

PHED 2685 E01 (80381): Health, Wellness, & Society Fall 2019

Instructor Information

Instructor: Sasha McBurse, MS, ACSM-CEP, EP-C	Online Hours: NA
Class Meeting Time & Location: Online (CourseDen)	Telephone (direct): 678.839.6096 Telephone (dept): 678.839.6530
Office Location: Coliseum 2034	Westga email: smcburse@westga.edu
Office Hours: Tuesdays: 11:00am to 2:00pm Wednesdays: 8:30am to 11:00am (Newnan) Thursdays: 11:00am to 2:00pm Fridays: By appointment	Skype or Google+ name: N/A

Support for Courses

Hyperlinks are provided for accessibility throughout; full URLs are available at the end of the document.

[CourseDen D2L Home Page](#)

[D2L UWG Online Help](#) (8 AM – 5 PM)
Call: 678-839-6248 or 1-855-933-8946 or
email: online@westga.edu

[24/7/365 D2L Help Center](#)
Call 1-855-772-0423

[University Bookstore](#)

[Student Services](#)

[Center for Academic Success](#)

678-839-6280

[Distance Learning Library Services](#)

[Ingram Library Services](#)

[Accessibility Services](#)

Call:678-839-6428 or email:
counseling@westga.edu

College of Education Vision

The College of Education at the University of West Georgia will be recognized for leading *Innovation in Teaching, Leadership, and Wellness*, with programs designed to transform lives and contribute to the betterment of society.

College of Education Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for professional careers in diverse settings within three dynamic areas of focus: *Teaching, Leadership, and Wellness*. With programs that range from undergraduate through doctoral study, the College of Education is committed to excellence in pedagogy, professional service, engaged partnerships, and applied research.

The vision and mission of the College of Education at UWG form the basis on which programs, courses, experiences, and outcomes are created. National and state standards (*National Wellness Institute*) are incorporated as criteria against which candidates are measured. This course's objectives, activities, and assignments are related directly to the appropriate standards.

Course Information

Course Description

This undergraduate course is designed to develop knowledge related to social determinants of health. Public health concerns and policies will be discussed, along with examining each determinant in depth. In addition, this course gives students a comparative approach and perspectives of health for all populations.

Credit Hours: 3.00

Prerequisites: none

Co-requisites: none

Texts, Readings, and Instructional Resources

Required Text(s): Davidson, Alan. (2015). *Social Determinants of Health: A Comparative Approach*. Oxford University Press.

Required Instructional Resource: TK20 Subscription

Please select the link to access a pdf guide on [how to purchase your account](#).

If you have purchased a subscription previously, DO NOT re-subscribe. For assistance, email tk20@westga.edu. You will receive account activation confirmation from Watermark Support as soon as your account has been activated, please select the link to access a pdf guide on [how to log into your Tk20 account](#).

For additional information about this resource, and to access the "How to" guides, visit the [Tk20 webpage](#).

Approaches to Instruction

Various pedagogical methods used for this class include: discussions, online lecture, assessments, and online resources. Students are expected to use CourseDen for information and communication. Instruction in this course will be delivered as (100%) online. Students may engage in community activities with the community health final project. Online tools such as discussion boards, Microsoft Office, Adobe and Youtube are required.

Course Objectives and Learning Outcomes

The student will:

1. identify common social determinants to health (Davidson, Alan. (2015). *Social Determinants of Health: A Comparative Approach*. Oxford University Press);

2. explain equity and equality in health and policy (Davidson, Alan. (2015). *Social Determinants of Health: A Comparative Approach*. Oxford University Press);
3. describe psychological and emotional aspects of determinants of health (Brehm, B. (2014). *Psychology of health and fitness*. F. A. Davis.);
4. evaluate current models of health and wellness promotion (Brehm, 2014; Cottrell, Girvan, & McKenzie, 2012; Howley & Franks, 2013).

Assignments

Always refer to CourseDen for additional assignment details and due dates.

Content Quizzes 10 points each (13 quizzes, including Syllabus) = **130 points**

Discussion Posts: 10 points each (13 posts) = **130 points**

Community Health Project = 50 points

Midterm Exam= 50 points

Reflection Video= 25 points

Final Exam= 100 points (December 11, 2019)

Total Points in Class: 485 points

Grading Information and Policy

Grading rubrics for discussion posts, class papers are located in CourseDen. Quizzes are graded automatically in CourseDen after submission.

Students will be graded using the following scale:

A = 90-100%, B = 80-89%, C = 70-79%, F = 69% and below

437 – 485 points = A

388 – 436 points = B

340 – 387 points = C

291 – 339 points = D

290 points or below = F

Course Policies

Class and Department Policies

Attendance Policy:

In order to distribute Title IV funding (federal student aid), student attendance verification is required. **Students must post in the online discussion board (Introduction) AND complete the syllabus quiz during Week 1 to be considered as attending class. Both assignments are due by Sunday, August 18th by 11:59pm. Students who do not complete BOTH assignments may be dropped from the class for non-attendance.** Students who add classes during drop/add are responsible for ensuring that they are verified as being in attendance by contacting the course instructor and participating in the online discussion board.

