

Montgomery College
Health Education, Exercise Science and Physical Education
Rockville Campus

HLTH 2XX–Capstone in Public Health Science (1 credit)

I. Instructor Information

Instructor: xxx

Phone: xxx

Office: xxx

E-mail: xxx

Note: It may take up to 2 business days for your instructor to reply to e-mails. Please make sure you e-mail your instructor using your MC e-mail only. Also, in your e-mail make sure to include your name and the class you are registered in.

Office hours: xxx

II. General Course Information

HLTH 2XX CRN xxx

Day and Time: xxx

Location: xxx

Semester: xxx

This capstone course provides students with an opportunity to further explore the dimensions of health and wellness and how they relate to the individual and society. This course will examine current national and local health issues, and strategies for tackling these problems at the community and national level. As part of the course, students will complete a capstone project that will allow them to assess the risk factors for a chronic disease, its impact on the quality of life of a person with the disease, as well as construct intervention strategies to enhance the person's quality of life. **PRE-REQUISITES:** *HLTH 160 and HLTH 200, and consent from the department.*

This course is to be taken the last semester in the program before transferring.

ENGL 101/101A is a required assessment level for this class. If you do not meet this level, you may be asked to leave the class, or may be dropped by the instructor. Students who do not meet this prerequisite will have difficulty completing the necessary requirements for this class.

This course is a blended course; this means part of your learning experience will be provided during our class meetings and ***online through the course website on Blackboard.*** To access the course website, follow the instructions below.

- Log on to My MC
- Click on “My Courses” tab
- Click on the link for HLTH 2XX

- A new list of courses will appear, click once again on the HLTH xxx link.
- Once in Blackboard, use the Course Menu to the left of your screen to navigate the course website.

III. Specific Outcomes

By the end of this class, the student will be able to:

- Identify and analyze credible sources of health information.
- Describe the biopsychosocial factors that impact human health.
- List and describe controllable and uncontrollable risk factors for disease.
- List and describe the leading causes of morbidity and mortality in the US.
- Analyze the contribution of both controllable and uncontrollable risk factors to the health status of individuals and populations.
- Evaluate the role of personal/individual choice in achieving and maintaining good health.
- Evaluate the impact of individual choice on the health of the population.

IV. Text and Supplies

Riegelman, Richard, Kirkwood, Brenda (2019). Public Health 101: Improving Community Health 3rd ed. United States. Jones and Bartlett. ISBN 978128118445

V. Course Requirements

A. Course Grade

You are expected to spend approximately 2 hours outside of class to prepare for the next class (i.e. by completing the assigned readings) and extra time to prepare for quizzes and the online coursework. Additional course materials will be distributed in class or posted via Blackboard.

Orientation	10 points
Quizzes	140 points
Assignments	100 points
Case study	50 points
Capstone Paper	150 points
Mass Casualty Drill (all students required to attend)	100 points

	550 points

Final grades are calculated based on the number of points you earn in the class. The grade breakdown is as follows:

Grade Equivalents:

90-100% of Total points	A
80-89% of Total points	B
70-79% of Total points	C
60-69% of total points	D
59% of total points and below	F

Orientation Tasks (See Orientation/Practice Module on Blackboard): Students will complete a series of orientation assignments to familiarize themselves with the course website and Blackboard. *Instructions for the orientation assignments are available on the course website.* Also, within this module students need to complete the Statement of Accountability and the Academic Integrity Tutorial.

All other assignments will be described in detail on the course website.

Grading standards for typed assignments

- **Font-** Font size must be 12 and must be either Arial or Times New Roman. The font must be a dark color, either black or dark blue.
- **Margins-** The margins must be one-inch. Please note that most word programs are preset to 1-¼ inches.
- **Spacing-** All papers must be double spaced with no additional lines between paragraphs
- **Spelling and grammar-** All typed assignments are graded on spelling and grammar, and the grading is progressive. The more mistakes you make, the more points you will lose. **If you have ten or more spelling and grammatical mistakes in a paper, the paper will receive a 0.**
- **Title page-** Papers need to have a title page that has the title, your name, my name, and the class name, day and time.
- **Reference page-** if you use a source, you must include in-text citations and a list of reference. These reference must follow APA style formal. <http://owl.english.purdue.edu/owl/resource/560/05/> is a good resource for APA formatting.
- **Stapled-** If your paper has multiple pages it must be stapled or at least your full name must appear in all pages.

