

MONTGOMERY COLLEGE
Department of Health Enhancement, Exercise Science and
Physical Education Rockville Campus
HLTH 225 – Introduction to Health Behaviors
Fall 2018 (3 credits)

I. Instructor Information

Instructor: Lila C. Fleming, PhD, CHES

Office: PE Center Room 236

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Note: You are required to email me using the e-mail system within Blackboard. Please note that it may take up to 2 business days for me to reply to e-mails. If you cannot access Blackboard please make sure you e-mail me using your MC e-mail only; you must include your name and the class you are registered in.

Office hours: By appointment only.

II. General Course Information

HLTH 225 On-line

This course is an introduction to the relationship between psychology and health. This course will investigate the interdependent relationship between an individual's or group's behavior and health/wellness.

HLTH 225 fulfills a class in the General Education Program. Montgomery College General Education Program is designed to ensure that students have the skills, knowledge, and attitudes to carry them successfully through their work and personal lives. This course provides multiple opportunities to develop the following competencies: critical analysis and reasoning, written and oral communication, technological competency and personal, social, and civic awareness. Your performance in these competencies will be evaluated on your mastery of the area anywhere from Novice to Advanced. For more information, please see www.montgomerycollege.edu/gened

This is an online course and has no in-class meetings. All work is completed through the Blackboard course site.

III. Student Learning Outcomes

Upon course completion, a student will be able to:

- Describe patterns of morbidity and mortality both historically and in the United States today.
- Describe and utilize research methodologies used to study health-related behaviors.
- List and explain cogent theories of health protective behaviors such as the health belief model.
- Describe biopsychosocial factors that influence the decision to seek health care.
- Define adherence and describe methods of measurement and other related issues.
- Identify risk factors for chronic illness and discuss the impact of chronic illness on the patient, family, and society.
- Describe and give examples of health-enhancing and health-compromising behaviors.

IV. Text and Supplies

Taylor, S. E. (2018). Health Psychology, 10th Edition. McGraw-Hill, New York, NY.
ISBN 978-1259870477

Montgomery College Academic Regulations and Student Code of Conduct
http://cms.montgomerycollege.edu/pnp/#Chapter_4

V. Grading

A. Requirements:

*To be able to continue in the course and have access to ALL of the modules, students must successfully complete all five tasks in the “Orientation Module”. It is highly suggested that this is done by 11:59 pm on **September 12, 2018**, so that the student may access Modules 1-13 before the first due date (Sunday, September 16, 2018).*

*Once the student has successfully completed the five mandatory tasks, the instructor will grant them access to Modules 1 - 13. Since each task must be reviewed by the instructor, it may take two business days for students to be granted access to these modules. Any due dates or work the student due to failure to successfully complete the orientation module by **September 12, 2018** **CANNOT** be made up.*

B. Course grades:

Quizzes	10 @ 15 points each	150 points
Assignments*	6 @ 20 points each	120 points
Discussion board*	6 @ 20 points each	120 points
Case Study*		110 points
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Total		500 points

*Grades will be returned within 7 business days from the coursework’s due date.

Quizzes (150 points)

Students are responsible for the reading assignments that are listed for each chapter. There is a quiz for each module (12 quizzes in total). The quiz must be completed by the due date listed for that chapter. The quiz is open book, although it is expected that the student has read the chapter prior to taking the quiz. Quizzes get progressively more difficult throughout the semester. The quizzes are located in the modules found on the “course content” page. You can only open a quiz once. Each question is worth 0.75 points and there are 20 questions per quiz. Once you start the quiz you have 20 minutes to finish it. When calculating your final grade at the end of the semester two of your lowest grade quizzes will be dropped and therefore not count towards your final grade.

Assignments (120 points)

Students will be asked to complete a total of six module assignments. These assignments must be submitted by the due date listed for the module. The assignments are found on the “course content” page in the modules. Assignment responses should be completed in the “Submissions” box. You can also submit your assignment as an attachment to the assignment drop box using the following file formats: .doc, .docx, .rtf, and PDF. Any other file format **will not** be accepted. Assignments submitted in the Comments box, or via email **will not** be graded.

- Points will be given based on the quality of the response, not necessarily the quantity. **Quality includes spelling and grammar. Points will be deducted for spelling and grammatical mistakes.** Grading for spelling/grammatical mistakes is progressive, which means that the more mistakes that you make, the more points you lose. If you make 5 or more spelling/grammatical mistakes on an assignment you will receive a 0 for that assignment. Assignments must be written in paragraph format. Your response should be thought provoking and complete. **Answers should be a minimum of 5 sentences and a maximum of 250 words.** Points will be deducted for answers that are too short or too long.
- Assignments may be opened up more than once. Make sure that you “submit” all assignment work before the due date. **Assignments that are saved as drafts cannot be graded.**
- The assignments are manually graded, and your grade will appear once it is graded.
- You are required to include in-text citations and a reference list using APA style citations even if you only used your textbook as a reference.

