

Semester: **Spring 2017**  
Course Number: **10:832:242:02**  
Course Title: **Principles of Health & Wellness**  
Course Day and Time: **Online**  
Location: **Online**  
Course Instructor: **Jennifer C. Martinez, MPH, CHES**  
Contact Information: **609-742-1030 cell Jennifer.C.Martinez@rutgers.edu**  
Office Hours and Location: **by appointment conference call**  
Required Text: **Health Education: Creating Strategies for School & Community Health, 4<sup>th</sup> Edition, Gilbert, Sawyer & McNeill (editors)**  
Additional Materials: **Will be emailed or posted to Sakai**

### **Course Description (catalog)**

Overview of public health, public policy, and urban planning with an emphasis on how these fields intersect in a U.S. context.

### **SAS Core Curriculum Learning Goals**

- Understand the bases and development of human and societal endeavors across time and place(h)
- Understand different theories about human culture, social identity, economic entities, political systems, and other forms of social organization (m)
- Apply concepts about human behavior and social behavior to particular questions or situations (n)

### **Public Health Learning Outcomes**

*Students Will:*

1. Think critically in public health
2. Effectively communicate public health information
3. Utilize information literacy skills in public health

### **Course Overview**

“Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically and psychologically unwell.” Ernest Boyer.

At the end of this course students will be able to:

1. Understand the bases and development of human and societal endeavors across time and place as related to health and wellness education and developments.
2. Understand different theories about human culture, social identity, economic entities, political systems and other forms of social organization related to health and wellness.
3. Apply concepts about human and social behavior to particular questions or situations related to health and wellness.
4. Identify, understand, and incorporate the foundation principles of health and wellness education.
5. Identify and understand health education, health promotion, wellness, community engagement, communication and leadership skills

6. Demonstrate knowledge of health education and wellness theories and organizational development.
7. Demonstrate critical thinking skills related to community, institutional and individual health.

### Class Outline by Week

Units	Topic	Assignments
1 9/12/16	Welcome; Course Introductions; Syllabus Review; Activity	Read Chapters 1; Complete Chapter Review in Forums
2	Chapter 1: Introduction	Read Chapter 2; Select someone to interview over the age of 75; Complete Chapter Review in Forums
3	Chapter 2: Planning for Instruction	Read Chapter 3; Complete Chapter Review in Forums
4	Chapter 3: Contextual Considerations for Behavior Change	Read Chapter 4; Complete Chapter Review start creating an outline for your health education project
5	Chapter 4: Methods of Instruction and Intervention	Read Chapter 5; Complete Chapter Review Hand in Interview in Forums
6	Chapter 4 continued	Read Chapter 6; Complete Chapter Review in Forums
7	MIDTERM	Read Chapter 7; project should be in draft form in Forums
8	Chapter 5 Presentation and Unit Development	Read Chapter 8; Complete Chapter Review in Forums
9	Chapter 6: Technology and Health Education	Read Chapter 9; Complete Chapter Review in Forums
10	Chapter 7: Use of Media in Health Education	Read Chapter 10; Complete Chapter Review in Forums
11	Chapter 8: Health Disparities	Finalize project
12	Chapter 9 & 10: Special Challenges/Controversial Topics	
13	Study for Exam	
14	Final Exam	

### Assessment

The following assignments will assess the course learning goals

#### SAS Core Curriculum Learning Goals

- Understand the bases and development of human and societal endeavors across time and place (h)

*Interview of someone 75 years old or older*

- Understand different theories about human culture, social identity, economic entities, political systems, and other forms of social organization (m)

*Interview; Chapter Review Questions*

- Apply concepts about human behavior and social behavior to particular questions or situations

(n)

*Presentation; Interview*

## **Public Health Learning Outcomes**

*Students Will:*

1. Think critically in public health  
*Graded Chapter Review Questions; Presentation;*
2. Effectively communicate public health information  
*Students will give a 10 minute presentation on their topic of choice during class.*
3. Utilize information literacy skills in public health  
*Students must use and cite at least 3 scholarly sources in their final paper and presentation.*

## **Course Grading**

A=90-100; B+=87-89; B=80-86; C+=77-79; C=70-76; D=60-69; F=59 and lower

*Example*

- 20% ..... Interview
- 20%..... Midterm Examination
- 20%..... Class attendance and active participation
- 20% ..... Final Presentation/Paper
- 20%.....Final Exam

## **Academic Integrity**

Academic Integrity is vital to the mission of Rutgers, to education at Rutgers and membership in the Rutgers community. It is a core value that supports trust among students, and between students and teachers. It is also a shared value; administration, faculty and students each play a vital part in promoting, securing and nurturing it.

Academic dishonesty is not an individual act that affects only the students involved. It violates communal trust, impacts other members of the community, and is an offense against scholarship. For this reason, any instance of cheating or plagiarism will be dealt with harshly.

Honesty matters. As a shared value, administration, faculty and students each play a vital part in promoting, securing and nurturing it. See the Rutgers Academic Code and Academic Oath at:

<http://academicintegrity.rutgers.edu/>

**Attendance and Cancellation of Classes:** In accordance with Rutgers University regulations, attendance is expected at all regularly scheduled meetings of a course and individual courses may set policies for maximum absences. Please refer to the link below for more specific information:

<http://sasundergrad.rutgers.edu/academics/courses/registration-and-course-policies/attendance-and-cancellation-of-class>