



## PERSONAL HEALTH | SECTION 6229 | FALL 2023

### INSTRUCTOR CONTACT INFORMATION

Instructor Name: Meng Yang

Email: my10@iu.edu

**Canvas Message** is the preferred means of contact using Teachers. I will do my best to respond quickly. Please do not assume your messages have been received unless/until I reply to you. Allow up to 24 hours for replies Sunday-Thursday; 36-48 hours on Friday-Saturday. In case of emergency only email me at my10@iu.edu

Office Hours: By appointment only.

### PREREQUISITES

There are no prerequisites for this course.

### COURSE DESCRIPTION

This survey course provides a theoretical and practical treatment of the concepts of disease prevention and health promotion. Covers such topics as emotional health; aging and death; alcohol, tobacco, and drug abuse; physical fitness; nutrition and dieting; consumer health; chronic and communicable diseases; safety; and environmental health.

### COURSE WEBSITE

You will participate in this course using the IU Canvas learning management platform. Once you are in the platform, you can learn how to use Canvas effectively, by clicking the “Help” link on the lower left portion of the course page. Site link: <https://iu.instructure.com/courses/2175283>.

### COURSE STRUCTURE AND EXPECTATIONS

**COURSE CIVILITY STATEMENT:** Regardless of race, ethnicity, national origin, gender, sexual orientation, religion, age, and/or ability, you will be treated with respect while in this class. As a participant in the class, we ask that you strive to honor the diversity and humanity of your classmates. Bigotry, hatred, and/or disparaging comments/posts will not be tolerated by anyone in this class. Making such comments/posts will result in removal from the course and disciplinary action. Please refer to Indiana University-Bloomington’s IU Code of Student Rights, Responsibilities, and Conduct. See [Code of Student Rights, Responsibilities, & Conduct](#) for details regarding expected behaviors in the classroom and disciplinary sanctions for violations of the student code of conduct visit the [Office of Student Conduct](#).

**If you would like to share your pronouns with the instructor or class, please do. Also, if you have a name that differs from your official university record, please let us know.** If you would like to share how your name is pronounced, you can use NameCoach, which is available on Canvas.

### COURSE OBJECTIVES

At the conclusion of the course, students will be able to:



1. Summarize historical milestones in public health.
2. Identify lifestyle behaviors that positively and negatively influence health.
3. Identify risky behaviors that influence personal health (obesity, cardiovascular disease, diabetes, and cancer, etc.).
4. Describe the short and long-term health effects of alcohol, tobacco, and exercise on the individual health status.
5. Explain the relationship between managing weight and obesity-related diseases.
6. Identify the various contraception and evaluate effectiveness and side effects of the methods.
7. Identify the most common sexually transmitted diseases and describe symptoms, diagnoses and treatment.
8. Explore healthful strategies for stress management.
9. Identify credible health information and sources when seeking help to make optimal health-related decisions.
10. Apply the health behavior theory to develop a lifestyle plan that works to keep health behavior.

This class will utilize in class lectures, group presentation, individual and group assignments, readings and other materials to convey content associated with the course objectives.

## COURSE REQUIREMENTS

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### REQUIRED TEXT or RECOMMENDED TEXTS/READINGS

Donatelle, R.J. (2019). *Health: The Basic*. 13th ed., Pearson Publishing: Boston, MA. ISBN: 0-13-418326-6 or 978-0-13-418326-8

Available through Canvas topic

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### TECHNICAL REQUIREMENTS

You will need the following in order to participate in this course:

- Computer;
- Reliable internet connection;
- Computer microphone; and
- Open Canvas in a Mozilla Firefox or Google Chrome browser.

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### TECHNICAL SUPPORT

You may also receive support from

- [UITS](#) (human support)
- [IU Knowledge Base \(IUKB\)](#) (guides)
- [IUware](#) (download free software)

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## DESCRIPTIONS OF COURSE ACTIVITIES AND ASSIGNMENTS, AND POLICIES

**In-class short essay** (22 \* 10 points, 220 points)



There will be 22 in-class short essays throughout the semester. Students will be required to post short essays on Canvas. The topic will be related to the course schedule and detailed instructions will be posted on Canvas. The short essays will be only available during class time and serve as attendance checks.

