

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

School of Health Sciences
COURSE PBHE 209
Wellness: Health Promotion and Disease Prevention
Credit Hours: 3
Length of Course: 8 weeks
Prerequisite: None

Instructor Information

Please refer to the Syllabus tab for your instructor's contact information and biography.

Course Description (Catalog)

This course introduces students to the wellness concept, which builds the foundation for health literacy and an appreciation for life-long health and physical fitness. The components of wellness will be studied in this class, including physical, intellectual, emotional, social, spiritual, environmental, and occupational, with the goal of promoting and advocating for self-responsibility, health literacy, and a life-long commitment to wellness.

Course Scope

Students will learn the dimensions of personal and community health and will be able to advocate for appropriate choices in health and well-being.

Course Learning Objectives

After successfully completing this course, you will be able to:

1. Explain concepts related to health promotion and disease prevention.
2. Describe valid health information and health-promoting products and services.
3. Discuss the ability to practice health-enhancing behaviors and reduce health risks.

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4. Discuss the influence of culture, media, technology, and other factors on health and health literacy.
5. Explain the importance of interpersonal communication skills used to enhance health.
6. Define goal setting and decision making skills to enhance health.
7. Explain the importance of advocating for personal, family, and community health.

Course Delivery Method

This course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. Online assignments are due by the due dates indicated in the course and include Forum questions (accomplished in groups through a threaded forum), examination, and individual assignments submitted for review by the Faculty Member. Assigned faculty will support the students throughout this eight-week course.

Course Materials

Required Course Textbooks/Readings:

1. Hahn, D.B., Payne, W.A., & Lucas, E.B. *Focus on Health* (11th ed.). New York: McGraw-Hill, 2013.

Additional Resources:

1. American Psychological Association (APA) Style Work shop:
<http://owl.english.purdue.edu/workshops/hypertext/apa/index.html>
2. Textbook Website: <http://www.mhhe.com/hahn11e> (Please use this website to complete your web activities (WA))

Academic Writing Requirements:

The School of Health Sciences requires use of APA format and style and all students are encouraged to have a current copy of the *APA Publication Manual*. All written assignments are to be submitted in APA format style unless otherwise noted in the assignment directions.

Web Sites

In addition to the required course texts, the following public domain web sites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

- None

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Evaluation Procedures

Grades for this course will be based upon three grading groups: Forums, Assignments, and Quizzes/Exams.

Forum

Please join the forums each week. Replies must be posted in the week due and replies after the end of the each week will not be graded. The Forums are for student interaction and input should be submitted before the week ends in order to fully participate in the discussions. Students should demonstrate their own knowledge in the forums and avoid copying and pasting from websites.

Guidelines:

- Post the initial response to each forum by 11:55pm, ET, Wednesday.
- Initial responses should be no less than 200-300 words.
- Initial responses are to be original in content and demonstrate a thorough analysis of the topic.
- Reply to at least 2 of your classmates in each forum by 11:55pm, ET, Sunday.
- Replies to classmates should be no less than 100 words.
- Responses to classmates are significant to advance the forum.
- All forums can be accessed in the Forums section of the course.

Assignments / Self Assessments:

The textbook has a website <http://www.mhhe.com/hahn11e> to which you have access. After clicking the URL above, click on 'student edition'. Select the chapter of interest. PowerPoint slides, Self Assessments, and other materials are available by clicking on Web Activities. Self-assessments are at the end of each chapter in the textbook. The same Self-Assessments are also available online. I have also selected other Self-Assessments as they apply to the topic discussed in the chapters and these are also available online under Web Activities. Where applicable, I will make note on the assignments if they are **Web Activities (WA)**. After completing the self-assessments, you will write a response to the question: ***"What did you learn about yourself from completing the self-assessments"***. Responses should be at least one page, and a minimum of 200 words. You must submit these assignments to the "Assignment Link" for a grade. For the purpose of assignment due times and dates, a "Week" is defined to cover the period starting from Day 1: 12:01 am Sunday EST through Day 7: 11:55 PM Sunday EST. **ALL Assignments are due by Day 7, Sunday at 11:55 PM.** Submit assignments only as a

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Word document (.doc or .docx) or RTF. **Assignments submitted late receive a 20% per day late penalty and will not be accepted for grading after 5 days beyond the due date.**

Quizzes / Final Exam:

There will be eight (8) weekly quizzes. ALL Quizzes are due by Day 7 of the corresponding week. **Quizzes/Exams must be completed by the specified due dates (no exceptions).**

The final exam consists of five (5) essay questions that cover a wide range of topics discussed in the class. The Final Exam must be completed by **DAY 5 of WEEK 8**. The number of points you receive is DIRECTLY related to the quality of your work.

Readings, assignments, and classroom participation:

This course requires a time management plan and the self-discipline to follow it. You are expected to complete assignments on time, complete all readings, and make inquiries as needed to complete the course effectively. This is an eight-week course, which means the material must be learned in a short period of time. This requires dedication and diligence on the part of each student.

