HHPH 1304 01W Intro to Personal & Community Health

COURSE SYLLABUS: Winter Mini 2026

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH
Office Location: NHS 144
Office Hours: VIRTUAL Drop-in→ Wednesdays 5-6 pm https://tamuc.zoom.us/my/professora
University Email Address: Rachel.aumann@etamu.edu
Preferred Form of Communication**: Email**
Communication Response Time: 12-24 hours

COURSE INFORMATION

Textbook(s) Required: Seabert, D.M. at al., McKenzie's an Introduction to Community & Public Health (11th ed.) Jones and Bartlett. ISBN: 978-1-284-20268-7.
*You will have access to this book as an eBook on the first day of class

Supplemental Materials: Posted to D2L on EACH module and chapter "landing page".

Course Description

This course will acquaint students with basic principles of health. Studies include community health problems, programs, agencies, and health careers. Attention will also be given to cultural diversity in matters pertaining to health.

Student Learning Outcomes

1. Define: health, community, community health, health promotion, disease prevention and public health and differentiate between public health and healthcare.
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 and local government 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.
5. Describe and explain ecological challenges and environmental problems affecting the nation.
6. Explain how a community can examine its health services, problems and resources.

The *syllabus/schedule are subject to change.*

<p style="text-align: center">COURSE REQUIREMENTS</p>

<p style="text-align: center">Minimal Technical Skills Needed</p>

To participate successfully in this course, you will need:

- **Reliable internet access** for using the e-book, accessing course materials, and completing online activities.
- **A computer or mobile device** capable of viewing and downloading Word documents and PDFs. You can find information on how to use Word on your computer if you do not currently have Microsoft products installed: https://www.microsoft.com/en-US/education/products/office. You can also use Google Docs.
- **Access to a webcam or smartphone camera** to record and upload a brief introductory video to the Learning Management System (LMS)- D2L.
- **Basic digital skills**, including navigating websites, opening and saving files, and uploading assignments.
- **Do NOT rely only on the Pulse app** as it does not capture all due dates and many students miss required content. CHECK D2L on the web version at least ONCE at the beginning of each module to review ALL chapter sub-module content on the "landing pages".

<p style="text-align: center">Instructional Methods</p>

This course uses a variety of instructional methods to help students explore and apply key concepts in public health. Learning materials and activities may include:

- Assigned readings from the course e-book
- Instructor-created lecture slides and occasional recorded lectures
- Curated multimedia resources such as YouTube videos, TEDx talks, and podcasts
- Official information and data from government websites and public health organizations
- Interactive learning activities to reinforce understanding of course content

Students are expected to engage with all assigned materials and complete activities as directed.

<p style="text-align: center">Student Responsibilities or Tips for Success in the Course</p>

To be successful in this course, students are expected to take an active and organized approach to learning. Please review and follow these guidelines carefully:

Student Responsibilities

- **Academic Integrity and Use of AI:** The use of artificial intelligence (AI) tools (such as ChatGPT or similar programs) is **not permitted** in the completion of any graded work unless explicitly stated in the assignment instructions. Any information obtained from AI tools should be verified using the original, credible source before being referenced or used.
- **Course Communication:** Check **D2L** and your **Leomail** for announcements, updates, and feedback.
- **Timely Engagement:** Complete readings and assignments according to the schedule. Due to the accelerated nature of this term, extensions are not available.
- **Instructor Contact:** If you have questions or concerns, email your me immediately or attend virtual office hours (Wednesdays 5-6 pm).

Tips for Success

- **Stay organized:** Add all due dates to your personal calendar and plan your study time each week.

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- **Read regularly:** Aim to read a little every day rather than cramming at the end of the module block.
- **Use your resources:** Take advantage of recorded lectures, instructor materials, and online resources provided in the course. I add A LOT to each chapter's sub-module. If you are only reading the textbook you are missing 50% of the content.
- **Work ahead:** Do not wait until the day assignments or quizzes are due to begin working on them. AND, do not wait until the last day to email me. I might not be available to give a timely response and I cannot grant an extension because you were waiting on a answer from me.
- **Quiz strategy:** Remember that you have **two attempts for each quiz.** Use both attempts to improve your understanding and performance. Quizzes and the final exam are open-note and open-book but NOT open-internet and definitely NOT open-AI.

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%

B = 80%-89%

C = 70%-79%

D = 60%-69%

F = 59% or Below

Weights of the assessments in the calculation of the final letter grade.

Activity	Number	Points	Points	%
Syllabus Quiz	1	50	50	5%
Introduction Discussion	1	50	50	5%
Chapter Quizzes	15	30	450	45%
Participation Activities	15	10	150	15%
Final Exam (cumulative)	1	300	300	30%

Assessments

Module 0 (both of these activities MUST be completed by Wednesday, December 17th @ 11:59 pm. Moving on to Module 1 is contingent upon the completion of these activities):

    Syllabus Quiz (50 points, 5% of total grade) consists of questions related to the syllabus, course schedule, "Welcome & Expectations "video and "How-to D2L" video.

    Introduction Discussion (50 points, 5% of total grade) is a short video introducing yourself to the class and to the instructor. You instructor uses this as a means to get to know who is in the class, including student interests and current majors.