### **Weekly Reading Quiz (12 \* 30 points, 360 points)**

There will be 12 quizzes (reading questions) that cover the week's course content throughout the semester. The format of the quizzes will be 30 questions including multiple choice and true/false. You will have one hour to complete each quiz and two attempts; the highest score will be recorded in the grade book. Completion of the reading quizzes are due by 11:59 pm on the due date. Please see Canvas for due dates.

### **Behavior Change Report (150 points)**

At the beginning of course, students must select a health behavior that they would like to maintain, adopt, quit, or improve over the course time span. During the first week of class, students will need to complete the behavior change contract, and during the semester students will complete the progress report and submit the final report at the end of the semester. Due dates are listed on the schedule.

- Behavior change contract (30 points): The health behavior that you would like to maintain, adopt, quit, or improve over the course time span will be identified and reported in the contract. In the behavior change contract, students will record the short-term and long-term goals of this behavior change. Students also need to describe what obstacles they may experience and what strategies they will employ. This contract will be due on Canvas by 11:59 pm September 3.
- Progress report (50 points): in the progress report, students will write an essay which must be relevant to the behavior change in the behavior change report. Students need to describe their successes and challenges during the process of changing identified behavior. This progress report will be due on Canvas by 11:59 pm October 22.
- Final report (70 points): Students will submit a completed report compiling the progress, reflecting the strategies, the challenges, and the benefits of this behavior change plan. This final report is due on Canvas by 11:59 pm December 10.

### **Group Presentation (100 points)**

Each group is responsible for preparing a presentation. Each person in the group is expected to contribute equally to the presentation. The group presentation assignment is composed of the following items:

- Presentation slides (30 points): Typically, students should submit their presentation slides before previous Sunday midnight. Exact submission dates could find in the course schedule.



– In-class presentation (50 points): Topics and instruction will post on Canvas. You can use any available technology during the presentation, and you can choose any form to present (at least you have slides to submit).

– Group peer assessment (20 points): This assessment is to evaluate yours and your group members' contribution to this group presentation project. Each student is required to fill out this assessment individually and submit it via Canvas. The evaluation form will be posted on Canvas. *NOTE: this group peer-assessment submitted to the instructor will be confidential and will NOT be spread to any other people.*

### **Guest Speaker Reflections (3 \* 50 points, 150 points)**

There will be three virtual guest speaker throughout the course. Students will be required to write a short reflection on each of them. Each reflection is worth 50 points. Details and grading criteria could be found on Canvas.

### **Final Exam (120 points)**

Final exam will be online exam via Canvas. The final exam will consist of multiple choices, matching, true/false questions, and short answer. The exam will cover materials from textbook, assigned readings, lectures or guest lectures. No late submission for the final exam. Make-up exam will only be provided for students with valid documentation. Final exam will be available from December 11 to December 12. You will have 2 hours to take the exam. It is the student's responsibility to make up the exam within 2 days of the original exam or a grade of 0 will be assigned.

## **SUMMARY OF ASSIGNMENTS**

### **IN-CLASS ESSAYS**

**MEETS COURSE OBJECTIVE #2,3,4**

### **WEEKLY QUIZZES**

**MEETS COURSE OBJECTIVE #1,5,6,7,8**

### **BEHAVIOR CHANGE REPORT #2,3,4,5,6,7,10**

**MEETS COURSE OBJECTIVE**

### **GROUP PRESENTATION**

**MEETS COURSE OBJECTIVE #8,9,10**

### **GUEST SPEAKER REFLECTION**

**MEETS COURSE OBJECTIVE #4,7,9,10**

### **FINAL EXAM**

**MEETS COURSE OBJECTIVE #1-10**

## **OVERVIEW OF THE ASSIGNMENT GRADES**



Assignments	Percentage
In-class short essay	20%
Weekly Quizzes	33%
Behavior change report	13%
Group presentation	10%
Guest speaker reflection	13%
Final exam	11%
<b>Total</b>	<b>100%</b>

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## GRADING SCALE

Final grades will be rounded up to the next percentage point starting at .50%. For example: A 93.50% will be rounded up to 94%, a 93.40% will remain a 93%.

