

Syllabus: GCH 332, Health and Disease

Catalog Description:

Introduces epidemiology, health promotion, and disease prevention, and effect on health status of culturally diverse and vulnerable individuals, families, small groups, and communities. Focuses on health problems and potential interventions throughout life span, and incorporates principles of teaching and learning as they apply to health professionals.

Textbook: Insel, PM and Roth, WT. (2010). *Core Concepts in Health* (11 edition). McGraw-Hill.

The Strange Case of Dr. Jekyll and Mr. Hyde

<http://pd.sparknotes.com/lit/jekyll/>

Economics for the Citizen (10 lectures)

<http://economics.gmu.edu/wew/misc/econcitizen/index.html>

Instructor: James Metcalf, Ph. D., Robinson Hall B417, 703.993.2070
jmetcalf@gmu.edu

Section 001 meets T R, 9:00 – 10:15 Robinson B111
Section 003 meets T R, 10:30 – 11:45 Robinson A123

Outline of Topics and Readings (by week)

- 1 Introduction and Course Overview – Chapter I, Stevenson 1, Williams 1
- 2 Stress – Chapter 2, Stevenson 2, Williams 2
- 3 Psychological Health – Chapter 3, S-3, W-3
- 4 Intimate Relationships and Communication – Chapter 4, S-4, W-4
- 5 Psychoactive Drugs – Chapter 7, S-5, W-5
- 6 Alcohol and Tobacco – Chapter 8, S-6, W-6
- 7 *Mid-term Examination on Chapters 1-6, S 1-6, and W 1-6.* Nutrition Basics – Chapter 9
- 8 Exercise – Chapter 10, S-7, W-7

- 9 Weight Management – Chapter 11, S-8, W-8
- 10 Cardiovascular Disease and Cancer – Chapter 12, S-9, W-9
- 11 Immunity and Infection – Chapter 13, S-10, W-10
- 12 Environmental Health – Chapter 14
- 13 Complementary Medicine and Personal Safety – Chapters 15 and 16
- 14 Review and Film. Dr. Jekyll and Mr. Hyde.
- 15 Final Examination – Chapters 9 - 16; S 7-10; W-7-10

Grading: Mid-term and final examination grades are averaged and then adjusted to reflect class participation. (Each missed class results in a 1 point deduction from exam average.) Grades may be withheld until all assigned homework is completed.

*We will read *The Strange Case of Dr. Jekyll and Mr. Hyde* to gain insight into the concept of good and evil, and we will consider good and evil as a metaphor for health and disease. Also, we will read Dr. Williams' series *Economics for the Citizen* to deepen our understanding of the economics of health care.