Participation and Preparation

Although this is an online course, your attentiveness and engagement in all online activities is required. Active participation is critical for success in this class. Students are expected to read course materials and complete online assignments, especially those that affect other students (i.e. discussion posts). **You will be required to complete all material in the module, before completing the assessment. The instructor will evaluate each student's progress in CourseDen within the modules and will contact students who do not review all module content.**

Extra Credit: If offered, extra credit opportunities will be announced in CourseDen throughout the semester.

Late Work:

It is the student's responsibility to ensure that all requirements are completed in a timely manner. Students are expected to turn in all work by the deadline given. Late work is not accepted and missed work cannot be made up. Consideration in emergency situations may be given if approved by the instructor.

Professional Conduct:

Professional Conduct and Dispositions

Students in this course are considered professionals-in-training and, as such, are expected to conduct themselves professionally. Professionalism includes behavior related to, but is not limited to, attendance, class participation, appearance, communication, ethics, responsiveness and reaction, participation and professional development (**online and in the community**). The professional dispositions rubric is posted in Course Den.

UWG Policies

As of July 1, 2017, "campus carry" is in effect at all public universities in Georgia. UWG follows the University System of Georgia guidance. There are several restrictions to this law, which are explained on the [USG Campus Carry Guidance webpage](#). Answers to specific questions can be found under the "Additional Information" tab.

For important policy information on the UWG Honor Code, Email, and Credit Hour policies, as well as information on Academic Support and Online Courses, please review the information found in the [Common Language for Course Syllabi](#). Additions and updates are made as institution, state, and federal standards change, so please review it each semester.

Americans with Disabilities Act Statement:

If you are a student who is disabled as defined under the Americans with Disabilities Act and require assistance or support services, please seek assistance through the [Center for Accessibility Services](#). UWG also provides [Accessibility Statements for Technology](#) that you may be required to use for this course.

Communication Rules

Communication (written and verbal)

For main communication with the instructor, use the CourseDen email. If you email with your westga email, you must add your course ID and title in the subject, or you may not receive a response. I receive many emails each day, so CourseDen is most effective if you want to ensure a response. As future professionals, students are expected to communicate, both written and verbally, professionally and with proper grammar and punctuation. Failure to speak and write professionally, with proper grammar and punctuation, will NOT yield a response from the instructor.

Communication and Meetings

My office is located in Coliseum 2034. My office hours are as follows:

Tuesdays: 11:00am to 2:00pm

Wednesdays: 8:30am to 11:00am (Newnan)

Thursdays: 11:00am to 2:00pm

Fridays: By appointment

Additional office hours can be scheduled by appointment. Please feel free to meet with me about any class concerns.

Network Etiquette:

Communication in an online class takes special consideration. Please read the short list of tips below:

- Be sensitive and reflective to what others are saying.
- Don't use all caps. It is the equivalent of screaming.
- Don't flame - These are outbursts of extreme emotion or opinion.
- Think before you hit the post (enter/reply) button. You can't take it back!
- Don't use offensive language.
- Use clear subject lines.
- Don't use abbreviations or acronyms unless the entire class knows them.
- Be forgiving. Anyone can make a mistake.
- Keep the dialog collegial and professional.

Expected Response Times

I will make every attempt to return major assignments within 7-10 days, but the amount of feedback required may extend that time. You can expect response time for emails within 48 hours.

Class Schedule Information (tentative and subject to change)

Week	Begin Date	End Date	Topic/Activity/Reading Assignment	Assignment Name and Due Date/Location
1	8/14	8/18	-Orientation, Introductions, CMWL Program Update, Dispositions	Introduction Post #1 and Syllabus Quiz due Sunday, Aug. 18th by 11:59pm
2	8/19	8/25	-Introduction to Social Determinants	Discussion Post #2 due Wednesday, Aug. 21st by 11:59pm. Response and Week #2 Quiz due Sunday, Aug. 25th by 11:59pm
3	8/26	9/1	Individual and Population Health	Discussion Post #3 due Wednesday, Aug. 28th by 11:59pm. Response and Week #3 Quiz due Sunday, Sept. 1st by 11:59pm
4	9/2	9/8	No Class Monday, 9/2 Labor Day Holiday Income, Inequality, and Health	Discussion Post #4 due Thursday, Sept. 5th by 11:59pm. Response and Week #4 Quiz due Sunday, Sept. 8th by 11:59pm
5	9/9	9/15	Food Insecurities, Obesity and Nutrition	Discussion Post #5 due Wednesday, Sept. 11th by 11:59pm. Response and Week #5 Quiz due Sunday, Sept.15th by 11:59pm
6	9/16	9/22	Environmental Health	Discussion Post #6 due Wednesday, Sept. 18th by 11:59pm. Response and Week #6 Quiz due Sunday, Sept.22nd by 11:59pm
7	9/23	9/29	Housing and Neighborhood	Discussion Post #7 due Wednesday, Sept. 25th by 11:59pm. Response and Week #7 Quiz due Sunday, Sept.29th by 11:59pm
8	9/30	10/6	Midterm Exam (Weeks 1-7) Fall Break: October 3rd-5th	Midterm Exam Online due Wednesday Oct. 2nd by 11:59pm

