



FOUNDATIONS OF HEALTH
HEED 1316
FALL 2008
TR 9:30 – 11AM

INSTRUCTOR: Kala Markovich, MS

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REQUIRED TEXT: Insell, P.M. & Roth, W.T. (2008). *Core Concepts in Health*. 10th ed. Update, Boston: McGraw-Hill.

PURPOSE:

Upon completion of this course, the student will:

- Discuss the dimensions of wellness underlying personal health
- Develop and apply scientific skills that enhance well-being
- Communicate personal health beliefs through class discussion
- Value the importance of attitude in relation to healthy lifestyle choices
- Utilize problem solving and critical thinking skills in planning and implementing lifestyle changes

STUDENT LEARNING OUTCOMES:

- The student will be able to define the concept known as optimal health, or wellness, and identify the primary components associated with optimal well being.
- The student will be able to design, implement, discuss, evaluate, and apply goal setting and time management skills to a personal behavior change strategy specific to one or more dimensions.
- The student will be able to discuss the multidimensional nature of wellness and apply problem solving skills toward developing a justification for change in at least four dimensions of health.
- The student will be able to discuss and explore a variety of individual and global health issues.
- The student will read and discuss assigned readings concerning health topics listed below.

GRADING:

Exams (3)	150 points
Assignments	50 points
Projects (2)	50 points
Presentation	50 points
Total Points	300

GRADING SCALE:

269-300 = A
239-268 = B
209-238 = C
179-208 = D
0-178 = F

EXAMS:

Three exams will be given for 50 points each. You will need Scantron (882-E) and a number 2 pencil. There will be **no make-ups** for missed exams. In the case of university excused absences, it must be turned in one week prior to the exam date. In cases of extreme emergencies contact the instructor **before the exam** and your situation will be considered. Without notification, your absence on exam day gives you a grade of zero for the exam. Unless you have a university excused absence, even with notification there is no guarantee that you will be allowed to make up the exam. No hats or cell phones will be allowed on exam days. Cheating is not allowed. Cheating will result in a zero grade for the exam.

ASSIGNMENTS:

A variety of labs will be provided throughout the semester. Students must be in attendance to complete and earn points for this component. No late assignments will be accepted.

PROJECTS:

Students will complete two projects during the semester for 25 points each; a Nutrition Assessment and a Fitness Article Review. No late projects will be accepted.

PRESENTATION:

Students will present to the class on a related course topic. All topics must be preapproved.

DEPARTMENT OF KINESIOLOGY AND UNIVERSITY ACADEMIC POLICIES

DEPARTMENT OF KINESIOLOGY – DROP POLICY

It is the responsibility of the student to **add or drop classes or withdraw from school** within the appropriate time frame established by the University Registrar. (The departments are not allowed nor obligated to add or drop students from classes.) Deadlines can be found in the current Schedule of Classes. **Deadlines may differ for Graduate Students and Undergraduate Students.**

THE DEPARTMENT OF KINESIOLOGY GRADE REQUIREMENT:

As stated in the undergraduate catalog, you are required to earn a “C” or better in ALL Kinesiology and Health courses to maintain your status as a Kinesiology major. Therefore, in the future, you will be required to retake any Kinesiology course in which you earned a “D” or “F.” These classes must be taken at UTA. If a “D” or “F” grade is earned you will need to contact your academic advisor, since you will need permission to continue to take Kinesiology and Health courses until the grade is replaced with a “C” or better grade. If you have any questions regarding this policy, please contact your academic advisor.

GRADE GRIEVANCE DEADLINE POLICY:

The student has one calendar year from the date a grade is assigned to initiate a grievance. The normal channels are: Department Chair or Program Director; Academic Dean; and the Provost.

AMERICANS WITH DISABILITIES ACT:

The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act* (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

ACADEMIC INTEGRITY:

It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

"Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

STUDENT SUPPORT SERVICES AVAILABLE:

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

FINAL REVIEW WEEK:

A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

E-CULTURE POLICY:

The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email.

All students are assigned an email account and information about activating and using it is available at www.uta.edu/email. New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

LIBRARY INFORMATION:

Antoinette Nelson is the Head of the UTA Science and Engineering Library and is the primary Department of Kinesiology Librarian. She can be reached at 817-272-7433, and by e-mail at

nelsona@uta.edu. Ms. Nelson's office is in the basement of Nedderman Hall. A secondary contact for the Department of Kinesiology is Helen Hough, Health Sciences Librarian. Her phone is 817-272-7429 and email is hough@uta.edu. Ms. Hough's office is in the Central Library, Room 314. In addition, you will find online databases for researching Exercise and Sport Studies at: <http://www.uta.edu/library/mavinfo/sport.html>

ELECTRONIC DEVICE POLICY:

Students are expected to turn off cell phones and other electronic devices that may interrupt the class. No cell phones or other electronic devices shall be used in class, including text messaging.

The University of Texas at Arlington College of Education

Mission, Core Values and Professional Dispositions



MISSION: To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance and to be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service.

The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence
- Learner-centered environment
- Research-based
- Collaboration
- Diversity
- Technology
- Field Experiences
- Life-long Learning

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on **PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

Demonstrates excellence

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

Participates in a learner centered environment and shows respect for self and others

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.

TENTATIVE SCHEDULE:

<u>Date</u>	<u>Day</u>	<u>Topic</u>	<u>Reading Assignment</u>
August 26	Tuesday	Course Introduction	
August 28	Thursday	Taking Charge of Your Health	Chapter 1
September 2	Tuesday	Stress	Chapter 2
September 4	Thursday	Stress Management	Chapter 2
September 9	Tuesday	Psychological Health	Chapter 3
September 11	Thursday	Nutrition Basics	Chapter 12
September 16	Tuesday	Nutrition Basics	Chapter 12
September 18	Thursday	Exercise for Health and Fitness	Chapter 13
September 23	Tuesday	Exercise for Health and Fitness	Chapter 13
September 25	Thursday	Exam 1	
September 30	Tuesday	Cardiovascular Disease	Chapter 15
October 2	Thursday	Cancer	Chapter 16
October 7	Tuesday	Health Related Diseases	
October 9	Thursday	Weight Management	Chapter 14
October 14	Tuesday	Weight Management	Chapter 14
October 16	Thursday	Immunity and Infections	Chapter 17
October 21	Tuesday	Sexually Transmitted Diseases	Chapter 18
October 23	Thursday	Contraception	Chapter 6
October 28	Tuesday	Exam 2	
October 30	Thursday	The Use and Abuse of Psychoactive Drugs	Chapter 9
November 4	Tuesday	Alcohol	Chapter 10
November 6	Thursday	Tobacco	Chapter 11
November 11	Tuesday	Tobacco	Chapter 11
November 13	Thursday	Addictive Behaviors	
November 18	Tuesday	The Challenge of Aging	Chapter 19
November 20	Thursday	Conventional and Complementary Medicine	Chapter 21
November 25	Tuesday	Personal Safety	Chapter 22
December 2	Tuesday	Environmental Health	Chapter 23
December 4	Thursday	Environmental Health	Chapter 23
December 11	Thursday	Exam 3 - 8am – 10:30am	