

GEORGE MASON UNIVERSITY
COLLEGE OF HEALTH AND HUMAN SERVICES
SYLLABUS
FALL 2009

COURSE NUMBER: GCH 332.004

COURSE TITLE: Health & Disease

CREDIT HOURS: 3

CLASS MEETING/LOCATION: M (7:20pm-10:00pm)
Thompson Hall, Rm #116

FACULTY: Monique C. Cuffee-Archibold, MPH
Adjunct
Department of Global and Community Health

OFFICE HOURS: Students may request times by making an appointment.

INSTRUCTOR CONTACT INFORMATION: Office Number: (703) 933-3722
Email Address: _____
Location: Robinson B Rm. #420

COURSE 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.

PREREQUISITE(S): None

COURSE OBJECTIVES:

Upon successful completion of this course, students will be able to:

1. Identify current challenges to human health throughout the life span.
2. Design programs for promoting health and preventing disease.
3. Analyze the causes of major diseases within the individual.
4. Identify behaviors that affect individual health.
5. Identify typical health-related behaviors within the population.
6. Identify components of psychological, physical, and emotional health.
7. Discuss optimization of nutritional intake.

REQUIRED TEXT: Insel, PM and WT Roth. (2007) Core Concepts in Health (10th edition, Brief version), Boston: McGraw Hill.

SUPPLEMENTAL MATERIALS: Will be provided

METHODS OF INSTRUCTION:

1. Lecture
2. Class and Group Discussion
3. Written Reports
4. Site Visits –TBA
5. Guest Speakers – TBA
6. Practice Exercises/ Review Drills
7. Videos

TECHNOLOGY SKILLS AND OTHER REQUIRED SKILLS:

Each student will use his/her E-mail address issued through the University Computing Service to access and download information that may be required in assignments.

COMPUTER SOFTWARE: Microsoft Word

GRADING SCALE:

100 – 93= A	76 – 73= C
92 – 90 = A-	72 – 70= C-
89 – 87 = B+	69 – 67= D+
86 – 83 = B	66 – 63= D
82 – 80 = B-	62 – 60= D-
79 – 77 = C+	59 & Below= F

COURSE CALENDAR: - *SEE ATTACHMENT*

EVALUATION/ASSESSMENT METHODS:

2 Exams =	75%
Assignments =	20%
Participation =	5%

POLICES:

1. Valid excuses to make-up exams must be first approved by the Instructor. The time period for making up an Exam is one (**1**) week from the date the Exam was given.
2. All assignments/reports must be computer generated or typed; free of spelling and grammatical errors, and indicate depth of knowledge of topic. **NO HANDWRITTEN ASSIGNMENTS WILL BE ACCEPTED.**
3. Assignments turned in late will be reduced **one letter grade** for each day the assignment is late.

4. Students are expected to attend all classes and promptness is appreciated. Failure to attend class and failure to be on time will impact on the ability to understand the material and on the receipt of necessary information. **Note: If, you are tardy to class without a University excuse 5pts will be deducted from your assignment.**
5. **Cellular Phones/ Paging devices:** These devices must be *turned off or silenced* during class. **5pts will be deducted** from any student who is caught using his/her device and/or **2pts deducted** if it should ring during class, from the student's upcoming exam.
6. Students are permitted to use laptops in the classroom for the purpose of taking notes during lecture. **Please refrain from surfing the web, emailing or working on assignments unrelated to this class.**
7. Other students may not turn in your assignments.
8. Being disrespectful to the Instructor or other students will not be tolerated.

ACADEMIC INTEGRITY STANDARDS:

The integrity of the University community is affected by the individual choices made by each of us. GMU has an Honor Code with clear guidelines regarding academic integrity. Three fundamental and rather simple principles to follow at all times are that: (1) all work submitted be your own; (2) when using the work or ideas of others, including fellow students, give full credit through accurate citations; and (3) if you are uncertain about the ground rules on a particular assignment, ask for clarification. No grade is important enough to justify academic misconduct.