Discussion board (120 points)

Six modules will contain one discussion board topic. The discussion boards will be available to students from the time the previous module closes until the module’s due date. For example, Module 1 is due on Sunday at 11:59 pm, this means that on this day the discussion board for Module 2 will open; closing on the day and time Module 2 is due.

- Each student is responsible for replying to the original question or statement, and to other students’ responses at least twice. **At least one post must be a response to another student’s post.** The contribution should be meaningful and contribute to the ongoing discussion. The responses should not repeat anything that was said in posts by other students, and should not just be an “I agree” or “me too” type of post that has no additional information or thoughts.
- Points will be given based on the quality of the response, not necessarily the quantity (although, your posts should be more than four sentences). **Quality includes spelling and grammar. Points will be deducted for spelling and grammatical mistakes.** Grading for spelling/grammatical mistakes is progressive, which means that the more mistakes that you make, the more points you lose. If you make 5 or more spelling/grammatical mistakes on a post you will receive a 0 for that post.
- Once a question is removed, you cannot receive credit for it. All discussion board posts must be posted on the discussion board under the appropriate topic. Replies that are e-mailed to me will not receive any credit.
- You are expected to read all posts that go up before yours. Do not simply read the initial post and respond to that. Your post should differ from other people’s posts and not simply repeat the information/opinion that has been posted by another student. If someone else has already stated your opinion, then you need to figure out something else to say, or state your opinion using different reasons to support it. If you simply repeat what other students have said you will lose points.
- You may post as often as you like per board, but only your first two posts per discussion board will be graded. The first two posts can earn a maximum of 7.5 points each, for a maximum of 15 points per discussion board.

Signature Assignment (110 points): The purpose of the assignment is to allow students to bring together and evaluate the information they have learned throughout the course. Information about the assignment is available on Module 13. Please make sure to review this information ahead of time to ensure you have enough time to complete the project.

Formatting standards for the Signature Assignment

- As you complete the answer to each question, please make sure to keep the headings for each part of the assignment and the question numbers. For example:

Student major

- 1.
- 2.

Part 1: Unintentional injuries

- 1.
- 2.

Part 2: Analysis of injury data – General

- 1.

Part 3: Analysis of specific causes of injury

- 1.
- 2.
- 3.
- 4.
- 5.

Part 4: Reflection

- 1.
- 2.

- **Font-** Font size must be 12 and must be either Arial or Times New Roman. The font must be a dark color, either black or dark blue.
- **Margins-** The margins must be one-inch. Please note that most word programs are preset to 1-¼ inches.
- **Spacing-** All papers must be double spaced with no additional lines between paragraphs
- **Spelling and grammar-** All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make, the more points you will lose. **If you have ten or more spelling and grammatical mistakes in a paper, the paper will receive a 0.**
- **Title page-** Papers need to have a title page that has the title, your name, my name, and the class name, day and time.
- **Reference page-** if you use a source, you must include in-text citations and a list of references. These references must follow APA style format. <http://owl.english.purdue.edu/owl/resource/560/05/> is a good resource for APA formatting.

C. Standards

450 - 500 = A

400 - 449 = B

350 - 399 = C

300 - 349 = D

0 - 299 = F

D. Make-up Policy:

There should be no reason for you to miss any assignments/quizzes. If an emergency happens, you have **24 hours from the time the assignment/quiz was due to get in contact with me**. You must have written documentation for your emergency. No extensions will be given without the proper documentation. An emergency **does not** include you got stuck at work, or your computer crashed the night the assignment was due.

E. Late Policy

NO assignments will be accepted late. Due dates are not negotiable.

F. Audit Policy:

If you are auditing the class, you must complete all work.

VI. College Policies and Procedures

A. Attendance Policy

You are expected to log in to the class *at least twice per week*. You are expected to check your email regularly. Failure to log in on a weekly basis may result in a student being dropped from the course for excessive absences as outlined in the Montgomery College Student Code of Conduct. It is ultimately the student's responsibility to withdraw from the course by the appropriate withdraw date (see the MC Academic Calendar) if they are no longer interested in participating in the course.

B. Important Student Information Link

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to the following: student behavior (student code of conduct), student e-mail, the tobacco free policy, withdraw and refund dates, disability support services, veteran services, how to access information on delayed openings and closings, how to register for the Montgomery College alert System, and finally, how closings and delays can impact your classes. If you have any questions, please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a

written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies. <http://cms.montgomerycollege.edu/mcsyllabus/>

C. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

D. Communication

Student e-mail (via Blackboard) is the official means of communication for online courses. If you are unable to access your Blackboard course site, you should email your professor via your student e-mail (montgomerycollege.edu) account.