Grade	% Range
A+	97-100
A	93-96
A-	90-92
B+	87-89
B	83-86
B-	80-82

C+	77-79
C	73-76
C-	70-72
D+	67-69
D	63-66
D-	60-62
F	<60

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## COURSE POLICIES

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### CANVAS

Everything related to this course and communication will be handled through Canvas. It is students' responsibility to check Canvas consistently for course announcements, course materials, and grades. It is the student's responsibility to make sure to adjust Canvas settings to ensure updates are received in a timely manner. Students must use the "Inbox" function in Canvas to contact the instructor via Canvas message.

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### CLASS ATTENDANCE

Students are expected to complete the in-class short essays which would serve as attendance checks for that day's course. There will be 22 in-class short essays.

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### ONE WEEK POLICY AND GRADES POSTED ON CANVAS



All grades will be posted on Canvas and kept up-to date during the semester. It is students' responsibility to review grades on a weekly basis for accuracy. Concerns about scores earned on assignments, exams, and other course requirements must be brought to the instructors' attention **within one week of the grade being posted** on Canvas, and a request to speak with the instructors about any grade concern must also be made within the one week time of the grade being posted on Canvas. Once this one week time limit has passed, the grade will remain as posted on Canvas. Please do not attempt to discuss individual grades or assignment scores during class time. I will be happy to discuss your class performance or any other individual concerns before or after class, over email or by individual appointment.

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### LATE ASSIGNMENT POLICY

If there are concerns about meeting an assignment deadline, talk with the instructor as soon as possible before the due date, as the instructor is willing to work with students who are experiencing extenuating circumstances. Appropriate documentation must accompany the extenuating circumstance in order for an extension to be considered. Except for said circumstances such as illness or family issues, **NO LATE** assignments will be accepted. However, Week 16 (Dec 4 – Dec 10) is a “make-up” week. You could submit all your missing or late assignments (excluding in-class short essays) during that week but with a 30% deduction.

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### COURSE SCHEDULE AND ASSIGNMENTS

The information contained in this syllabus and the following course schedule provides a general plan for the course. These documents are subject to change with reasonable advance notice. Students are responsible for being aware of any change announced on Canvas.

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### COURSE ABSENCES

There may be situations that arise which may prevent you from doing your best work and submitting assignments as instructed and before the due dates and times. If you plan to be absent from class activities for longer periods of time because of a sport, school, medical, or family event, please let me know and I will do my best to let you **complete your work in advance—extensions will not be granted for non-emergent situations**. For a scheduled assignment or other course event, arrange with me for earlier due dates well in advance. In case you miss these scheduled events, you will receive a zero on all assignments and course requirements.

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### ACADEMIC FREEDOM

By providing a forum for lectures and/or media to present controversial viewpoints, the instructors are supporting academic freedom, not advocating a particular point of view.

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### LANGUAGE

If English is not your native language and you have trouble understanding the lectures or if you anticipate problems with the writing standards in this course, please email the instructor early in the course and/or seek assistance from [Writing Tutorial Services](#). All written assignments in this course will



be evaluated for content, following directions, proper use of English language and grammar, spelling, and organization.

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## FAIR USE POLICY

Copying or recording lectures and/or course materials without the express prior approval of the instructor is prohibited. All copies and recordings remain the property of Indiana University and Dr. Walsh-Buhi. IU and your instructor reserve the right to retrieve, inspect, or destroy the copies and recordings after their intended use. These policies are not intended to affect the rights of students with disabilities under applicable law or IU policies.

