

HED 329K: CHILD & ADOLESCENT HEALTH
Unique #74080

Summer 2020

Tuesday/Wednesday/Thursday 12:30 pm CST - 3:00 pm CST

We will meet virtually via Zoom on select days (see syllabus and Canvas for more information)

Instructor: Dr. Lara Latimer
Virtual/Phone Office Hours
lara.a.latimer@utexas.edu

Office Hours: Tuesday 11:00 am CST - 12:30 pm CST
Thursday 11:00 am CST - 12:30 pm CST
Or By Appointment

Required Text: *Teaching Today's Health*, 10th Edition. David Anspaugh & Gene Ezell (2013). Benjamin Cummings

We will be using the textbook this summer! It is very important that you keep up with the readings assigned to you for this class. Although all textbook content may not be covered in lecture, you are responsible for knowing this material for knowledge checks and multi-module quizzes.

Required Materials: Reliable Internet connection (please contact me if this is an issue for you)

Course Description: The purpose of this course is to provide an introduction to the foundations of child and adolescent health; health education; and the biological, environmental, and behavioral determinants of health. The course includes the application of evidence-based child and adolescent health promotion concepts; prominent health risk behaviors established during youth that increase the risk of morbidity and mortality; and the application of personal health and wellness information. An ecological perspective will inform our understanding of health; information on physical, emotional, and social aspects of health and development will be discussed. Of special interest are the examination of health behaviors and outcomes in diverse populations, such as those characterized by gender, race/ethnicity, and socioeconomic status. Topics will focus on health behaviors that are associated with morbidity and mortality (e.g., alcohol and drug use/abuse, sexual health, and nutrition).

Underlying tenets of the class include considering others' perspectives, examining the complexities of health behaviors and health outcomes, and exploring your own health (from a holistic perspective) in order to better help others.

Cultural Diversity in the United States: This course carries the flag for Cultural Diversity in the United States. Cultural Diversity courses are designed to increase your familiarity with the variety and richness of the American cultural experience. You should therefore expect a substantial portion of your grade to come from assignments covering the practices, beliefs, and histories of at least one U.S. cultural group that has experienced persistent marginalization.

Communication: This list describes ways that we can communicate during this course.

- Piazza (a discussion board on Canvas). We will use Piazza as our primary form of communication in this course. Piazza should be your first stop if you have a question about course content, logistics, etc. This platform will allow you to see other's questions/answers; it is possible your question has already been answered there. You may also privately message me through Piazza.
- During our live Zoom meetings (either verbally or by using the Chat function in Zoom; this is not an option for those of you who choose to view lectures asynchronously)
- During virtual office hours (these will be held through Zoom)

Evaluation: Student grades will be based on a combination of short knowledge checks in before-class activities, discussions, assignments, and multi-module quizzes; the quantities, exact percentages that each of these is worth, and descriptions of each are listed below.

Type of Evaluation (quantity)	(% worth)
Knowledge checks (8)	(10%)
Discussion board prompts (12)	(30%)
Assignments (6)	(30%)
Multi-module quizzes (5)	(30%)
Total =	100%

Knowledge checks will include a few questions (usually ~3-5) about the before-class activities for each module. You should review all before-class materials before attempting the quiz. You will have up to 2 attempts for these short quizzes (Canvas will automatically record the highest grade of the two attempts); there will be no time limit; and you may use your book, notes, and other class materials. Collaboration with your classmates is not allowed. Knowledge check due dates/times can be found in Canvas.

Discussion board prompts will be provided to allow you to further reflect on course content, see peer responses, and interact with your classmates on various module topics. Discussion prompt instructions and due dates/times can be found in Canvas.

Assignments are to allow you to personally process and synthesize module topics. Among other things, assignments may require you to read/view/listen to something and reflect or to complete a worksheet. You will work on these individually and submit through Canvas. Assignment instructions and due dates/times can be found on Canvas.

Multi-module quizzes are quizzes that will cover content from several modules (or one larger module) and will typically include ~20-40 questions. You will have one attempt to complete each of these quizzes, there will be no time limit, and you may use your book, notes, and other class materials. Collaboration with your classmates is not allowed. Multi-module quiz due dates/times can be found in Canvas.

Final Grades: The following scale will be used to determine your final grade:

A = 92.95% - 100%	C = 72.95% - 77.94%
A- = 89.95% - 92.94%	C- = 69.95% - 72.94%
B+ = 87.95% - 89.94%	D+ = 67.95% - 69.94%
B = 82.95% - 87.94%	D = 62.95% - 67.94%
B- = 79.95% - 82.94%	D- = 59.95% - 62.94%
C+ = 77.95% - 79.94%	F = 59.94% or below

Preparation for Class: Material presented in this class is more interesting and relevant when students participate in class discussions. Moreover, advancement of our understanding of a topic occurs when we listen to and debate information from multiple perspectives. However, to be appropriately prepared for discussion, you must be informed, which means that you should read the assigned required Canvas materials (e.g., textbook chapter, short audio &/or video clips, other readings) before attending class. You may also find it helpful to look over any lecture slides posted on Canvas prior to class. Knowledge checks will cover this before-class preparation.

