



COBH 1010 Lifetime Behaviors for Healthy Living Fall 2021

Class Day & Time: Online, Asynchronous

Class Location: On-Line

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Please use your student ETSU account to email instructor

Office Hours: To be announced



COURSE DESCRIPTION

Examines physical, mental, and social aspects of health, focusing on topics such as communicable and chronic diseases, sexuality, consumerism, community health, environment, aging, death and dying, and the health care system.

COURSE TEXTBOOK

Open Education Resource (free) online text: Health 100 version 3
<https://open.umn.edu/opentextbooks/textbooks/health-education>

COURSE PURPOSE AND GOALS

This course empowers and encourages students to be more aware of their own bodies and health needs and the needs of other individuals and populations. The course explores relevant subject matter in public health, behavior change and behavior change theory, sexual health and healthy relationships, dimensions of health and wellness, governmental health agencies and programs, and cultural and ethical considerations in health and wellness.

MAJOR TOPICS

Major topics discussed in the course include: Self, Family, and Community; Behavior Change; Behavior Change Theory; Six Dimensions of Wellness; Intellectual Wellness; Mental Health and Stress; Social Connections; Sleep; Injury and Violence Information and Prevention; Nutrition; Fitness; Body Weight and Body Composition; Body Image; Alcohol and Tobacco Use and Abuse; Drug Use and Abuse; Sexual Health; Reproductive Choices; Infectious Diseases; Cardiovascular Disease; Diabetes; Cancer; Chronic and Infectious Disease Prevention

COMPETENCIES AND LEARNING OBJECTIVES

This course addresses the following **BSPH Core Concentration** competencies. The competencies are in letters, and the associated course-specific learning objectives are numbered.

A. Recognize how behavior alters human biology

- 1: Explain how lifestyle and behavior influence health outcomes and the aging process
- 2: Define and discuss the concepts of addictive behavior, substance abuse and substance dependence

B. Recognize individual, organizational and community concerns, assets, resources and deficits for social and behavioral science interventions

- 3: Identify and apply strategies for successful behavior change

4: Evaluate facilitators and barriers to behavior change

5: Describe strategies for achieving a healthy body weight and promoting a healthy body image

C. Promote high standards of personal and organizational integrity, compassion and respect for all people

6: Describe common challenges of forming and maintaining healthy intimate relationships

D. Recognize the contribution of social, behavioral, environmental, and biological factors to specific individual and community health outcomes

7: Illustrate public health's ecological and interdisciplinary approach to health and wellness

8: Describe the multiple dimensions of wellness, including mental health and stress, spirituality, and intellectual wellness

9: Outline the role of genetics and family health history in individual health outcomes

10: Identify factors for a healthy lifestyle, including sleep, nutrition/diet, and physical activity

11: Identify the risk factors and prevention strategies for chronic disease, including cardiovascular disease and cancer.

12: List factors that contribute to unintentional injuries and discuss how to prevent these types of injuries

13: Explore the impact of current issues in public health, both on community health and on the student's daily life.

STUDENT ASSESSMENT OF LEARNING

Course Assignments, Points Value, Learning Objectives and Competencies

<i>Major Course Assignment/ Assessment</i>	<i>Point Value</i>	<i>Learning Objectives & Competencies</i>	<i>Percent of Grade</i>
Quizzes			
13 Topic Quizzes	20 each = 260	all	~46%
Discussion Boards: 4 Discussion Topics (One for Each Section)			
<ul style="list-style-type: none"> • Recorded Introduction • Healthy Relationships • Mindful Eating • Social Determinants of Health 	25 each = 100	all	~18%
Activities: 4 Activities Assignments (One for Each Section)			
<ul style="list-style-type: none"> • Learning Styles • Is this real? • Sexual Health and Wellness • Five Things 	25 each = 100	A1; B1,2,3; C6; D8,10,12,13;	~18%
4 LCD Checks (One Each Section)	25 each = 100	all	~18%
<ul style="list-style-type: none"> • What did you learn? • What was confusing? • What can you do with this information? 			
TOTAL	560 points		

Assignment Details

Quizzes (13): Randomized, chapter quizzes will be given for each chapter the student completes. These are timed quizzes so reviewing the material is essential to earn high marks. There is a 15 minute limit on quizzes. Late submission will result in a zero.

Discussions (4): There will be four discussion activities as we move through the semester. Students are responsible for posting an initial post, providing the requested discussion or video. Except for the introduction video, the initial post should be 200-300 words. Use academic language in your post and your responses.

After you have posted your response, you will be able to see your fellow class members' posts. Give a minimum of two meaningful responses. A meaningful response is not "I agree" but will be 100-200 words. Note, the discussion board posts for others will not display until you post.

Activities (4): Each section module includes an activity relating to that section's content. These activities highlight information and encourage application of knowledge gained in the section.

LCD Checks (4): Each section includes an LCD Check. LCD assess understanding of material identifying what the student learned from the section, items of confusion, and what they can do with the information learned.

Participation: All students are required to complete materials included in Sections 1 and 4. Other topics may be selected by student per course guidelines. Completion of all readings and assignments are necessary for optimal learning and to open content. Participation checks and evaluations will include activities, discussions, quizzes and LCD checks.