9	10/7	10/13	Social Support and Social Exclusion Last Day to Withdraw without penalty is Wednesday, Oct. 9th	Discussion Post #8 due Wednesday, Oct. 9th by 11:59pm. Response and Week #9 Quiz due Sunday, Oct. 13th by 11:59pm
10	10/14	10/20	Gender and Health	Discussion Post #9 due Wednesday, Oct. 16th by 11:59pm. Response and Week #10 Quiz due Sunday, Oct. 20th by 11:59pm
11	10/21	10/27	Racism and Health	Discussion Post #10 due Wednesday, Oct. 23rd by 11:59pm. Response and Week #11 Quiz due Sunday, Oct. 27th by 11:59pm
12	10/28	11/3	Employment, Working Conditions & Health	Discussion Post #11 due Wednesday, Nov. 6th by 11:59pm. Response and Week #12 Quiz due Sunday, Nov. 3rd by 11:59pm
13	11/4	11/10	Transportation and Health	Discussion Post #12 due Wednesday, Nov. 6th by 11:59pm. Response and Week #13 Quiz due Sunday, Nov. 10th by 11:59pm
14	11/11	11/17	Social Patterning of Behavior	Discussion Post #13 due Wednesday, Nov. 13th by 11:59pm. Response and Week #14 Quiz due Sunday, Nov. 17th by 11:59pm
15	11/18	11/24	Healthcare Systems and Health	Community Health Project due Sunday, Nov. 24th by 11:59pm
16	11/25	12/1	Thanksgiving Break	No Classes
17	12/2	12/8	Strategies for Reducing Health Disparities	Final Reflection Video due

				Friday, Dec. 6th by 11:59pm
	12/12	12/12	Final Exam December 11th	Online Final Exam due Wednesday, Dec. 11th by 11:59pm
<p>**Note: All times are estimates. Dates may change at the instructor's discretion: all changes will be posted in the News/Announcements section of CourseDen. Major assignments and exams with due dates are in bold. Please make sure to follow the calendar on Course Den to keep up with the schedule. Your instructor will update the course calendar each weekend if needed.</p>				

Additional Support Information

Technical Support

Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at [UWG Online Student Help](#).

Center for Academic Success

The [Center for Academic Success](#) (CAS) provides services, programs, and opportunities to help all undergraduate students succeed academically. The CAS offers free appointment-based peer tutoring in core courses, as well as supplemental instruction (SI)—which is peer-facilitated collaborative learning—in a variety of disciplines. Students seeking help with study skills and strategies can attend workshops through the Academic Success Workshop series, or work individually with either a staff or peer Academic Coach. Beginning Fall 2014, the CAS will also offer “Back on Track,” a voluntary academic recovery program designed for students who want to improve their grades and academic standing. The Center for Academic Success is located in UCC 200, and can be reached at [678-839-6280](tel:678-839-6280). Our email address is cas@westga.edu.

Smarthinking

Smarthinking offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

Student Services

Here is a great resource of [Student Services](#) for all students at UWG, whether or not they are taking online courses. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out [UWG Cares](#).

Full URL Support for Courses

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- **University Bookstore**
<http://www.bookstore.westga.edu/>

- **Common Language for Course Syllabi**
<https://www.westga.edu/administratio/vpaa/common-language-course-syllabi.php>
- **UWG Cares**
<http://www.westga.edu/UWGCares/>
- **Center for Disability**
<https://www.westga.edu/student-services/counseling/accessibility-services.php>
- **Student Services**
<http://uwgonline.westga.edu/online-student-guide.php>
- **Center for Academic Success**
<http://www.westga.edu/cas/>
- **Distance Learning Library Services**
<https://www.westga.edu/library/resource-sharing.php>
- **Ingram Library Services**
<http://www.westga.edu/library/>
- **Proctored Exams**
<http://uwgonline.westga.edu/exams.php#student>
- **Student Services**
<https://uwgonline.westga.edu/online-student-guide.php>
- **UWG Accessibility Statements for Technology**
<https://docs.google.com/document/d/16Ri1XgaXiGx28ooO-zRvYPraV3Aq3F5ZNJYbVDGVnEA/edit?ts=57b4c82d#heading=h.yrqeffvts1f>