B. Make-up policy

Students are responsible for obtaining the information they missed due to absence. If an emergency occurs before an exam, quiz, or written assignment due date (in-class meetings or

presentation) the student **must contact the professor within 24 hours of the exam/quiz/assignment and must have the proper documentation (car repair bill, traffic ticket, proof of illness, etc.) for the absence.** If you do not have proper documentation, or fail to contact me within 24 hours, you will not be given an extension on late work. If you know ahead of time that you will be missing an exam, assignment or group project, you must submit your work ahead of time. Also, you must speak with the professor **at least one week before** the exam or the assignment's due date to allow enough time for accommodations to be made (if necessary).

C. Late policy

Deadlines and due dates for coursework are **not negotiable**. This applies to all in-class activities, homework, online coursework, long-term assignments, and quizzes.

- **Online coursework:**
 - Chapter assignments and quizzes ***are not accepted late.***
 - These coursework **cannot be made up** due to computer trouble, working late, forgot to complete it, etc., **unless there is a *documented emergency.***
 - If you have any problems submitting course assignments or quizzes contact IT immediately, they will give you a case #. If you do not have this work will not be opened for you! Help Desk is X77222).

VI. Student Code of Conduct

A. Standards of College Behavior

The Student Code of Conduct is a document that outlines the principles, policies and procedures that govern student life and encourages responsibility and respect for the rights and viewpoints of others. The Student Code of Conduct describes acceptable standards of student behavior and academic integrity, disciplinary procedures, and possible sanctions when the Code of Conduct is not followed. Students are encouraged to review the Student Code of Conduct by using the following link: http://cms.montgomerycollege.edu/pnp/#Chapter_4

B. Academic Honesty

Academic dishonesty can result in an "F" on the assignment or quiz, or "F" in the course. Cheating, plagiarizing or otherwise not following the Student Code of Conduct can result in severe sanctions for the student. Sanctions for non-academic misconduct and more serious academic dishonesty can include probation, suspension, or dismissal. Student disciplinary records are maintained in the Office of the Dean of Student Development and are kept for five years. They will be disclosed only in accordance with applicable federal and state law.

VII. College-wide Policies and Procedures

A. Attendance Policy

Students are expected and encouraged to attend each class session and be **on time**. Please make sure to put your initials next to your name on the sign-up sheet that will be passed around at the beginning of each class. Please note that I reserve the right to drop any student who has missed an excessive amount of classes, as defined in the Student Handbook. There are no lates or excused absences. If you are not here when attendance is taken, you are not here! Also, if the student decides that they no longer want to participate in the course, withdrawal by the appropriate “drop” date is ultimately the responsibility of the student.

B. Withdrawal and Refund Dates

It is the student’s responsibility to drop a course. Non-attendance of classes or failure to pay does not constitute official withdrawal. To view specific drop deadlines for the courses you are taking, log into your MyMC account:

- 1) Click on “My Class Schedule” under Student Quick Links
- 2) Select the current term
- 3) Click on “View Drop Deadline Dates” at the bottom of the page

C. Audit Policy

All students registered for audit are required to consult with the instructor before or during the first class session in which they are in audit status, and students are required to participate in all course activities unless otherwise agreed upon by the student and instructor at the time of consultation. Failure to consult with the instructor or to so participate may result in the grade of “W” being awarded. This action may be taken by the instructor by changing the “AU” to “W” before the drop with “W” date.

If you are auditing the class, you are exempt from quizzes. You are required to complete the assignments, as it will enhance your learning experience. Students auditing the course are still subject to being dropped for excessive absence.

D. Disability Support Services

Any student who may need an accommodation due to a disability, please make an appointment to see me during my office hour. A letter from Disability Support Services (R-CB122; G-SA175; or TP-ST120) authorizing your accommodations will be needed. This letter must be provided **at least one week before an exam/quiz**. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations for individuals with disabilities are found at: www.montgomerycollege.edu/dss/evacprocedures.htm.

E. Veteran Services

If you are a veteran or on active or reserve status and you are interested in information regarding opportunities, programs and/or services, please visit the Combat2College website at www.montgomerycollege.edu/combat2college/ and/or contact Joanna Starling 240-567-7103/SV103 or Joanna.starling@montgomerycollege.edu

F. Delayed Opening or Closing of the College

If classes are cancelled for any reason, you should continue to follow the schedule provided in the syllabus. This means you would continue to read the assigned chapters. If there will be any changes in the schedule it will be announced in class, via Blackboard or via e-mail. The only exception to this is assigned work. If assigned work is due on a day that the college is closed or the class was cancelled, assume that the work will be done on the next class meeting.

