PHED 2685 E01 (80381): Health, Wellness, & Society Fall 2019

Instructor Information

<table>
<thead>
<tr>
<th>Instructor: Sasha McBurse, MS, ACSM-CEP, EP-C</th>
<th>Online Hours: NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class Meeting Time &amp; Location: Online (CourseDen)</td>
<td>Telephone (direct): 678.839.6096</td>
</tr>
<tr>
<td></td>
<td>Telephone (dept): 678.839.6530</td>
</tr>
<tr>
<td>Office Location: Coliseum 2034</td>
<td>Westga email: <a href="mailto:smciburse@westga.edu">smciburse@westga.edu</a></td>
</tr>
<tr>
<td>Office Hours:</td>
<td>Skype or Google+ name: N/A</td>
</tr>
<tr>
<td>Tuesdays: 11:00am to 2:00pm</td>
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<tr>
<td>Wednesdays: 8:30am to 11:00am (Newnan)</td>
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<tr>
<td>Thursdays: 11:00am to 2:00pm</td>
<td></td>
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<tr>
<td>Fridays: By appointment</td>
<td></td>
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</tbody>
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Support for Courses

Hyperlinks are provided for accessibility throughout; full URLs are available at the end of the document.

- CourseDen D2L Home Page
- D2L UWG Online Help (8 AM – 5 PM)
- Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu
- 24/7/365 D2L Help Center
- Call 1-855-772-0423
- University Bookstore
- Student Services
- Center for Academic Success
- 678-839-6280
- Distance Learning Library Services
- Ingram Library Services
- Accessibility Services
- Call: 678-839-6428 or email: counseling@westga.edu

College of Education Vision

The College of Education at the University of West Georgia will be recognized for leading Innovation in Teaching, Leadership, and Wellness, with programs designed to transform lives and contribute to the betterment of society.

College of Education Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for professional careers in diverse settings within three dynamic areas of focus: Teaching, Leadership, and Wellness. With programs that range from undergraduate through doctoral study, the College of Education is committed to excellence in pedagogy, professional service, engaged partnerships, and applied research.
The vision and mission of the College of Education at UWG form the basis on which programs, courses, experiences, and outcomes are created. National and state standards (National Wellness Institute) are incorporated as criteria against which candidates are measured. This course’s objectives, activities, and assignments are related directly to the appropriate standards.

**Course Information**

**Course Description**

This undergraduate course is designed to develop knowledge related to social determinants of health. Public health concerns and policies will be discussed, along with examining each determinant in depth. In addition, this course gives students a comparative approach and perspectives of health for all populations.

Credit Hours: 3.00  
Prerequisites: none  
Co-requisites: none

**Texts, Readings, and Instructional Resources**


**Required Instructional Resource: TK20 Subscription**

Please select the link to access a pdf guide on how to purchase your account. If you have purchased a subscription previously, DO NOT re-subscribe. For assistance, email tk20@westga.edu. You will receive account activation confirmation from Watermark Support as soon as your account has been activated, please select the link to access a pdf guide on how to log into your Tk20 account. For additional information about this resource, and to access the “How to” guides, visit the Tk20 webpage.

**Approaches to Instruction**

Various pedagogical methods used for this class include: discussions, online lecture, assessments, and online resources. Students are expected to use CourseDen for information and communication. Instruction in this course will be delivered as (100%) online. Students may engage in community activities with the community health final project. Online tools such as discussion boards, Microsoft Office, Adobe and Youtube are required.

**Course Objectives and Learning Outcomes**

The student will:

1. identify common social determinants to health (Davidson, Alan. (2015). *Social Determinants of Health: A Comparative Approach*. Oxford University Press);
2. explain equity and equality in health and policy (Davidson, Alan. (2015). *Social Determinants of Health: A Comparative Approach*. Oxford University Press);

3. describe psychological and emotional aspects of determinants of health (Brehm, B. (2014). *Psychology of health and fitness*. F. A. Davis.);


**Assignments**
Always refer to CourseDen for additional assignment details and due dates.

- **Content Quizzes**: 10 points each (13 quizzes, including Syllabus) = 130 points
- **Discussion Posts**: 10 points each (13 posts) = 130 points
- **Community Health Project**: 50 points
- **Midterm Exam**: 50 points
- **Reflection Video**: 25 points
- **Final Exam**: 100 points (December 11, 2019)

**Total Points in Class**: 485 points

**Grading Information and Policy**
Grading rubrics for discussion posts, class papers are located in CourseDen. Quizzes are graded automatically in CourseDen after submission.