## IUB UNIVERSITY POLICIES

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### ACADEMIC AND HEALTH ACCOMMODATIONS FOR STUDENTS

**Accessibility and Accommodation.** Indiana University is dedicated to ensuring that students with disabilities (e.g., chronic health, neurodevelopmental, neurological, sensory, psychological & emotional, including mental health) have the support services and reasonable accommodations needed to provide equal access to academic programs. To request an accommodation, you must establish your eligibility by working with Disability Services for Students ([iubdss@indiana.edu](mailto:iubdss@indiana.edu) or 812-855-7578). Additional information can be found at [accessibility.iu.edu](https://accessibility.iu.edu). Note that services are confidential, may take time to put into place, and are not retroactive; captions and alternate media for print materials may take three or more weeks to get produced. Please contact your campus office as soon as possible if accommodations are needed.

**Health Center Medical Excuses.** The IU Student Health Center (SHC) does not provide notes for students who miss classes, assignments, or tests secondary to short-term illness, injury, or mental health problems. A medical excuse from a provider cannot not reveal private medical information, and thus only documents that an individual visited their provider, not whether they were ill. The reasons for the SHC policy (Medical Excuse Policy: Patient Policies: About: Student Health Center: Indiana University Bloomington) were carefully considered and fully supported by the Bloomington Faculty Council in 2019. The SHC is willing to work with students who have ongoing or serious illness, injury or disability to provide care and documentation as necessary. Disability Services for Students also specializes in assisting students with various disabilities to achieve their academic goals.

**Health and Safety Requirements.** IU will continue to follow recommended public health guidance. In recognition of all IU community members owe to each other, we expect every member of the IU community will adhere to all current policies and practices. For current information on that guidance see <https://www.iu.edu/covid/index.html>.

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### INTELLECTUAL DISHONESTY

**Academic Misconduct.** If I suspect that a student has cheated, plagiarized or otherwise committed academic misconduct, they will be referred to the Code of Student Rights, Responsibilities and Conduct: <http://studentcode.iu.edu/>.

More on this: All work should be your original product, unless explicitly noted otherwise. Any materials you reference or take from others should be properly cited. Cheating, plagiarism, or fabrication in any form will not be tolerated, regardless of any justification. Students should know that the obligation to



act with integrity is fundamental to a university education, and that there are serious consequences for academic misconduct. Academic misconduct will not be tolerated. The minimum consequence is failing the assignment. In a case of a more serious offense, a student may fail the course. **Students must NOT present work from other courses in this class (i.e., using pieces of previous papers you have submitted in other courses is also considered plagiarism).** A requirement to begin this course is passing the “How to Recognize Plagiarism Certification Test” by accessing the test [here](#). To pass this Certification Test, you must answer at least 9 out of 10 questions correctly within 40 minutes. [Why?](#) If you pass, your Certificate will be e-mailed to you, and you can view your Certificate online. It is very important that you and your instructor can retrieve and validate it later to ensure it is not counterfeit. We may use the services of Turnitin.com to check for originality of your written work.

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## STUDENT CONDUCT AND SUPPORT

**Sexual Misconduct and Title IX.** As your instructor, one of my responsibilities is to create a positive learning environment for all students. IU policy prohibits sexual misconduct in any form, including sexual harassment, sexual assault, stalking, sexual exploitation, and dating and domestic violence. If you have experienced sexual misconduct, or know someone who has, the University can help. If you are seeking help and would like to speak to someone confidentially, you can make an appointment with the IU Sexual Assault Crisis Services at (812) 855-5711, or contact a Confidential Victim Advocate at (812) 856-2469 or [cva@indiana.edu](mailto:cva@indiana.edu). It is also important that you know that University policy requires me to share certain information brought to my attention about potential sexual misconduct, with the campus Deputy Sexual Misconduct & Title IX Coordinator or the University Sexual Misconduct & Title IX Coordinator. In that event, those individuals will work to ensure that appropriate measures are taken and resources are made available. Protecting student privacy is of utmost concern, and information will only be shared with those that need to know to ensure the University can respond and assist. I encourage you to visit <http://stopsexualviolence.iu.edu/index.html> to learn more.