Course Grading Outline

Grading Instrument		Percentage of Final Grade
Forum (8 @ 100 pts each)	800 pts	25%
Introductory Forum Post	10 pts	
Final Exam	40 pts	15%
Quizzes (7 @ 10 points each)	70 pts	20%
Assignments Chapter Self-Assessments	800 pts	40%
TOTAL	1720 pts	100%

Course Outline

Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
1	Introductions Shaping Your Health	Describe the developmental tasks of adulthood, and assess your current or past level of progress in mastering them.	Syllabus Week 1 Lesson Hahn, Payne,	Review APA Tutorial by Day 7, but preferably prior to posting	Forum: Class Introduction - introduce yourself by Day 7

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	Psychological Health Managing Stress	Compare wellness and health promotion, noting both the differences and the similarities between the two concepts. Describe the characteristics of psychologically healthy people. Explain Maslow's hierarchy of needs and how it can apply to your daily activities. Define stress, stressor, the stress response, and chronic stress. Describe the cognitive aspects of stress management, including techniques for more effective time management.	Lucas: Chapters 1-3	Forum #1 - Forum #1 - Self-Assessments: Chapters 1-3 Assignment: Week 1 Quiz 1	-Forum #1: Multiple dimensions of health, Maslow's theory of the hierarchy of needs, and Stress
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
2	Physical Fitness Nutrition and Diet Maintaining a Healthy Weight	Describe the effects that regular aerobic exercise has on the heart, lungs, and circulatory system. Assess your own level of fitness in the areas of body composition, cardiorespiratory capacity, muscular strength, muscular endurance, and flexibility. Describe the different types of nutrients. List the different types of fats and explain their effects on health.	Week 2 Lesson Hahn, Payne, Lucas: Chapters 4-6	Self-Assessments: Chapters 4-6 Assignment: Week 2 Quiz 2	Week 2 Forum: Childhood Obesity

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		Define overweight and obesity Describe the effects of overweight and obesity on wellness			
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
3	Drug and Alcohol Use Tobacco Use	Describe the process and characteristics of addiction as applied to drug use and other behaviors. Explain the action of drugs on the nervous system and how different routes of administration influence drug effects. Describe tobacco usage trends in the United States, including demographic factors that are related to usage rates. Identify marketing techniques used by the tobacco industry to encourage people to smoke. Describe theories of nicotine addiction.	Week 3 Lesson Hahn, Payne, Lucas: Chapters 7-8	Forum #3 - Self-Assessments: Chapters 7-8 Assignment: Week 3 Quiz 3	Week 3 Forum: Secondhand Smoke
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
4	Cardiovascular Health Cancer and Chronic Conditions	Describe the incidence and prevalence of cardiovascular disease in the context of other leading causes of death. Describe the major cardiovascular disease risk factors and distinguish between those that can and	Week 4 Lesson Hahn, Payne, Lucas: Chapters 9-10	Forum #4 - Self-Assessments: Chapters 9-10 Assignment: Week 4 Quiz 4	Week 4 Forum: Heart Disease and Cancer

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		cannot be modified. Explain how each of the modifiable cardiovascular disease risk factors can be changed. Describe major trends in cancer incidence and death, and identify groups who are at high risk for developing particular forms of cancer. Explain the role of cell regulation in the development of cancer, and discuss the relationship of genetic mutations, viral infections, and carcinogens to the loss of cell regulation.			
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
5	Infectious Diseases Sexuality	Describe the step-by-step chain of events by which infectious diseases are transmitted. Explain the mechanical defenses that help protect the body from infection. Describe the biological basis of sexuality. Describe the psychosexual bases of sexuality, including gender identity, gender preference, gender adoption, and initial adult gender identification.	Week 5 Lesson Hahn, Payne, Lucas: Chapters Ch 11-12	Forum #5 - Self-Assessments: Chapters 11-12 Assignment: Week 5 Quiz 5	Week 5 Forum: Immunizations and HIV
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
6	Fertility	Explain the difference between the concepts birth	Week 6 Lesson	Forum #6 -	Week 6 Forum: Self-Care

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	Informed Health Consumer	control and contraception. Define theoretical effectiveness and use effectiveness of contraceptive methods and explain why they differ. Describe the strengths and weaknesses of different sources of health information. Explain the role of a primary care physician as it relates to diagnosis, treatment, screening, consultation, and prevention.	Hahn, Payne, Lucas: Chapters 13-14	Self-Assessments: Chapters 13-14 Assignment: Week 6	
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
7	Safety Environment and Health	Define the terms intentional injuries and unintentional injuries and give three examples of each. List ways to reduce your risk of becoming a victim of violence. Identify factors that impact your personal health in positive or negative ways. Explain how your personal health is influenced by different environmental factors on several scales, including personal environment, the community and regional environment, and the global environment.	Week 7 Lesson Hahn, Payne, Lucas: Chapters 15-16	Forum #7 - Self-Assessments: Chapters 15-16 Assignment: Week 7 Quiz 7	Week 7 Forum: Air-toxics
Lesson	Topic	Learning Goals	Reading(s)	Assignment(s)	Forum(s)
8	Death and Dying	Discuss issues related to dying in today's society.	Week 8 Lesson	Forum #8 -	Week 8 Forum: Physician assisted

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		<p>Explain different definitions of death, and describe the psychological states of death.</p> <p>Describe strategies for interacting with dying people and talking with children about death.</p> <p>Discuss preparations for death, including advance directives and organ donation.</p> <p>Define and distinguish between euthanasia and physician-assisted suicide.</p>	Hahn, Payne, Lucas: Chapter 17	<p>Self-Assessments: Chapter 17</p> <p>Assignment: Week 8</p> <p>Quiz 8</p> <p>Final Exam – Due DAY 5 of WEEK 8 – No exceptions.</p>	suicide
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Policies

Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

- [Drop/Withdrawal Policy](#)
- [Plagiarism Policy](#)
- [Extension Process and Policy](#)
- [Disability Accommodations](#)