Students will be graded using the following scale:
A = 90-100%, B = 80-89%, C = 70-79%, F = 69% and below

437 – 485 points = A
388 – 436 points = B
340 – 387 points = C
291 – 339 points = D
290 points or below = F

**Course Policies**
*Class and Department Policies*

**Attendance Policy:**
In order to distribute Title IV funding (federal student aid), student attendance verification is required. **Students must post in the online discussion board (Introduction) AND complete the syllabus quiz during Week 1 to be considered as attending class. Both assignments are due by Sunday, August 18th by 11:59pm. Students who do not complete BOTH assignments may be dropped from the class for non-attendance.** Students who add classes during drop/add are responsible for ensuring that they are verified as being in attendance by contacting the course instructor and participating in the online discussion board.
Participation and Preparation
Although this is an online course, your attentiveness and engagement in all online activities is required. Active participation is critical for success in this class. Students are expected to read course materials and complete online assignments, especially those that affect other students (i.e. discussion posts). You will be required to complete all material in the module, before completing the assessment. The instructor will evaluate each student’s progress in CourseDen within the modules and will contact students who do not review all module content.

Extra Credit: If offered, extra credit opportunities will be announced in CourseDen throughout the semester.

Late Work:
It is the student’s responsibility to ensure that all requirements are completed in a timely manner. Students are expected to turn in all work by the deadline given. Late work is not accepted and missed work cannot be made up. Consideration in emergency situations may be given if approved by the instructor.

Professional Conduct:
Professional Conduct and Dispositions
Students in this course are considered professionals-in-training and, as such, are expected to conduct themselves professionally. Professionalism includes behavior related to, but is not limited to, attendance, class participation, appearance, communication, ethics, responsiveness and reaction, participation and professional development (online and in the community). The professional dispositions rubric is posted in Course Den.

UWG Policies
As of July 1, 2017, “campus carry” is in effect at all public universities in Georgia. UWG follows the University System of Georgia guidance. There are several restrictions to this law, which are explained on the USG Campus Carry Guidance webpage. Answers to specific questions can be found under the “Additional Information” tab.

For important policy information on the UWG Honor Code, Email, and Credit Hour policies, as well as information on Academic Support and Online Courses, please review the information found in the Common Language for Course Syllabi. Additions and updates are made as institution, state, and federal standards change, so please review it each semester.

Americans with Disabilities Act Statement:
If you are a student who is disabled as defined under the Americans with Disabilities Act and require assistance or support services, please seek assistance through the Center for Accessibility Services. UWG also provides Accessibility Statements for Technology that you may be required to use for this course.
Communication Rules
Communication (written and verbal)
For main communication with the instructor, use the CourseDen email. If you email with your westga email, you must add your course ID and title in the subject, or you may not receive a response. I receive many emails each day, so CourseDen is most effective if you want to ensure a response. As future professionals, students are expected to communicate, both written and verbally, professionally and with proper grammar and punctuation. Failure to speak and write professionally, with proper grammar and punctuation, will NOT yield a response from the instructor.

Communication and Meetings

My office is located in Coliseum 2034. My office hours are as follows:

Tuesdays: 11:00am to 2:00pm
Wednesdays: 8:30am to 11:00am (Newnan)
Thursdays: 11:00am to 2:00pm
Fridays: By appointment

Additional office hours can be scheduled by appointment. Please feel free to meet with me about any class concerns.

Network Etiquette:
Communication in an online class takes special consideration. Please read the short list of tips below:

● Be sensitive and reflective to what others are saying.
● Don't use all caps. It is the equivalent of screaming.
● Don't flame - These are outbursts of extreme emotion or opinion.
● Think before you hit the post (enter/reply) button. You can't take it back!
● Don't use offensive language.
● Use clear subject lines.
● Don't use abbreviations or acronyms unless the entire class knows them.
● Be forgiving. Anyone can make a mistake.
● Keep the dialog collegial and professional.