**Bias-Based Incident Reporting.** Bias-based incident reports can be made by students, faculty and staff. Any act of discrimination or harassment based on race, ethnicity, religious affiliation, gender, gender identity, sexual orientation or disability can be reported through any of the options: 1) fill out an online report at <https://reportincident.iu.edu/>; 2) email [biasincident@indiana.edu](mailto:biasincident@indiana.edu); 3) call the Dean of Students Office at (812) 855-8187. Reports can be made anonymously at <https://reportincident.iu.edu>.

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## RELIGIOUS HOLY DAYS AND/OR HOLIDAYS

Students missing class for a religious observance can find the officially approved accommodation form by going to the Vice Provost for Faculty and Academic Affairs webpage for religious accommodations: ([Religious Observances: Teaching Resources: Faculty Resources: Office of the Vice Provost for Faculty & Academic Affairs: Indiana University Bloomington](#)). The form must be submitted at least 2 weeks prior to the anticipated absence.

## CAMPUS GRADING POLICIES

The following includes highlights paraphrased from several campus or university policies pertaining to grades and grading. For official descriptions of these and other related policies, click the Campus Course Policies button on your Canvas tool bar and then click the link for Indiana University Bloomington Campus Academic Policies.





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## INCOMPLETE

An “I” may be assigned to a student who, in the judgment of the instructor, has performed at a satisfactory level during a majority of the course but has not completed all the required work by the end of the term due to hardship or other good cause that the instructor deems would make it unjust to penalize that student for not completing the required work on time.

The instructor will inform the student of the missing course requirements and the assignments to be completed, and set a deadline for their completion, which may not exceed one year from the end of the term in which the course was taken. During this time, the student may not re-enroll in the course.

A student whose request for an Incomplete has been refused by the instructor may appeal to the [principal administrator](#) of the unit offering the course, who may approve or deny the request after consulting with the instructor about the reasons for the refusal.

At the end of the period allowed, the instructor will update the “I” with a final grade.

If no final grade has been submitted within one year from the end of the term in which the course was taken, and the student has not been allowed to withdraw, the campus registrar shall change the “I” to an “F.”

Each academic unit shall develop a procedure for maintaining a record of incomplete grades that includes the reasons it was assigned, the deadline for removing it, and a guide for its removal in the event of the absence of the instructor from the campus.

If the instructor, in consultation with the principal administrator of the unit offering the course, determines that it is not feasible for the student to complete the required work, the student may be given a P or other letter grade based on the work completed, or allowed to withdraw from the course if no grade is feasible.

For undergraduate students only: If an undergraduate student is not in attendance during the last several weeks of the term, the instructor is permitted to report a grade of “I” if there is reason to believe that the absence was beyond the student’s control; otherwise, the instructor shall record a grade of “FN.”

[Click here for more information.](#)

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## GRADE APPEAL

If you believe the grade received in a course is incorrect, you should [visit this site](#) for procedures on how to change or appeal a grade.

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## DROPPING A COURSE

For information on changing your schedule, including dropping or adding a course, please [visit this website](#).

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## COURSE EVALUATION

It is the policy of Indiana University to evaluate all courses taught through the School of Public Health-Bloomington. Final student course evaluations will be conducted in IU’s online course evaluation in a manner that maintains the integrity of the process and the anonymity of evaluators. This course will be evaluated via the [IUB Online Course Questionnaire](#). The Online Course Questionnaire (OCQ) helps



instructors improve teaching and gives IUB important data about the student experience. Students can also view the results of the OCQ to help make informed decisions when choosing classes.



## COURSE SCHEDULE

*\*IMPORTANT: Due dates vary on each assignment, read carefully. Recommend double checking with the live course as instructor may update during the course.\**

Please see the separate schedule file.