IMPORTANT: E-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. E-mails will be answered within 24 - 48 hours during **week days**. If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

If you are in the process of addressing a class-related issue with your professor via Blackboard e-mail, you are expected to respond to e-mails within 2 business days or the matter will be considered closed.

E. Sexual Misconduct

Montgomery College is committed to fostering a safe, productive learning and working environment. Title IX and our College's policy on Sexual Misconduct; prohibit discrimination on the basis of sex. Sexual misconduct — including sexual harassment, sexual assault, domestic violence, dating violence, sexual exploitation, sexual intimidation, and stalking— is also prohibited at our school. Montgomery College encourages anyone experiencing sexual misconduct to talk to someone about what happened, so you can get the support you need, and Montgomery College can respond appropriately.

If you wish to speak confidentially about an incident of sexual misconduct, please contact one of the following resources: Rockville Counseling Department, 240-567-5063 or 240-567-4104, Germantown Counseling Department, 240-567-7734, or Takoma Park/Silver Spring Counseling Department, 240-567-1480.

If you wish to report sexual misconduct or have questions about school policies and procedures regarding sexual misconduct, please contact our school's Title IX Coordinator, Mr. Christopher Moy, 240-567-5412, Christopher.moy@montgomerycollege.edu, 900 Hungerford Dr. Rockville, MD 20850 Suite 315.

Montgomery College is legally obligated to investigate reports of sexual misconduct, and therefore cannot guarantee the confidentiality of a report, but it will consider a request for confidentiality and respect it to the greatest extent possible.

As a faculty member, I am also required by our school to report incidents of sexual misconduct and thus, cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident.

VII. Technology

A. Blackboard – Technology:

It is the student's responsibility to be familiar with how to use Blackboard. If you are unfamiliar with the technology, you should visit the following web addresses to determine if online courses are appropriate for you and to prepare for this course.

<http://cms.montgomerycollege.edu/EDU/Department2.aspx?id=9294>

B. Blackboard – Technical Issues:

If during the course you experience a technological problem with Blackboard, you need to follow the procedures below. Following these correct procedures **may** allow you to re-submit an assignment or be granted an extension to a course deadline (if necessary) depending on the circumstances and approval from your professor.

1. Call the Blackboard Help Desk at 240-567-7222 to report your problem.
2. Write down the work order number received from the Blackboard Help Desk.
3. Send an email to your professor identifying: the date and time of the phone call, the work order number, the nature of the problem, the steps to resolution suggested by Blackboard and the outcome of the phone call. This email must be sent within 1 hour of contacting the Blackboard Help Desk.

*If in doubt, contact the Blackboard Help Desk if you are experiencing a problem. Students who do not follow the instructions above will not be able to resubmit work due to technical errors.

HLTH 225 COURSE SCHEDULE

Mandatory Orientation Module	Due Date (By 11:59 P.M.)
Academic Integrity Tutorial Quiz and Statement of Accountability	** This should be completed by <u>Wednesday, Sept. 12</u>, so that you have access to Modules 1 – 13 before the first due date **
Practice Assignment	
Practice Quiz	
Practice Drop Box Assignment	
Practice Discussion Board	

Module	Chapter	Coursework	Due at 11:59 pm
1	Ch. 1 – What is health psychology? Ch. 2 – The systems of the body	Assignment Quiz	Sunday, Sept. 16
2*	Ch. 3 – Health behaviors	Discussion board Quiz	Sunday, Sept. 23
3	Ch. 4 – Health promoting behaviors Ch. 5 – Health compromising behaviors	Assignment Quiz	Sunday, Sept. 30
4*	Ch. 6 – Stress	Discussion board Quiz	Sunday, Oct. 7
5	Ch. 7 – Coping, resilience, and social support	Assignment Quiz	Sunday, Oct. 14
6*	Ch. 10 – Management of pain and discomfort	Discussion board Quiz	Sunday, Oct. 21
7	Ch. 11 – Management of chronic health disorders	Assignment Quiz	Sunday, Oct. 28
8*	Ch. 13 – Heart disease, hypertension, stroke, and type II diabetes	Discussion board Quiz	Sunday, Nov. 4
9	Ch. 14 – Psychoneuroimmunology and immune-related disorders	Assignment Quiz	Sunday, Nov. 11
10*	Ch. 12 – Psychological issues in advancing and terminal illness	Discussion board Quiz	Sunday, Nov. 18
Thanksgiving Break – No module due			Sunday, Nov. 25
11	Ch. 8 – Using health services Ch. 9 – Patients, providers, and treatments	Assignment Quiz	Sunday, Dec. 2
12*	Ch. 15 – Health psychology: challenges for the future	Discussion board Quiz	Sunday, Dec. 9
13	Signature Assignment due		Sunday, Dec. 16

** Indicates discussion module due. Discussion boards are available for one week only and will open at 12 am the day after the previous module closes.*