinants of health ▪ Health inequities ▪ Unnatural Causes: impacts of social determinants of health 	Reading: Go to website, read and print out for class. ➤ BC assessment due ➤ Quiz 1 In class: pick groups for HC project
4	February 7:	Reading:

Week	Topics	Homework:
	<ul style="list-style-type: none"> ▪ Group work ▪ Unnatural Causes: mechanisms by which social determinants affect health. ▪ Analyzing evidence that point to those mechanisms: stress, immune response, etc ▪ Reading and interpreting a research article ▪ 	<p>Go to website, read and print out for class.</p> <p>In class: group work and assignment due at end</p>
5	<p>February 14:</p> <ul style="list-style-type: none"> ▪ Stress & how it affects health ▪ General Adaptation Syndrome (GAS) ▪ Stress management ▪ Cardiovascular system and how to promote heart health ▪ Management of chronic conditions 	<p>Reading: <i>HTB</i>, Chapter 3 <i>HTB</i>, Chapter 12 (pp 346-359)</p>
6	<p>February 21:</p> <ul style="list-style-type: none"> ▪ Violence and its impact on health ▪ Root causes and risk factors for violence ▪ Comprehensive public health approaches to reduce violence and the impacts of substance abuse and sales ▪ Review for final exam 	<p>Reading: <i>HTB</i>, Chapter 4</p> <ul style="list-style-type: none"> ➤ Quiz 2 ➤ Family Tree Assignment given
7	<p>February 28:</p> <ul style="list-style-type: none"> ▪ Healthy relationships: Project Survive 	<p>Reading: Ch. 5 Website reading: TBD</p>
8	<p>March 7:</p> <ul style="list-style-type: none"> ▪ Sexuality and gender identity ▪ Sexual relationships ▪ Communication about sex 	<p>Reading: <i>HTB</i>, Chapter 5</p>
9	<p>March 14:</p> <ul style="list-style-type: none"> ▪ Alternative medicine 	<p>Reading: Chapter 17</p> <ul style="list-style-type: none"> ➤ Family Tree assignment due ➤ Individual Project presentation outline (B) due
10	<p>March 21:</p> <ul style="list-style-type: none"> ▪ Environmental health & environmental justice 	<p>Reading: <i>HTB</i>, Chapter 15</p> <ul style="list-style-type: none"> ➤ Quiz 3

Week	Topics	Homework:
	March 23-31 Spring Break – enjoy!	
11	April 4: <ul style="list-style-type: none"> ▪ Infection and immune response ▪ Sexually transmitted infections (STIs) ▪ HIV/AIDS ▪ Prevention of transmission of disease ▪ Public health responses to an epidemic 	<i>HTB</i> , Chapter 13 (pp. 383-409)
12	April 11: Body Image	Reading: <i>HTB</i> Ch. 10A Quiz 4
13	April 18: Group presentations	Group Presentations and evaluation papers (C,D,E) due
14	April 25: Prevention	Reading: <i>HTB</i> , Chapter 5
15	May 2: <ul style="list-style-type: none"> ▪ Use, abuse and addiction of substances ▪ Health hazards of alcohol and other drugs ▪ Impacts on individuals and neighborhoods 	Reading: <i>HTB</i> , Chapter 7 + 8
16	May 9: <ul style="list-style-type: none"> ▪ Mental health and wellness ▪ Common mental health disorders ▪ Ways to support mental health in self & others 	Reading: <i>HTB</i> , Chapter 2 ➤ Quiz 5 ➤ Last day to turn in late assignments and extra credit
17	May 16: <ul style="list-style-type: none"> ▪ Catch up day 	➤ Internet Project 4 due
18	May 21 FINAL EXAM: 10:30AM-12:30PM SCI 113	(NOTE: this is not our regular class time)