



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

T/Th 11:00 am – 12:15 pm

NHS 161

COURSE SYLLABUS: Spring 2026

INSTRUCTOR INFORMATION

Instructor: Rachel Aumann, MSW, MPH Office

Location: NHS 144

Office Hours: T/Th 12:30-3:00 pm or by appointment (in-person or virtual)

Virtual Drop-in Office Hours: W 5:00-6:00 pm <https://tamuc.zoom.us/my/professora>

Office Phone: 650-776-6096

University Email Address: rachel.aumann@etamu.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 (11th ed.). Jones and Bartlett. ISBN: 978-1-284-20268-7

You will have first-day access to the textbook on BibliU (in D2L)

Supplemental Materials: Will be posted on D2L in each week's module

Course Description

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

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 and differentiate public health from 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, local governmental agencies, and voluntary health organizations.
4. Identify the major health problems and influences upon health in the nation and

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- worldwide, as well as efforts to deal with these problems
5. Explain the major health problems of special groups and describe programs designed to mitigate these disparities.
 6. Describe and discuss ecological challenges and environmental problems affecting the nation and the globe.
 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 outside of the classroom.

Student Responsibilities or Tips for Success in the Course

- If you have any questions, comments, concerns, suggestions, etc., please talk to me about it. We can find a solution that works.
- **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 support, 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.
- **ATTEND...A HUGE part of your grade depends on your attendance. This is an in-person class!**

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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Graded Item	Points
Attendance/participation (5 pts x 30 classes)	150
Syllabus Quiz	50
Introduction Discussion	25
Chapter Quizzes (15 x 30)	450
Experiential Learning Activity	125
Final Exam	200
Total Points	1000

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 the instructor does not excuse you from responsibility to deadlines. **This syllabus quiz must be completed before you will have access to course content.**
- **Introduction Discussion (2.5%):** Students will post a self-introduction **post** to D2L. For full credit, each student will need to provide a photo of themselves and reply to at least one (1) classmate's post. The photo is how I match names with lovely faces.
- **Quizzes (45%):** There are fifteen (15) quizzes throughout the semester. Each quiz will reflect recent material discussed in the text and in class (or presented on D2L). Quizzes will be online via D2L. You have 2-attempts at each quiz. Take advantage of the second attempt!
- **Experiential Learning Activity (12.5%):** There are two opportunities to fulfill the ELA requirement. Both opportunities require several hours of your in-person attendance at an off-site location (in Commerce).
- **Final Exam (20%):** 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 in-person. The written portion will take place during the regularly scheduled final exam time of TUESDAY, May 5th from 10:30-12:30. You will be allowed one page of notes. The multiple choice, true/ false, matching, multi-select, ordering questions will be online. That portion will open on Saturday, May 2nd @ 8:01 am and will close at 10:00 am on Tuesday, May 5th before the written portion is administered.
- **Attendance and Participation (15%):** This is an in-person course and most of the work for this class is done in the classroom in the form of small and large group discussions and individual, partner and group activities. I have set the total attendance at 150 points (30 class days x 5 points per class).

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Late work: 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.

My “Use of Ai” Policy: The use of Ai in any capacity in the **completion** of any graded work (quizzes or the final exam) is NOT allowed. You MAY use Ai to help understand concepts while you are studying the material. You may also use Ai during in-class activities if the instructor indicates that Ai resources are acceptable.

Most of the work in this class is reflective. That means I want to hear YOUR experience and YOUR opinion/perspective. I care what YOU have to say. Ai cannot do that for you. It is also important to develop critical thinking skills, most notably: extrapolation, deduction and how to connect the dots of seemingly unrelated concepts. Ai cannot do this for you, hence why I caution its use.

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

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.** (I utilized Starbucks and other coffee shops in college and grad school when my internet was playing games with me. You can do this too.) 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.

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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 the 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. Texas now bans the use of cellphones in K-12 for this reason. The active use of cellular phones or other electronic devices is distracting to your own learning, your classmates, and the instructor. 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 instructor 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 instructor 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.

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>

ETAMU 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 East Texas A&M University 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>

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University AI Policy

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.

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 (quizzes and the final 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

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@tamuc.edu

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

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

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

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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 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 East Texas A&M University 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 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 University Supports Students' Mental Health

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 (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 0 Starts Monday, January 12th and Closes Wednesday, January 14th

Module	Chapters	Graded Work Due (Due Date)
1: Jan 12-Feb 15	1 –Community & PH	Syllabus Quiz and Intro Discussion (Jan 14), Chapter 1 Quiz (Jan 18)
	2 – Public Health Orgs	Chapter 2 Quiz (Jan 25)
	3 – Epidemiology	Chapter 3 Quiz (Feb 1)
2: Feb 16-Mar 29	4 –Comm/Non-Com Diseases	Chapter 4 Quiz (Feb 8)
	5 – Comm Org & PHP	Chapter 5 Quiz (Feb 15)
		NO CHAPTER 6
	7 – MIC	Chapter 7 Quiz (Feb 22)
	8 – Adol, Young Ad, Ad	Chapter 8 Quiz (Mar 1)
	9 –Older Adults	Chapter 9 Quiz (Mar 8)
3: Mar 30-May 1 LAST WEEK IS A SHORT WEEK	10 –Health Disparities	Chapter 10 Quiz (Mar 22)
	11 –Comm MH	Chapter 11 Quiz (Mar 29)
	12 –AOD	Chapter 12 Quiz (April 12) ---out of order; no class on April 9th
	13 – Healthcare Del	Chapter 13 Quiz (April 5)
	14 –Environmental Hlt	Chapter 14 Quiz (April 19)
4 – Final Exam May 2-May 5th	15 – Injury Epi	Chapter 15 Quiz (April 26) ---
	16-Occupational Safety	Chapter 16 Quiz (May 1) ---SHORT WEEK
	Online portion due @ 10:30 am Written portion due 12:30 pm	The final will be administered online and in-person. The online exam portion will open on Saturday, 5/2 @ 8:01 am and close on Tuesday, 5/5 @ 10:30 am BEFORE the written portion.

Module 0 is due WEDNESDAY, January 14th @ 11:59 pm. This must be completed before you move on to Chapter 1 content and the quiz.

- Chapters 12 and 13 have been shuffled around.
- You will select your ELA opportunity during Week 3.
- There are NO outside assignments in this class.

Absolutely NO final exam make-ups are allowed.

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Dates we will not have in-person class

- Thursday, April 9th- you will have an at-home activity to complete for your attendance credit
- The week of March 9-12 is Spring Break. There will not be ANY work assigned during this week. Take the break.
- We will also not have in-person class on the two ELA dates if those happen to fall on a Tuesday or Thursday.

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