Expected Response Times
I will make every attempt to return major assignments within 7-10 days, but the amount of feedback required may extend that time. You can expect response time for emails within 48 hours.
# Class Schedule Information (tentative and subject to change)

<table>
<thead>
<tr>
<th>Week</th>
<th>Begin Date</th>
<th>End Date</th>
<th>Topic/Activity/Reading Assignment</th>
<th>Assignment Name and Due Date/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8/14</td>
<td>8/18</td>
<td>Orientation, Introductions, CMWL Program Update, Dispositions</td>
<td>Introduction Post #1 and Syllabus Quiz due Sunday, Aug. 18th by 11:59pm</td>
</tr>
<tr>
<td>2</td>
<td>8/19</td>
<td>8/25</td>
<td>-Introduction to Social Determinants</td>
<td>Discussion Post #2 due Wednesday, Aug. 21st by 11:59pm. Response and Week #2 Quiz due Sunday, Aug. 25th by 11:59pm</td>
</tr>
<tr>
<td>3</td>
<td>8/26</td>
<td>9/1</td>
<td>Individual and Population Health</td>
<td>Discussion Post #3 due Wednesday, Aug. 28th by 11:59pm. Response and Week #3 Quiz due Sunday, Sept. 1st by 11:59pm</td>
</tr>
<tr>
<td>4</td>
<td>9/2</td>
<td>9/8</td>
<td><strong>No Class Monday, 9/2 Labor Day Holiday</strong> Income, Inequality, and Health</td>
<td>Discussion Post #4 due Thursday, Sept. 5th by 11:59pm. Response and Week #4 Quiz due Sunday, Sept. 8th by 11:59pm</td>
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<tr>
<td>5</td>
<td>9/9</td>
<td>9/15</td>
<td>Food Insecurities, Obesity and Nutrition</td>
<td>Discussion Post #5 due Wednesday, Sept. 11th by 11:59pm. Response and Week #5 Quiz due Sunday, Sept. 15th by 11:59pm</td>
</tr>
<tr>
<td>6</td>
<td>9/16</td>
<td>9/22</td>
<td>Environmental Health</td>
<td>Discussion Post #6 due Wednesday, Sept. 18th by 11:59pm. Response and Week #6 Quiz due Sunday, Sept.22nd by 11:59pm</td>
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<tr>
<td>7</td>
<td>9/23</td>
<td>9/29</td>
<td>Housing and Neighborhood</td>
<td>Discussion Post #7 due Wednesday, Sept. 25th by 11:59pm. Response and Week #7 Quiz due Sunday, Sept.29th by 11:59pm</td>
</tr>
<tr>
<td>8</td>
<td>9/30</td>
<td>10/6</td>
<td><strong>Midterm Exam (Weeks 1-7)</strong> <strong>Fall Break: October 3rd-5th</strong></td>
<td>Midterm Exam Online due Wednesday Oct. 2nd by 11:59pm</td>
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<tr>
<td>Week</td>
<td>Dates</td>
<td>Topic</td>
<td>Discussion Post Due</td>
<td>Response and Quiz Due</td>
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<tr>
<td>9</td>
<td>10/7</td>
<td>Social Support and Social Exclusion</td>
<td>Last Day to Withdraw without penalty is Wednesday, Oct. 9th</td>
<td>Wednesday, Oct. 9th by 11:59pm. Response and Week #9 Quiz due Sunday, Oct. 13th by 11:59pm</td>
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<tr>
<td>10</td>
<td>10/14</td>
<td>Gender and Health</td>
<td></td>
<td>Wednesday, Oct. 16th by 11:59pm. Response and Week #10 Quiz due Sunday, Oct. 20th by 11:59pm</td>
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<tr>
<td>11</td>
<td>10/21</td>
<td>Racism and Health</td>
<td></td>
<td>Wednesday, Oct. 23rd by 11:59pm. Response and Week #11 Quiz due Sunday, Oct. 27th by 11:59pm</td>
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<td>12</td>
<td>10/28</td>
<td>Employment, Working Conditions &amp; Health</td>
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<td>Wednesday, Nov. 6th by 11:59pm. Response and Week #12 Quiz due Sunday, Nov. 3rd by 11:59pm</td>
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<tr>
<td>13</td>
<td>11/4</td>
<td>Transportation and Health</td>
<td></td>
<td>Wednesday, Nov. 6th by 11:59pm. Response and Week #13 Quiz due Sunday, Nov. 10th by 11:59pm</td>
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<tr>
<td>14</td>
<td>11/11</td>
<td>Social Patterning of Behavior</td>
<td></td>
<td>Wednesday, Nov. 13th by 11:59pm. Response and Week #14 Quiz due Sunday, Nov. 17th by 11:59pm</td>
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<tr>
<td>15</td>
<td>11/18</td>
<td>Healthcare Systems and Health</td>
<td></td>
<td>Community Health Project due Sunday, Nov. 24th by 11:59pm</td>
</tr>
<tr>
<td>16</td>
<td>11/25</td>
<td>Thanksgiving Break</td>
<td></td>
<td>No Classes</td>
</tr>
<tr>
<td>17</td>
<td>12/2</td>
<td>Strategies for Reducing Health Disparities</td>
<td></td>
<td>Final Reflection Video due</td>
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Additional Support Information

