



HHPH 210 - 81W Environmental Health

COURSE SYLLABUS: Spring 2026

Professor: Kim Rahebi, PhD, MPH, CPH
 Office Location: Virtual (Zoom or Teams)
 Office Hours: 1pm-3pm, M-F, or by appointment
 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

Will be available as an eBook within D2L!

Textbook(s) Required: Friis, R. H. (2019).

Essentials of environmental health (3rd ed.). Burlington, MA: Jones & Bartlett Learning.

Additional Resources:

APA formatting is required on all written assignments unless otherwise noted in the assignment directions. All students are encouraged to consult the **Writing Center** for guidance on correct APA format, embedded citations, and reference sections.

<https://www.tamuc.edu/writing-center/>

Course Description

Environment is approached as one of the determinants of health for individuals and human populations.

Therefore, this course focuses on the need to control factors that are harmful to human life, the requisites of life, water, air, food, space, and shelter. This course will examine methods including, but not limited to controlling agents that cause disease, communicable disease control, wastewater treatment, solid waste management, insect and rodent control, radiation control, and environmental management.

Student Learning Outcomes

The syllabus/schedule are subject to change.

1. Discuss the history and definition of environmental health.
2. Discuss the association between population growth and dissemination of environmental pollutants.
3. Describe methods used in epidemiology and toxicology to assess environmental exposures and hazards.
4. Describe policies that have been developed to manage health risks associated with exposures to environmental hazards.
5. Identify chemical, physical, and biological agents that originate in the environment and can impact human health.
6. Describe specific applications of environmental health concepts to fields such as water quality control, food safety, occupational health, and injury prevention.

Websites:

Environmental Protection Agency: <http://www.epa.gov/>

Centers for Disease Control: <http://www.cdc.gov/>

National Institute of Environmental Health Sciences: <http://www.niehs.nih.gov/>

National Environmental Health Association (NEHA): <https://www.neha.org/>

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.

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Instructional Methods

We will study various environmental health issues through textbook readings, discussions, homework, projects, and exams.

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 textbooks, discussions, chapter PowerPoints, 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.

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 must 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 must 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

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

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

ASSESSMENTS

NOTE: Please pay close attention to weekly module due dates and times.

- **OPEN: Monday @ 12:01am CST**
- **CLOSE: Sunday @ 11:30pm CST**

Introduction Week (Syllabus Quiz): During the introduction week, students will read over the syllabus and complete a syllabus quiz.

Chapter Readings: Students are expected to read the assigned chapters in the required text for that module.

Chapter Quizzes: Students will complete online chapter quizzes during the semester.

- You must take each one, which will prepare you for the section examinations.
- Quizzes are only accessible one time; thus, be prepared once you enter the quiz.

Exams: Exams will be administered throughout the semester over all information covered in the chapter readings, quizzes, discussions, and the book.

GRADING

5 discussions @ 14 points each	70
14 quizzes @ 45 points each	630
Midterm & Final @ 100 points each	200
Impact Paper	100

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TOTAL	1000
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TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- *Ensure that your browser has JavaScript and Cookies enabled.*
- *For desktop systems, you must have Adobe Flash Player 10.1 or greater.*
- *The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.*

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
<i>Microsoft® Edge</i>	<i>Latest</i>	<i>N/A</i>
<i>Microsoft® Internet Explorer®</i>	<i>N/A</i>	<i>11</i>
<i>Mozilla® Firefox®</i>	<i>Latest, ESR</i>	<i>N/A</i>
<i>Google® Chrome™</i>	<i>Latest</i>	<i>N/A</i>
<i>Apple® Safari®</i>	<i>Latest</i>	<i>N/A</i>

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Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
<i>Android™</i>	<i>Android 4.4+</i>	<i>Chrome</i>	<i>Latest</i>
<i>Apple</i>	<i>iOS®</i>	<i>Safari, Chrome</i>	<p><i>The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version).</i></p> <p><i>For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version.</i></p> <p><i>Chrome: Latest version for the iOS browser.</i></p>
<i>Windows</i>	<i>Windows 10</i>	<i>Edge, Chrome, Firefox</i>	<i>Latest of all browsers, and Firefox ESR.</i>

- *You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:

