



HHPH, 1304, 01E, Introduction to Personal & Community Health

NHS 160A T/Th 11:00 AM-12:15 PM
COURSE SYLLABUS: Spring 2024

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH
Office Location: NHS 144
Office Hours: Tuesdays & Thursdays 12:30 pm-3:30 pm or by appt
Office Phone: 650-776-6096
University Email Address: rachel.aumann@tamuc.edu
Preferred Form of Communication: EMAIL

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required:

Seabert, D.M., McKenzie, J.F., & Pinger, R.R. (2022). McKenzie's an introduction to community health (10th ed.). Jones and Bartlett. ISBN: 978-1-284-20268-7

Supplemental Materials: Will be posted on D2L

Course Description

Student Learning Outcomes

By the end of the course the learner will be able to:

1. Define health, community, community health, health promotion, disease prevention and public health.
2. Identify and explain the factors that influence the health of individuals and communities.
3. Understand and discuss the roles and functions of federal, state, local governmental agencies, and voluntary health organizations.
4. Identify the major health problems and influences upon health in the nation and worldwide, as well as efforts to deal with these problems.

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5. Explain the major health problems of special groups and describe programs designed to help them.
6. Describe and discuss ecological challenges and environmental problems affecting the nation and the world.
7. Explain how a community can examine its health services, problems, and resources and as a consequence, develop community health programs.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Using the learning management system (D2L), using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

Instructional Methods

Direct instruction, interactive learning games, case studies, cooperative group learning, video, podcasts, individual exploration, experiential learning.

Student Responsibilities or Tips for Success in the Course

- If you have any questions, comments, concerns, suggestions, etc., please talk to me about it.
- Check your email DAILY! Schedule it into your day. Make it a habit.
- Don't assume I know you are having a rough day. If you need help, please ask.
- Reach out with concerns sooner rather than later. Don't let a mole hill turn into a mountain that is too difficult to climb.
- If you have concerns about your grade, don't wait until finals week to ask questions.
- There may be occasional extra credit opportunities and I will announce those as they occur.

GRADING

Total points corresponding to the final letter grades

A = 90-100

B = 80-89.9

C = 70-79.9

D = 60-69.9

F = <60

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Syllabus Quiz (1 x 40 pts)	40 pts
Quizzes (13 x 20 pts)	260 pts
Reflections (5 x 40 pts)	200 pts
Exams (3 x 100 pts)	300 pts
Final Exam (1 x 200 pts)	200 pts

TOTAL POINTS= 1000 points

Assessments

Syllabus Quiz (4%): Important information is contained in this syllabus. You are expected to know deadlines, policies and expectations. Not reading this syllabus, D2L or your emails from instructors does not excuse you from being responsible for deadlines.

Quizzes (26%): There are thirteen (13) quizzes throughout the duration of the semester. Each quiz will reflect recent material discussed in class. **ABSOLUTELY NO MAKEUPS WILL BE PERMITTED.** Quizzes will be online via D2L.

Reflections (20%): There will be five (5) graded reflections throughout the semester. These reflections will be related to either course readings or videos/podcasts presented in class. These reflections can draw on your own experiences but must demonstrate an understanding of the material. **ABSOLUTELY NO MAKEUPS WILL BE PERMITTED.**

Exams (30% + 20% for the final): Examinations must be taken on the scheduled day unless prior arrangements have been made by the instructor. There will be four (4) exams administered throughout the duration of this course. Exams 1, 2, 3 are each 10% of the grade. **Exam 4 is comprehensive and is worth 20% of the final grade.** Exams 1, 2 and 3 will be administered online via D2L. Exams may be made up of multiple choice, true/false, short answer, matching, and essay questions. Should an emergency arise and you are unable to take the exam on the assigned day, you must contact the instructor within 24 hours of missing the exam if you want me to consider allowing you to take the exam late. Consideration will be given on an individual basis. **The final (aka exam 4) will be IN-PERSON on Tuesday, May 7th 10:30-12:30.**

Attendance and Participation: Attendance will be taken in this class in the form of in-class group work each class period. Failure to attend will be used in determining your grade for this course. Students are expected to attend each class period. Students are responsible for all class content/ activities/work missed during their absences or tardiness, whether excused or unexcused. In the case of planned absence, students are responsible for anticipating such conflicts and discussing them with their instructors in advance, preferably at the beginning of the semester.

