



**HHPH 250: Consumer Health**  
COURSE SYLLABUS: Spring 2026

**INSTRUCTOR INFORMATION**

Instructor: Kim Rahebi, PhD, MPH, CPH  
Office Location: Virtual / Zoom  
Office Hours: Fridays from 2pm-3pm or by appointment  
University Email Address: Kim.Rahebi@etamu.edu  
Preferred Form of Communication: EMAIL  
Communication Response Time: 1-2 business days

**COURSE INFORMATION**

Materials – Textbooks, Readings, Supplementary Readings

**Textbook(s) Required:**

**Textbook: (Will be available on D2L as eBook on first day of class)**  
**Consumer Health & Integrative Medicine, 2<sup>nd</sup> edition**  
**Linda Baily Synovitz, RN, PhD; Karl L. Larson, PhD**  
**ISBN:9781284144123**

**If you have any issues, please contact me immediately so we can troubleshoot.**

**Optional Texts and/or Materials:**

APA formatting is required on all written assignments unless otherwise noted in the assignment directions. All students are encouraged to consult the APA Publication Manual: Publication Manual of the American Psychological Association, (7th ed.)

*The syllabus/schedule are subject to change.*

## Course Description

An exploration of the traditional healthcare field, including allopathic/osteopathic health care plus a variety of alternative and complementary healthcare treatments and therapies. This course will include information about health consumerism and current healthcare insurance issues.

## Student Learning Outcomes

By the end of the course, the successful student should be able to:

1. Define healthcare using a holistic perspective
2. Explain the terms “complementary” and “alternative health” and give examples.
3. Access and analyze current complementary and alternative health research projects.
4. Compare and contrast several types of scientific research methods
5. Distinguish among various types of advertising marketing practices.
6. Describe and analyze the U.S. healthcare delivery system.
7. Compare/contrast the training of allopathic and osteopathic physicians with the training of various alternative practitioners.
8. Assess the credibility of alternative health practices (such as naturopathy, homeopathy, acupuncture, etc.) by examining current or past research.
9. Explain various definitions of quackery and identify fraudulent practices.
10. Compare and contrast various types of health insurance.
11. Identify the federal agencies and current laws for consumer protection.

### Need to Know:

1. You *must* get started on the first day of class. Read the syllabus, take the quiz, then dive into the course material.
2. You *can* work ahead in this course – this is encouraged so you can balance your other classes, jobs, families, and extracurricular activities.
3. If you have any technical issues with a quiz, you *must* contact the Help Desk and ask them to help you. You must file a ticket and only then can you email me the ticket information.

[https://inside.tamuc.edu/academics/onlinecourses/supportAndAssistance.aspx#:~:text=Other%20support%20questions%20may%20be,\(903\)%20468-6000](https://inside.tamuc.edu/academics/onlinecourses/supportAndAssistance.aspx#:~:text=Other%20support%20questions%20may%20be,(903)%20468-6000)

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## Course Requirements

### Minimal Technical Skills Needed

Students should have a basic knowledge of computer and Internet skills in order to be successful in an online course. Here are some highlights:

1. Knowledge of terminology, such as browser, application, URL, etc.
2. Understanding of basic computer hardware and software; ability to perform computer operations, such as: managing files and folders: save, name, copy, move, backup, rename, delete, check properties
3. Ability to use the learning management system, using Microsoft Word and PowerPoint, using presentation and graphics programs, accessing and navigating sites like YouTube
4. Knowledge of copying and pasting, spell-checking, saving files in different formats and sending and downloading attachments
5. Internet skills (connecting, accessing, using browsers) and ability to perform online research using various search engines and library databases.
6. Ability to use online communication tools, such as email (create, send, receive, reply, print, send/receive attachments), discussion boards (read, search, post, reply, follow threads), chats, etc.

### Instructional Methods

Students will utilize the text, PPT, and supplemental. Each week includes a chapter quiz and case study. There will be no midterm or final exam. This is an 16-week online course, which means it will not be easier, but rather more condensed. Due to the pace of this course, **late work will NOT be accepted. Weekly due dates are Sunday @ 11:30pm except for the Final Exam which is due FRIDAY @ 11:30pm.**

### Student Responsibilities or Tips for Success in the Course

#### Strong reading and writing skills:

Most of the material in the online environment will come from your own personal research, textbooks, discussions, lectures, and videos; therefore, strong reading, writing and critical thinking skills are very important for success in an online course. Success in this class will come from independent reading of textbook chapters as well as other assigned material.

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**Self-motivated and independent learner:**

While online courses can offer more flexibility in scheduling, they require more self-discipline and independence than on-campus courses.

In the online environment, you have to be able to start and to work on tasks on your own, without someone keeping you focused, and you have to be self-disciplined in order to follow the class schedule and meet deadlines.

**Time commitment:**

Online classes take as much time as regular on-campus classes. You need to set aside sufficient time for study. Plan to spend at least as much time working on the assignments and studying as you would with a traditional course.

Even though you may not have to "be" in class on some specific day and time, you still have to follow the course schedule provided. Remember that online classes are not independent study courses; you are still required to "show up" and participate actively (e.g. regularly logging into the course website, actively participating and turning in assignments on time.