If the College opens at a time when more than 50% of a class period will be missed, that class will be cancelled for the day. If the College opens at 11:30 am, then we will have class starting at 11:30 am.

Montgomery College will always operate on its regular schedule unless otherwise announced. Depending on the nature of the incident, notifications of emergencies, and changes to the College's operational status will be communicated through one or more communication methods including the College's web page <http://montgomerycollege.edu>

For the most up-to-date information regarding College openings, closings, or emergencies, all students, faculty, and staff are encouraged to sign up for email and text alerts via Montgomery College ALERT. Registration information is available at www.montgomerycollege.edu/emergency

If classes are cancelled for any reason you should continue to follow the schedule provided in the syllabus. If there will be any changes in the schedule it will be announced in class, or via email. If the missed class is an exam date, or a due date for the project, be prepared to turn in the project/take the exam the next time the class meeting.

G. Communication

Class communication will be done mostly through MC e-mail and Blackboard (using the announcements feature). Please make sure you also log in to the course site on a regular basis to review announcements and other class-related information.

Student e-mail (montgomerycollege.edu) is an official means of communication for the College. To check your e-mail, log into your MyMC online account and locate the e-mail icon in the upper right hand corner of the page. It is expected that you check your student e-mail regularly and frequently, as you are responsible for information that will be sent to you from the College.

- **Remember:** e-mails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your e-mail, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications.
- E-mails will be answered within 24 - 48 hours during **week days**.
- If an e-mail is sent during a weekend or holiday, please expect a reply the following working day.

- *If you are in the process of addressing an issue with your professor, then you are expected to return emails within 2 business days or the matter will be considered closed.*

VIII. Additional Information

A. Classroom Conduct

Cell phones and tablets: Students are required to turn-off cell phones at the beginning of each class. Cell phones and smart phones (i.e. Blackberry, iPhones, Android etc) and all other electronic devices, such as MP3 players and tablets, are **NOT** permitted to be used in class or during tests.

- This means no text messaging or taking photos of the PowerPoint presentations (unless instructed to do so); this is considered cell phone use.
- Any student caught using a cell phone or other electronic device during a class period, and has been asked at least once to put the device away, will be asked to put their cell phone or device on the desk in the front of the classroom until the end of the class period.
- Also, any student using a cell phone or any other electronic device during testing will receive a zero for that exam.
- All students are responsible for the information located in the student code of conduct.

Talking: During class please refrain from side conversations. These can be disruptive to your fellow students and your professor. The professor reserves the right to remove any disruptive student(s) from the classroom if necessary.

B. In addition, it is expected that the student will:

- Arrive on-time to the class meetings.
- Be responsible for obtaining any information and class notes from another classmate if he/she missed class. *Your professor does not provide copies of PowerPoints.*
- If you will be missing a class for religious reasons, you must inform the professor of those dates by the end of the first week of class.
- Have completed the assigned readings for the class session
- Be prepared to discuss the assigned readings and participate in the discussion
- Be respectful of the instructor and other students
- Be open to new ideas and concepts
- Do your best in this class
- **STUDENTS ARE EXPECTED TO ABIDE BY THE BEHAVIORS DESCRIBED IN THE STUDENT CODE OF CONDUCT AT ALL TIMES.**

IX. Tentative Class Schedule – HLTH 2XX

Weeks	Topics	Assigned Readings / Assigned Work	Online Coursework Due (by 11:59 pm)
Week 1	Introductions Blackboard Walkthrough		
Week 2	Wellness beyond health	Chapter 1	Orientation/Practice Module Due
Week 3	Capstone project		
Week 4	Psychological and social health	Chapters 4 and 5	Module 1 due
Week 5	Physical health – exercise, nutrition and sleep	Chapters 6, 7 and 8	Exam 1 – Ch. 1, 4, and 5
Week 6	Physical health – infectious diseases	Readings available on Blackboard	Module 2 due
Week 7	Spiritual foundation and environmental health	Chapters 11 and 12	Exam 2 – Ch. 6, 7, and 8
Week 8	Putting it all together!		Module 3 due
Week 9			Exam 3 – Ch. 11, 12, and infectious diseases
Week 10			Capstone project due