- Students are expected to arrive to class on time. If you are **5 minutes or more late**, you will be counted tardy. Two tardies equal one absence. It is the student's responsibility to notify the instructor of their presence if they are late to class.
- Students are also required to actively participate in class.

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- Disrespecting the instructor or other students in any way may cause for dismissal from class and will be counted as an absence.

*******10 or more absences = automatic F (failing) for final letter grade*****

Any student with only 2 absences will receive 1% added to their final grade.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

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*****PLEASE NOTE: YOUR INSTRUCTOR CANNOT & WILL NOT ASSIST YOU WITH TECHNICAL DIFFICULTIES!!! YOU MUST CONTACT THE CITE SUPPORT CENTER FOR ASSISTANCE*** TECHNICAL DIFFICULTIES (ON YOUR SIDE) ARE NOT AN ACCEPTABLE EXCUSE FOR LATE OR MISSING WORK**

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Electronic Devices & Acceptable Use Policy: Research indicates student performance is significantly (negatively) correlated with cell phone use. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the professor. It is also considered extremely disrespectful and unprofessional in a classroom or work setting. **Cell phones should be silenced and put away upon entry into the classroom.** (This means out of reach, like in your backpack or off your desk; NOT in your lap, pocket, purse, or other place where you try to hide its' use.) **Excessive texting in the classroom will NOT be tolerated. The professor reserves the right to deduct points from your grade for each instance (see Attendance & Participation section above).** If you choose to utilize an electronic device to take notes during class, it is expected that it will be used solely for that purpose. The professor reserves the right to monitor all electronic device use during the class period to ensure appropriate use. Photos, video, or any other type of recording may not be taken in class without prior expressed written consent of every individual who may appear in such recordings

Religious observations: Any student in this course who plans to observe a religious holiday which conflicts in any way with the course schedule or requirements should contact the instructor at the **beginning** of the semester to discuss alternative accommodations.

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Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum:

<https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

AI Policy

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce
Velma K. Waters Library Rm 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the

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basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

A&M-Commerce Supports Students' Mental Health

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Test	Week	Chapter
1: Feb 8th	1 – Week of Jan 10	Chapter 1 – Community & PH
	2 – Week of Jan 15	Chapters 2 & 3 – Orgs that help shape CPH, Epi
	3 – Week of Jan 22	Chapter 4 - Comm & Non-Comm

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	4 – Week of Jan 29	Chapter 5 – Community org/building & HP programs
	5 – Week of Feb 5	Chapter 6 – School health programs
2: March 28th	6 – Week of Feb 12	Chapter 7 – Maternal, infant & child health
	7 – Week of Feb 19	Chapter 8 – Adolescents, young adults & adults
	8 – Week of Feb 26	Chapter 9 – Older adults
	9 – Week of Mar 4	Chapter 10 – Disparate populations & CPH
	10 – Week of Mar 18	Chapter 11 – Community mental health
	11 – Week of Mar 25	Chapter 12 –Alcohol, tobacco, and other drugs
3: April 30th	12 – Week of Apr 1	Chapter 13 – Healthcare delivery in the US
	13 – Week of Apr 8	Chapter 14-Community & public health/envmnt
	14 – Week of Apr 15	Chapter 15 – Injuries as a CPH problem
	15 – Week of Apr 22	Chapter 16 – Safety and health in the workplace
4 – Comprehensive	Tuesday, May 7th 10:30 am - 12:30 pm	Finals * Students are expected to be in class on the final exam date.

April 30th-Final Exam Review In-Class

May 1-3 are University "Dead Days"

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