**Active Learner:**

Online students must be active learners, self-starters who are not shy or afraid to ask questions when they do not understand. Remember that you are in control of your learning process.

Since I cannot see you, you need to "speak up" right away if you have problems and be as explicit as possible; otherwise, there is no way I will know that something is wrong.

**GRADING**

- Syllabus quiz: 5 points extra credit
- Ch 1-18 quizzes: 18 x 35 points
- Ch 1-18 case studies: 18 x 35 points
- Midterm: 50 points
- Final Exam: 50 points
- Total: 1000 points**

Total points corresponding to the final letter grades  
Final grades in this course will be based on the following scale:

A = 90%-100%	A = 900 - 1000 Points
B = 80%-89%	B = 800 - 899 Points
C = 70%-79%	C = 700 - 799 Points
D = 60%-69%	D = 600 - 699 Points
F = 59% or Below	F = 0 - 599 Points

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## Assessments

The student will be responsible for obtaining all materials presented online, assigned readings from the textbook, and any outside assignments given by the instructor.

All class assignments must be turned in online. You are responsible for making sure your assignments are on time per directions. You are also responsible for making sure the assignment is in a file format that can be viewed by the instructor and peers. All assignment details will be provided during each week/module section. No emailed work will be accepted.

## 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](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](mailto: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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## **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**

Please email your questions or concerns to me: [Kim.Rahebi@tamuc.edu](mailto:Kim.Rahebi@tamuc.edu).

A reasonable response time to emailed questions is 24 - 48 hours.

Questions emailed on weekends may not receive a response until Monday.

I may answer emailed questions regarding assignments, tests, discussion boards, etc., in a direct email/announcement to everyone for the benefit of all students.

Please be courteous and professional in all of your interactions with everyone.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **How is the Course Organized?**

The course is organized by weekly modules. Each module will be formatted similarly including chapter learning objectives, lecture and debate discussion boards.

#### **What Should Students Do First?**

Thoroughly reviewing the syllabus

Obtain materials (such as textbooks, if required)

Familiarizing oneself with the course layout

Take the syllabus quiz

Introduce yourself and look ahead to other assignments

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## **How Should Students Proceed Each Week for Class Activities?**

The student will access and follow all course instructions found in the weekly module content areas. The weekly module content area of our course is found on the left navigation bar.

The student will read chapters and read/listen to all online lectures provided.

The student will complete all assignments: respond to online course discussion questions and exams.

## **Attendance, Late or Missing Course and Extra Credit**

Participation in class is required. If you are unable to participate in class (actively logged in and completing requirements), please notify me through email.

**Late work is not accepted – submitted all required assignments on time.**

Make-up of coursework will only be given in very rare circumstances: serious illness with a note from your clinician, a death in your family or if you have an officially excused absence while representing the university. If any of these situations occur, you **MUST** email me *prior* to the module end date.

Make-ups will only be given if I have been notified prior to the end of the course module in order to verify your reason for missing coursework. All missed coursework not meeting the criteria for a make-up will be given a grade of 0.

Extra credit is NOT guaranteed.

## **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>

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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>

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

### **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

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Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

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

<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 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](http://www.tamuc.edu/counsel)

### **Department or Accrediting Agency Required Content**

*The syllabus/schedule are subject to change.*

### ***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.*



### **COURSE OUTLINE / CALENDAR**

<b>Week #</b>	<b>TOPIC</b>	<b>DUE Sunday @ 11:30PM</b>
1-2	REVIEW SYLLABUS Chapter 1: Introduction to Consumer Health, Conventional Medicine, and Complementary and Integrative Health Chapter 2: Scientific Method Chapter 3: Advertising Health Products	Intro Discussion Syllabus Quiz Quizzes Case Studies
3-4	Chapter 4: Cost of Healthcare in the United States Chapter 5: Conventional Medical and Health Care Chapter 6: CAM, Integrative Medicine and Health, and Early Pioneers	Quizzes Case Studies
5-6	Chapter 7: Complementary and Alternative Health Care: Historical Foundations of Holistic Healing Chapter 8: Alternative Medical Systems: Ayurveda and Its Practices Chapter 9: Alternative Medical Systems: Traditional Chinese Medicine	Quizzes Case Studies
7-8	<b>MIDTERM</b>	Ch 1-9
9-10	Chapter 10: Alternative Medical Systems: Naturopathic and Homeopathic Medicine Chapter 11: Botanicals: A Biologically Based Therapy Chapter 12: Aromatherapy and Bach Original Flower Remedies	Quizzes Case Studies
11-12	Chapter 13: Manipulative and Body-Based Therapies: Chiropractic Medicine, Massage, and Reflexology Chapter 14: Mind-Body Intervention: Meditation, Yoga, Hypnosis, Alexander Technique, Biofeedback, Prayer, and Faith Healing Chapter 15: Energy Therapies	Quizzes Case Studies

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13-14	Chapter 16: Frauds and Quackery Chapter 17: Protection and Rights of American Consumers Chapter 18: Health Insurance in the United States	Quizzes Case Studies
15-16	<b>FINAL EXAM Due FRIDAY @ 11:30PM</b>	Ch 9-18

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