 - *512 MB of RAM, 1 GB or more preferred*
 - *Broadband connection required courses are heavily video intensive*
 - *Video display capable of high-color 16-bit display 1024 x 768 or higher resolution**
- *You must have a:

 - *Sound card, which is usually integrated into your desktop or laptop computer*
 - *Speakers or headphones.*
 - **For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.**
- *Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)*
- *Current anti-virus software must be installed and kept up to date.*

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Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- *You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:*
 - o *[Adobe Reader](https://get.adobe.com/reader/)*
 - o *[Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later)*
 - o *[Adobe Shockwave Player](https://get.adobe.com/shockwave/) or [Apple Quick Time](http://www.apple.com/quicktime/download/)*
- *At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.*

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.*

COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

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If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “click here” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

Interactions with Instructor

E-mail strategy: You are welcome to email your questions or concerns to me. There are, however, some caveats associated with email that you must remember:

- Do not expect an immediate response to your questions. A reasonable response time to emailed questions is 2-3 business days.
- Questions emailed on weekends may not receive a response until the following week begins.
- As the instructor, I reserve the right to answer emailed questions regarding assignments, tests, discussion boards, etc., in a direct email to everyone for the benefit of all students.
- Please be courteous and professional in all your interactions with me and fellow students.

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, printable power point slides, discussion boards/ assignments and weekly quizzes.

What Should Students Do First?

Students should begin by:

- Thoroughly reviewing the syllabus
- Obtain materials (textbooks)
- Familiarizing oneself with the course layout
- Take the syllabus quiz (if available)

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 review Power Point section of each week.

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- The student will complete all assignments, quizzes, respond to posted online course discussion questions and exams.

Attendance, Late or Missing Course and Extra Credit

1. Attendance in class is **REQUIRED**. If you are unable to attend a class (actively logged in and participating in the online class), please notify me through email.
2. It will be very difficult for you to do well in this class if you miss submitting coursework. Please be aware that class participation goes beyond simply logging into this class. Just because you are logged in to the class, does not mean you are participating. It means active involvement in class discussions, assignments, quizzes, and active participation in group activities.
3. **Late work will only be permitted in very rare circumstances: serious illness with a note from your physician, 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 prior to the module end date to verify your reason for missing coursework. All missed coursework not meeting the criteria will be given a grade of 0.**
4. Extra credit is **NOT** guaranteed.

Syllabus Change Policy

The syllabus is a guide. As we have previously experienced, circumstances and events may make it necessary to modify the syllabus during the semester; thus, be aware that the syllabus is subject to change.

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: [Netiquette http://www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)

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>

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<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](#)

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

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

COPY / PASTING FROM Ai WILL RESULT IN A ZERO FOR THAT ASSIGNMENT AND A REFERRAL TO THE DEAN.

ADA Statement

Students with Disabilities

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

Gee Library- Room 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

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,

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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&MCommerce 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.

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

Week	Topics to Cover	Assignments Due Sunday by 11:30pm
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1	Review syllabus Chapter 1: The Environment at Risk	Chapter Quizzes Discussion Posts
2	Chapter 2: Environmental Epidemiology	Chapter Quizzes
3	Chapter 3: Environmental Toxicology	Chapter Quizzes
4	Chapter 4: Environmental Policy and Regulation	Chapter Quizzes Discussion Posts
5	Chapter 5: Zoonotic and Vector-Borne Diseases	Chapter Quizzes
6	Chapter 6: Toxic Metals and Elements	Chapter Quizzes
7	Chapter 7: Pesticides and Other Organic Chemicals MIDTERM EXAM	Chapter Quizzes MIDTERM EXAM DUE Discussion Posts
8	Chapter 8: Ionizing and Nonionizing Radiation	Chapter Quizzes
9	Chapter 9: Water Quality	Chapter Quizzes

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10	Chapter 10: Air Quality	Chapter Quizzes Discussion Posts
11	Chapter 11: Food Safety	Chapter Quizzes
12	Chapter 12: Solid and Liquid Wastes	Chapter Quizzes
13	Chapter 13: Occupational Health	Chapter Quizzes Discussion Posts
14	Chapter 14: Injuries with a Focus on Unintentional Injuries and Death SUBMIT IMPACT PAPER	Chapter Quizzes IMPACT PAPER DUE
15	FINAL EXAM	FINAL EXAM DUE

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