GRADING SCALE

Grade	Percentage	Points Value	Grade	Percentage	Points Value
A	95-100%	529-560	C	77-79%	428-444
A-	92-94%	512-528	C-	74-76%	412-427
B+	89-91%	496-511	D+	71-73%	395-411
B	86-88%	479-495	D	68-70%	378-394
B-	83-85%	462-478	F	<68%	0-377

COURSE POLICIES and EXPECTATIONS

It is expected that students will check D2L a minimum of twice a week. The majority of communication will be delivered through the D2L news feed or discussion board. Time management is essential!

TECHNICAL SPECIFICATIONS & SUPPORT

This course uses D2L for course content and submission of completed assignments. If you have issues with accessing or navigating D2L please go to the D2L Student Home Page at <http://www.etsu.edu/d2l/students/>, email shdesk@etsu.edu, or call (423)439-4648 immediately. Technical issues may not result in an extension on an assignment

Start Date	Major Topics	Assignments and Activities	Major Themes & Learning Outcomes	Due Dates
Aug 23	Introduction to Course Overview How to live to be 100+ Video & Quiz	How to Live to be 100+ Quiz	Blue Zone research, factors contributing to life and longevity	
	Assignment One	How to live to be 100+ Quiz		Due Fri, Aug 27
	Competencies, Learning Outcomes: A1, D8			
Aug 30	SECTION 1: Opens August 26			
	Discussion #1: Recorded Introductions	Initial Post		Post Due Thurs, Sept 9
		Two Reply Posts		Replies Due Fri, Sept 10
	Section 1, Activity	Learning Styles Assessment		Due Mon, Sept 20
	Section 1 LCD	What did you learn? What was confusing? What can you do?		Due Fri, Oct 1
	Complete ALL topics for this section			
	Topic 1: Introduction to Health Topic 2: Intellectual Wellness Topic 3: Psychological Health Topic 4: Stress Management	Recordings, readings and materials on D2L	Health literacy; Being an informed consumer; Understanding research studies: types of studies, identifying credible research; Dimensions of Wellness; Creating Lasting and Positive Change	Quizzes (4) 1 for each topic: Due Fri, Oct 1
Competencies and Learning Outcomes: A1, B3, B4, C6, D7, D8, D9, D13				
Oct 4	SECTION 2: Opens September 27			
	Discussion Board #2: Disrespect, Healthy Relationships	Initial Post		Post Due Thurs, Oct 7
		Two Reply Posts		Replies Due Fri, Oct 8
	Section 2, Activity	Is this real? Article credibility critique.		Due Mon, Oct 18
	Section 2 LCD	What did you learn? What was confusing? What can you do?		Fri, Oct 22
	Pick 3 of the 4 topics to complete this section *If you take additional quizzes, only the highest three grades will be counted			
	Topic Options (pick 3) Topic 5: Sleep Topic 6: Relationships; Communication Topic 7: Gender and Sexuality Topic 8: Sexual Health	Readings and materials on D2L	Healthy relationships; Sexual health; Sexual abuse and assault; Bystander Intervention; STIs and safer sex practices; Reproductive choices	3 Quizzes: Due Fri, Oct 22
Competencies and Learning Outcomes: A1, B5, D7, D10, D11				
Oct 25	SECTION 3: Opens October 18			
	Discussion Board #3:	Initial Post: Mindful Eating Exercise Reactions		Post Due Thurs, Oct 28

	7-Day Mindful Eating	Two Reply Posts	Replies Due Fri, Oct 29
	Section 3, Activity	Crazy Condom Quiz (1st attempt will open resources for 2nd attempt)	Due Mon, Nov 8
	Section 3 LCD	What did you learn? What was confusing? What can you do?	Due Fri, Nov 12
	Pick 3 of the 4 topics to complete this section *If you take additional quizzes, only the highest three grades will be counted		
	Topic Options (pick 3) Topic 9: Infectious Diseases and Sexually Transmitted Infections (STIs) Topic 10: Drugs, Alcohol and Tobacco Topic 11: Basic Nutrition / Healthy Eating Topic 12: Body Image / Weight Management / Fitness	Readings and materials on D2L	Mindful eating; Infectious diseases; STIs and safer sex practices; Immunizations; Harm Reduction: Approach, Policies, and Laws; Substance misuse and abuse; Commonly abused substances; Nutrition guidelines; Food deserts; Choose MyPlate; Physical activity guidelines
Competencies and Learning Outcomes: A2, C6, D7, D9, D13			
Nov 15	SECTION 4: Opens November 8		
	Discussion Board #4: Social Determinants of Health and Health Disparities	Initial Post: Influences on Health Worksheet	Post Due Thurs, Nov 18
		Two Reply Posts	Replies Due Fri, Nov 19
	Section 4, Activity	Five things. Actionable items and key takeaways from the course	Due Mon, Nov 29
	Final Course LCD	Final Course Assessment	Due Fri, Dec 3
	Complete ALL topics for this section		
	Topic 13: Cardiovascular Disease, Diabetes, & Cancer Topic 14: Injury & Violence Topic 15: Health Care Choices	Readings and materials on D2L	Physiology of these chronic diseases; Risk factors; Signs, symptoms; Treatment, prevention; Cancer rates in Appalachia; Personal safety, injury prevention; Motor vehicle safety; Home safety; Violence prevention, risk factors; Sexual abuse, assault; Consent; Types of violent behavior
Competencies and Learning Outcomes: A1, C6, D7, D11, D12, D13			