



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

Web-based Clas

COURSE SYLLABUS: Winter Mini 2025

NOTE: THIS IS AN ACCELERATED COURSE.

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH

Office Location: NHS 144

Office Hours: By appointment, please email to set up a day and time

Office Phone: 650-776-6096

University Email Address: rachel.aumann@tamuc.edu

Preferred Form of Communication: EMAIL

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings, Lecture Videos

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	50 pts
Introduction Discussion	50 pts
Quizzes (15 x 30 pts)	450 pts
Reflections (3 x 50 pts)	150 pts
Final Exam	300 pts
TOTAL POINTS=	1000 points

Assessments

Syllabus Quiz (5%): 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.

Introduction Discussion (5%): Students will post a self-introduction video to D2L. For full credit, each student will need to provide a reply to two (2) classmates.

Quizzes (45%): There are thirteen (15) quizzes throughout the duration of the semester. Each quiz will reflect recent material discussed in the text and lecture videos. Quizzes will be online via D2L.

Reflections (15%): 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.

Final Exam (30%): The quizzes are preparation for the final exam. The **final exam is comprehensive, meaning it will cover all of the chapters in the text (1-16, excluding chapter 6)**. The exam will be administered online via D2L and will be made up of multiple choice, true/ false, and essay questions. The final exam will open on Wednesday, January 8th @ 12:01 am and will close on Friday, January 10th @ 11:59 pm, NO EXCEPTIONS. The final will be timed at 2-hours and is open-book, open-noted but NOT open Internet. The use of Ai over any kind is not permitted and will result in a zero if the use of Ai is suspected.

Attendance and Participation: Attendance is monitored by logging into D2L. It is expected that you login to D2L regularly (over Winter Minis, regularly means every day) and also check your school email for any announcements sent by the instructor. Not reading your email is not an excuse for not being aware of updated information. Also check the Announcements page on D2L frequently.

Late work: Given the fast-paced nature of the Winter Mini model, late work will not be accepted. Please plan accordingly. If an emergency does arise, please communicate with me as soon as possible so we can develop a plan for completion of the course. I am happy to work with you, but you need to initiate that conversation.

Use of Ai: The use of Ai in any capacity in the completion of any submitted work (quizzes, exam or reflections) is NOT allowed. You MAY use Ai to help understand concepts while you are studying the material. Assignments in this class are reflective assignments. That means I want to hear YOUR experience and YOUR opinion/perspective. Ai cannot do that for you. It is also widely obvious when a student uses Ai to complete a reflective assignment. Simply: DO NOT DO IT!!! I will assign a zero.

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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).
<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

AGAIN, in THIS CLASS, the use of generative Ai in the completion of any submitted work (reflections, quizzes, exam) is NOT permitted. However, you may use Ai while studying to come up with examples of how concepts from the text or lecture videos are applied across different healthcare or public health scenarios.

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

Mental Health and Well-Being (NEW RESOURCE)

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



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Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Module	Chapters	Graded Work Due
1: Dec 16-23	1 –Community & PH	Syllabus Quiz, Intro Video, Chapter 1 Quiz
	2 – Public Health Orgs	Chapter 2 Quiz
	3 – Epidemiology	Chapter 3 Quiz
2: Dec 24-Jan 2	4 –Comm/Non-Com Diseases	Chapter 4 Quiz
	5 – Comm Org & PHP	Chapter 5 Quiz & Reflection # 1
	7 – MIC	Chapter 7 Quiz
	8 – Adol, Young Ad, Ad	Chapter 8 Quiz
	9 –Older Adults	Chapter 9 Quiz & Reflection # 2
3: Jan 3-10	10 –Health Disparities	Chapter 10 Quiz
	11 –Comm MH	Chapter 11 Quiz
	12 –AOD	Chapter 12 Quiz
	13 – Healthcare Del	Chapter 13 Quiz & Reflection # 3
	14 –Environmental Hlt	Chapter 14 Quiz
4 – Final Exam Jan 8-10	15 – Injury Epi	Chapter 15 Quiz
	16-Occupational Safety	Chapter 16 Quiz
	Due 1/10 @ 11:59 pm	The final will be administered online. The exam will open on Wednesday, 1/8 @ 12:01 am and close on Friday, 1/10 @ 11:59 pm

Work for each module is due on the last date specified

for each module, as follows:

Module 1: Monday, 12/23 @ 11:59 pm

Module 2: Thursday, 1/2 @ 11:59 pm

Module 3: Friday, 1/10 @ 11:59 pm

Absolutely NO final exam make-ups are allowed.

See course schedule and D2L for instructions, due dates and grade points for all assignments, quizzes and the final exam.

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