Chapter Quizzes (15 quizzes worth 30 points, 45% of total grade) there are 15-chapter quizzes that align with the material presented in the textbook and content provided by the instructor in D2L, including lecture slides and recorded lecture videos, supplemental readings and module content. Each quiz allows for TWO attempts. Quizzes are UNTIMED and are open-book, open-notes. They are NOT open AI or open internet.

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Participation Activities (15 activities worth 10 points. 15% of total grade) there are 15 short activities that align with content presented in the text or in the lecture video for each chapter. These activities are designed to get you thinking actively about the content, rather than passively (like is the case for a quiz).Activities may include (but are not limited to) examining data from a table or chart, brainstorming an intervention strategy or watching a video and providing a response.

Final Exam (300 points, 30% of total grade) at the end of the term you will take a comprehensive exam containing material presented in the textbook and in D2L for all 15 chapters covered in this course. You can expect written questions along with T/F, multiple choice (MC) and multi-select (MS) and ordering and matching type questions.

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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

Zoom Video Conferencing Tool
https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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@etamu.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.

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

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<div align="center">**STUDENT RESPONSIBILITIES FOR COURSE**</div>

CWID and Password

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@etamu.edu.

Technology-Related Issues

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 ETAMU campus open computer lab, etc.

<div align="center">**TECHNOLOGY REQUIREMENTS AND SUPPORT**</div>

Minimal Technical Skills Needed

Students will need reliable computer and internet access for this course. Students must be able to effectively use myLeo email, myLeo Online D2L, and Microsoft Office.

Learning Management System (LMS) – D2L

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

- View the [Learning Management System Requirements Webpage.](#)

- Learn more on the [LMS Browser Support Webpage.](#)

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 on the [Brightspace Support Webpage.](#)

<div align="center">**COMMUNICATION AND SUPPORT**</div>

Interaction with Instructor Statement

If you have any questions or are having difficulties with the course material, please contact your instructor. Correspondence will always be through university email (your "myLeo" mail) and announcements in myLeo online (D2L). Students are encouraged to check university email daily.

Include the Following in Emails with Instructor:

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- Course name and subject in the subject line

- Salutation (Good afternoon, Professor Aumann)

- Proper email etiquette (no "text" emails – use proper grammar and punctuation)

- Student name and CWID after the body of the email (possibly add to student signature on email)

COURSE AND UNIVERSITY PROCEDURES/POLICIES

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.

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 online in the Student Guidebook.

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

ETAMU Attendance

For more information about the attendance policy, please view the Attendance Webpage and the Class Attendance Policy

Academic Integrity

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

Undergraduate Academic Dishonesty University Procedure 13.99.99.R0.03

Undergraduate Student Academic Dishonesty Form

Graduate Student Academic Dishonesty University Procedure 13.99.99.R0.10

Graduate Student Academic Dishonesty Form

Use of Artificial Intelligence

East Texas A&M University 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.**

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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.

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

East Texas A&M University

Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

Website: [Office of Student Disability Services](#)

Nondiscrimination Notice

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

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

East Texas A&M Supports Students' Mental Health – Counseling Services

The Counseling Center at East Texas A&M University, 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

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.

Department and Accrediting Agency Statement:

The Department of Health and Human Performance adheres to the policies and procedures set forth by the College of Education and Human Services, East Texas A&M University and the A&M system, as well as the laws as dictated by the state of Texas.

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Course Outline/Calendar

Module & Dates	Chapters/Content	Graded Work	Due Date
Module 0 Orientation (12/15-12/17)	"Welcome & Expectations" Video "How-to D2L" Video Syllabus Review	Syllabus Quiz Introduction Discussion	12/17 @ 11:59 pm* You cannot move on to Module 1 until Module 0 has been completed.
Module 1 Foundations (12/15-12/23)	Chapter 1-Yesterday, Today and Tomorrow Chapter 2-Public Health Orgs Chapter 3-Epidemiology Chapter 4-Communicable & Non-Comm Dz Chapter 5-Community Organizing/Building & Health Promotion Planning	Chapter 1 Quiz Chapter 2 Quiz Chapter 3 Quiz Chapter 4 Quiz Chapter 5 Quiz *1 participation activity for EACH chapter	**All work is due on or before TUESDAY, 12/23 @ 11:59 pm**
Module 2 The Nation's Health-Part 1 (12/23-12/30)	Chapter 7-Maternal, Infant & Child Health Chapter 8-Adolescents, Young Adults & Adults Chapter 9-Older Adults Chapter 10-Health Disparities Chapter 11-Community Mental Health	Chapter 7 Quiz Chapter 8 Quiz Chapter 9 Quiz Chapter 10 Quiz Chapter 11 Quiz *1 participation activity for EACH chapter	**All work is due on or before TUESDAY 12/30 @ 11:59 pm**
Module 3 The Nation's Health Part 2 & Environmental Health & Safety (12/31-1/8)	Chapter 12-AOD Chapter 13-Healthcare Delivery Chapter 14-Environmental Health Chapter 15-Injuries Chapter 16-Occupational Health	Chapter 12 Quiz Chapter 13 Quiz Chapter 14 Quiz Chapter 15 Quiz Chapter 16 Quiz *1 participation activity for EACH chapter	**All work is due on or before THURSDAY 1/8 @ 11:59 pm**
Final Exam 1/9/26	Chapters 1-16 (excluding Chapter 6)	Exam---will open @ 12:01 am on Friday, 1/9 and will close at 11:59 pm on 1/9, no exceptions.	**FRIDAY 1/9/26 @ 11:59 pm**

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