Plagiarism means using the exact words, opinions, or factual information from another person without giving the person credit. Writers give credit through accepted documentation styles, such as parenthetical citation, footnotes, or endnotes. Paraphrased material must also be cited, using MLA or APA format. A simple listing of books or articles is not sufficient. Plagiarism is the equivalent of intellectual robbery and cannot be tolerated in the academic setting. If you have any doubts about what constitutes plagiarism, please see me.

Academic Honesty and Collaboration

With collaborative work, names of all the participants should appear on the work. Collaborative projects may be divided up so that individual group members complete portions of the whole, provided that group members take sufficient steps to ensure that the pieces conceptually fit together in the end product.

Other projects are designed to be undertaken independently. In the latter case, you may discuss your ideas with others and conference with peers on drafts of the work; however, it is not appropriate to give your paper to someone else to revise. You are responsible for making certain that there is no question that the work you hand in is your own. If only your name appears on an assignment, your professor has the right to expect that you have done the work yourself, fully and independently.

STUDENT CLASS CONDUCT:

- Cell phones are to be turned off or put on vibrate during class time. Any student who is caught using his/ her device or if it rings during class, 5 points will be deducted on his/her upcoming exam.
- Being disrespectful to the instructor or other students will not be tolerated.

Attendance:

- Students have the responsibility to confer with their instructor regarding all absences or intended absences. If sudden departure from the campus (for an emergency) prevents a student from communicating with his/her instructor, the student is expected to notify the Office of Student Services/Judicial Affairs with 48 hours.
- Failure to attend class or be on time will impact the ability to understand the material and on the receipt of necessary information.

GMU E-mail Policy:

- **Students of the University must utilize their GMU accounts. All information regarding this course will be forwarded to your GMU account.**
- **Please check this account daily, for important information.**

AMERICANS WITH DISABILITIES (ADA):

If you have a documented learning disability or other condition that may affect academic performance you should: 1) make sure this documentation is on file with the Office of Disability Services (SUB I, Rm. 222; 993-2474; <http://www.gmu.edu/student/drc/>) to determine the accommodations you need; and 2) talk with me to discuss your accommodation needs.

SUCCESS TIPS:



- Form study groups. Make good use of available resources such as your instructor and group members to meet your goals. Together, groups can accomplish more than each individual working alone.
- First time users of Blackboard, attend Blackboard Training Sessions.
- Do not procrastinate because it is detrimental to learning, and will reduce your chances of success in this course. In other words study now instead of later.
- Set deadlines that are consistent with those of your instructor to complete assignments. For example, if a test is a few days away, be proactive and divide the chapters into increments according to the amount of days between the introduction of the chapter to the day of the test. In other words, be a chapter ahead.
- Think positively because thoughts usually guide actions.
- Your instructor is here to help you; therefore, you must speak up and show up ONTIME!

GOOD LUCK!

**GCH 332.004-HEALTH & DISEASE
COURSE CALENDAR (M)**



Fall 2009

DATE	TOPIC	READINGS	ASSIGNMENTS/NOTES
Week 1 8/31	Introductions/ Course overview	Ch. 1 & 2	
Week 2 9/7	NO CLASS	LABOR  DAY	
Week 3 9/14	Taking Charge of Your Health Stress: The Constant Challenge	Ch. 5 &8	
Week 4 9/21	Intimate Relationships Pregnancy & Childbirth	Ch. 10&11	
Week 5 9/28	Alcohol & Tobacco	Ch. 13	
Week 6 10/5	Exercise for Health & Fitness Exam Review	Ch. 15 &16	
Week 7 10/12	NO CLASS	COLUMBUS  DAY	
Week 8 10/19	EXAM #1 Cardiovascular Disease & Cancer	Ch. 17	
Week 9 10/26	Immunity & Infection	Ch. 18	
Week 10 11/2	Sexually Transmitted Diseases	Ch. 20	
Week 11 11/9	Dying & Death	Ch. 22	
Week 12 11/16	Personal Safety	Ch. 23	
Week 13 11/23	Environmental Health		
Week 14 11/30	Exam Review		
Week 15 12/7	EXAM #2		