



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

NHS 161 T/Th 11:00 am – 12:15 pm

COURSE SYLLABUS: Spring 2025

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH

Office Location: NHS 144

Office Hours: T/Th 10:00 am-11:00 am, 12:30-2:00 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 **YOU SHOULD HAVE ACCESS to the ebook on the first day**

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.

The syllabus/schedule are subject to change.

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

The syllabus/schedule are subject to change.

Graded Assessments

Syllabus Quiz (1% extra credit): 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 (1% extra credit): Students will post a self-introduction with photo to D2L.

Attendance and Participation (250 points or 25% of the grade): Attendance will be taken in this class in the form of in-class individual or group work each class period. Each class is worth 10 points. There are 30 TOTAL opportunities to get to you 250 total points for attendance. There are 2 out-of-class opportunities (days I will not hold class) and 1 freebie (part of the required attendance for the Mass Casualty Simulation, see below). You must be in class by 5 minutes after class starts (11:05 am) in order to receive the full 10 points. Excused absences will be able to make up attendance.

Quizzes (300 points or 30%): There are FIFTEEN (15) quizzes throughout the duration of the semester. Each quiz will reflect recent material discussed in class and the textbook. Quizzes will be online via D2L.

Practice Exams (Extra Credit) The practice exams will be administered online via D2L. There are 3 practice exams for each block of text chapters (1-5, 7-11, 12-16). These practice exams are to prepare you for the final exam at the end of the semester. Exams may be made up of multiple choice, fill-in-the-blank, multi-select, true/ false, and essay questions. Each question will be set at 0.20 points and for every 5 questions you get correct, there will be 1 point added to your final exam score.

Mass Casualty Simulation (200 points or 20%): Each student will participate in the Mass Casualty event scheduled the morning of Thursday, April 17th. Grading for this assignment includes being present for the event and active participation. See D2L for more details. I will request excused absences for your other classes for this activity, however it is also your responsibility to tell your other instructors that you will miss class that morning. The event runs 7:30 to 11:30 am.

Final Exam: The final exam is comprehensive and consists of material from Chapters 1-16, along with material presented in class. This exam will be administered online during finals week.

The final exam will OPEN on Saturday, May 3rd @ 12:01 am and will CLOSE on Monday, May 6th @ 12:30 pm.

Syllabus Quiz	1% extra credit towards final grade
Class Introduction	1% extra credit towards to final grade
Attendance (10 points per class)	250 points
Quizzes (15 x 20 points)	300 points
Practice exams (x 3)	Extra credit towards final exam
Mass Casualty Simulation (experiential learning)	200 points
Final Exam	250 points
TOTAL Points=	1000 points (+ opportunities for extra credit)

The syllabus/schedule are subject to change.

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

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.

The syllabus/schedule are subject to change.

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.

The syllabus/schedule are subject to change.

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>

The syllabus/schedule are subject to change.

<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

The syllabus/schedule are subject to change.

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.



The syllabus/schedule are subject to change.

Department or Accrediting Agency Required Content

COURSE OUTLINE / CALENDAR

Test	Week	Chapter
1: Feb 21-23	1 – Week of Jan 13	Chapter 1 – Community & PH
	2 – Week of Jan 20	Chapters 2 – Public Health Orgs
	3 – Week of Jan 27	Chapter 3 - Epidemiology
2: April 4-6	4 – Week of Feb 3	Chapter 4 – Comm and non-communicable dz
	5 – Week of Feb 10	Chapter 5 – Comm Org & Health Ed/Pro
	6 – Week of Feb 17	Chapter 7 – Maternal, infant & child health
	7 – Week of Feb 24	Chapter 8 – Adolescents, young adults & adults
	8 – Week of Mar 3	Chapter 10 – Disparate populations & CPH
	9 – Week of Mar 17	Chapter 11 – Community mental health
	10 – Week of Mar 24	Chapter 9 – Older adults
3: May 1-2	11 – Week of Mar 31	Chapter 12 –Alcohol, tobacco, and other drugs
	12 – Week of Apr 7	Chapter 13 – Healthcare delivery in the US
	13 – Week of Apr 14	Chapter 14-Community & public health/envmnt
	14 – Week of Apr 21	Chapter 16 – Safety and health in the workplace
	15 – Week of Apr 28	Chapter 15 – Injuries as a CPH problem
4 – Comprehensive	Due 5/6 @ 12:30 pm	The final will be administered online. The exam will open on Saturday, 5/3 @ 12:01 am and close on Monday, 5/6 @ 12:30 pm

May 1st-Final Exam Review In-Class

Absolutely NO final exam make-ups are allowed.

The syllabus/schedule are subject to change.

HHPH 1304
Planned Spring 2025 Schedule

Module	Topic	Assignments (Due: Sundays @ 11:59 pm)
1 1/13-1/19	Syllabus Accessing D2L Chapter 1	Syllabus Quiz Chapter 1 Quiz Introduction Discussion (w/ photo)
2 1/20-1/26	Chapter 2	Chapter 2 Quiz
3 1/27-2/2	Chapter 3	Chapter 3 Quiz
4 2/3-2/9	Chapter 4	Chapter 4 Quiz
5 2/10-2/16	Chapter 5	Chapter 5 Quiz
6 2/17-2/23	Chapters 1-5 Review Chapter 7	Practice exam for Chapters 1-5 (EC) Chapter 7 Quiz
7 2/24-3/2	Chapter 8	Chapter 8 Quiz
8 3/3-3/9	Chapter 9	Chapter 9 Quiz

HHPH 1304 Planned Fall 2024 Schedule		
Module	Topic	Assignments (Due: Sundays @ 11:59 pm)
SPRING BREAK 3/10-3/16	REST	Make-Up Work/Extra Credit
9 3/17-3/23	Chapter 10	Chapter 10 Quiz
10 3/24-3/30	Chapter 11 Alcohol Questions	Chapter 11 Quiz
11 3/31-4/6	Chapter 12 Chapters 7-11 Review	Chapter 12 Quiz Practice Exam for Chapters 7-11 (EC)
12 4/7-4/13	Chapter 13 NO CLASS ON 4/10 AT HOME ACTIVITY	Chapter 13 Quiz
13 4/14-4/20	Chapters 14 EXLA on 4/17	Chapters 14 Quiz
14 4/21-4/27	Chapter 16 NO CLASS on 4/22 AT HOME ACTIVITY	Chapter 16 Quiz Assignment # 5
15 4/28-5/2 (SHORT WEEK)	Chapter 15 Final Exam Review	Chapter 15 Quiz Practice exam for Chapters 12-16 (EC)
FINALS WEEK 5/3-5/9	Final Exam	Final Exam*** (Chapters 1-16) Exam will OPEN Saturday, 5/3 Exam will CLOSE Tuesday, 5/6 @ 12:30 pm

****The final exam will be online and will be timed at 2-hours. This will also be open-notes and open-book. You are NOT permitted to “Google” or otherwise search for answers on the internet. You are also NOT permitted to use generative Ai to respond to any questions.**