Bonus Points: Over the course of the session, there may be opportunities to earn bonus points. Your final course grade will not be factored out of more than 100%. With rare exceptions, bonus points earned will be posted on Canvas within 48 hours of the due date. If you believe you completed an opportunity and did not receive credit, **you must notify me within 1 week of the original due date; after that point, I will not discuss missed bonus points.** It is your responsibility to make sure your assignments are submitted properly.

Journal tool in Canvas: You will use the Journal in Canvas to explore your thoughts, feelings, and reactions to some of our course topics. You will be given a prompt to respond to in your journal 1-2 times a week, and these responses will be private (i.e., can only be seen by you and me).

Attendance: Participation in class discussions is *as important* to learning the assigned material as all other course work. For this reason, I expect that you attend all virtual class meetings. However, attendance is not factored into your final grade. If you are unable to attend a class, you are responsible for reviewing the missed content and keeping up with associated class work. I ask that you do your best to avoid leaving class early and/or arriving late, out of respect for your classmates and me.

Respect for Ideas: Some of the issues discussed in this class may be of a sensitive nature. An important component of this course is to explore how cultural diversity influences health behavior. This diversity includes gender, race, ethnicity, socioeconomic status, religion, family structure, sexual orientation, and geographic region. Because students vary in their background, experiences, and opinions, it is imperative that we are respectful of fellow students' views, opinions, and comments. Disrespectful comments and body language will not be tolerated.

Responsibility: Please keep in mind that I have done my part by preparing ahead of time and showing up to class. It is your responsibility to do the same. If you can't make this happen, it is your responsibility to see me in office hours and/or seek out classmates to help you find out what you missed, read the text, and look over the lecture slides. If there are specific concepts discussed in class/the textbook that you do not understand, please contact me for further explanation. Additionally, it is your responsibility to keep track of your grades; you should check Canvas often to do this. I also

suggest coming to office hours to review your quizzes. Please allow time for me to get points posted in Canvas, but do not wait until the end of the semester if you believe there is a discrepancy in your grade listed on Canvas.

Late Submissions: The due date and time for each knowledge check, discussion board, assignment, and quiz can be accessed via Canvas; grades on any submissions after the due date and time will be **deducted by 10% for each day it is late.**

Canvas: Update your Canvas settings today so that you receive all class emails and announcements. Check the Canvas site for the syllabus, all required class material, study guides, instructions for the paper, daily announcements, etc. You will be able to send e-mail messages to other students through Canvas. You can also access your grades from Canvas, and you should check your grades weekly. If you believe there is a discrepancy with your grade, you should contact me within one week of the grade posting. Do not wait until the end of the semester. **HELPFUL HINT → ACCESS CANVAS FROM A LAPTOP OR DESKTOP COMPUTER, RATHER THAN YOUR CELL PHONE OR TABLET, IN ORDER TO SEE ALL DETAILS FOR ASSIGNMENTS & MODULES.**

Academic Integrity: A fundamental principle for any educational institution, academic integrity is highly valued and seriously regarded at UT Austin, as emphasized in the standards of conduct. You and other students are expected to "maintain absolute integrity and a high standard of individual honor in scholastic work" undertaken at the University. This is a very basic expectation that is further reinforced by the University's [Honor Code](#). At a minimum, you should complete any assignments, quizzes, and other scholastic endeavors with the utmost honesty, which requires you to a) acknowledge the contributions of other sources to your scholastic efforts b) complete your assignments independently unless expressly authorized to seek or obtain assistance in preparing them c) follow instructions for assignments and quizzes, and observe the standards of your academic discipline d) avoid engaging in any form of academic dishonesty on behalf of yourself or another student.

Scholastic Dishonesty: Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information please visit the Student Conduct and Academic Integrity Student Judicial Services Website: <https://deanofstudents.utexas.edu/conduct/>.

Academic Accommodations: "The University of Texas at Austin provides upon request appropriate academic accommodations for qualified students with disabilities. For more information, contact the Office of the Dean of Students at 471-6259, 471-4641 TTY."

Please see below for our tentative schedule. You can find further information about each module, due dates, etc. on Canvas.

TENTATIVE CLASS SCHEDULE			
Date	Module	Topic	Virtual Meeting
Thursday, June 4	1	Introduction & Health Education	Yes
Tuesday, June 9	2	Health Disparities <i>Guest: Heran Kidane</i>	Yes
Wednesday, June 10	3	Mental Health & Stress Reduction	No
Thursday, June 11	3	Mental Health & Stress Reduction <i>Guests: Divine Canines</i>	Yes
Tuesday, June 16	4	Aging, Dying, & Death	Yes
Wednesday, June 17	5	Violence & Injury Prevention	Yes
Thursday, June 18	6	Body Image & Eating Disorders	Yes
Tuesday, June 23	7	Substance Use & Abuse <i>Guest: Lisa Medina</i>	Yes
Wednesday, June 24	7	Substance Use & Abuse <i>Guest: Darrien Skinner</i>	Yes
Thursday, June 25	7	Substance Use & Abuse	No
Tuesday, June 30	8	Healthy Relationships	Yes
Wednesday, July 1	9	Sexuality Education	No
Thursday, July 2	10	Gender & Health <i>Guest: Tres Hinds</i>	Yes
Tuesday, July 7	11	Infectious Disease & STIs	Yes
Wednesday, July 8	12	Contraception <i>Guest: Katherine Prottil</i>	Yes
Thursday, July 9	No new content; use this day to work on your remaining HED 329 coursework!		No