Technical Support
Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at UWG Online Student Help.

Center for Academic Success
The Center for Academic Success (CAS) provides services, programs, and opportunities to help all undergraduate students succeed academically. The CAS offers free appointment-based peer tutoring in core courses, as well as supplemental instruction (SI)—which is peer-facilitated collaborative learning—in a variety of disciplines. Students seeking help with study skills and strategies can attend workshops though the Academic Success Workshop series, or work individually with either a staff or peer Academic Coach. Beginning Fall 2014, the CAS will also offer “Back on Track,” a voluntary academic recovery program designed for students who want to improve their grades and academic standing. The Center for Academic Success is located in UCC 200, and can be reached at 678-839-6280. Our email address is cas@westga.edu.

Smarthinking
Smarthinking offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

Student Services
Here is a great resource of Student Services for all students at UWG, whether or not they are taking online courses. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out UWG Cares.

Full URL Support for Courses

- CourseDen D2L Home Page
  https://westga.view.usg.edu/
- D2L UWG Online Help (8 AM – 5 PM)
  https://westga.view.usg.edu/d2l/login
- 24/7/365 D2L Help Center
  https://d2lhelp.view.usg.edu/
- University Bookstore
  http://www.bookstore.westga.edu/
- **Common Language for Course Syllabi**
  [https://www.westga.edu/administration/vpaa/common-language-course-syllabi.php](https://www.westga.edu/administration/vpaa/common-language-course-syllabi.php)
- **UWG Cares**
  [http://www.westga.edu/UWGCares/](http://www.westga.edu/UWGCares/)
- **Center for Disability**
  [https://www.westga.edu/student-services/counseling/accessibility-services.php](https://www.westga.edu/student-services/counseling/accessibility-services.php)
- **Student Services**
- **Center for Academic Success**
  [http://www.westga.edu/cas/](http://www.westga.edu/cas/)
- **Distance Learning Library Services**
  [https://www.westga.edu/library/resource-sharing.php](https://www.westga.edu/library/resource-sharing.php)
- **Ingram Library Services**
  [http://www.westga.edu/library/](http://www.westga.edu/library/)
- **Proctored Exams**
  [http://uwgonline.westga.edu/exams.php#student](http://uwgonline.westga.edu/exams.php#student)
- **Student Services**
  [https://uwgonline.westga.edu/online-student-guide.php](https://uwgonline.westga.edu/online-student-guide.php)
- **UWG Accessibility Statements for Technology**
  [https://docs.google.com/document/d/16Ri1XqaXlGx28oo0-zRvYPraV3Ag3F5NZbVDGVnEA/edit?ts=57b4c82d#heading=h.yrqefffvts1f](https://docs.google.com/document/d/16Ri1XqaXlGx28oo0-zRvYPraV3Ag3F5NZbVDGVnEA/edit?ts=57b4c82d#heading=h.yrqefffvts1f)