

Course at a Glance

Spring 2017

Course Title: Contemporary Health Science

Course Number: HSC 2100

Dept: PHC

Credits: 3

Instructor: Ms. Alison Oberne, MA, MPH, CPH

Email: aoberne@health.usf.edu

Section: 310

Reference Number: 12349

Course Description:

This course is specifically designed for undergraduate students with an interest in health and wellness. A comprehensive approach is implemented to educate students on how to better research, understand, critique, and apply information related to the basic principles of emotional, intellectual, physical, social, occupational, and spiritual health. The purpose of the course is to prepare students to recognize and analyze potential health threats and healthy behaviors and how these factors may impact their personal health, safety and environment in contemporary society. Moreover, the aims of health education are to promote individual and population based positive lifestyle behaviors and provide the information and skills training that may successfully motivate people to change behaviors that may negatively impact their health and environment. Lastly, critical thinking components are emphasized throughout this course that consists of thought– provoking situations that stimulates students to reflect on their opinions and biases related to health issues, safety issues and making healthy choices to reduce the incidence and prevalence rates of intentional and non-intentional injuries, disease and illness.

Format of content presentation, activities, and/or instructional methods:

This course is fully online. All lectures are narrated presentations with PowerPoint slides.

Course content organization:

The class is organized by week. There are a total of 15 weekly units. Most assignments are due on Wednesdays by 11pm. All quizzes are available to complete for the entire duration of each module. Refer to the course schedule for specific due dates.

Textbook and Ordering materials:

Required Text:

There is no required textbook for this course.

Other Required Materials:

Required readings will be available on Canvas. There are optional websites/articles/videos available with each week for those students interested in further information.

Topics include:

1. Stress
2. Sleep
3. Mental Health
4. Relationships
5. Nutrition
6. Exercise
7. Sexual health, including contraception and sexually transmitted infections
8. Tobacco and alcohol
9. Cardiovascular disease, diabetes, and cancer
10. US Health care and Complementary and Alternative Medicine
11. Intentional and unintentional injuries
12. Environmental health

Types of assessments and activities in the course:

Quizzes, Self-Assessment paper, and Family Tree diagram and Family Tree Research Paper

Student Expectations:

Students are required to log in at least twice a week, read assigned materials, listen to/read lectures, complete all assignments on time, and keep up with course work.

Required Dates to be Online:

n/a

For more information about the Course, Contact:

Name: Alison Oberne, MA, MPH, CPH

Contact Info: aoberne@health.usf.edu

Note: For problems accessing the course materials and other computer technical problems, click the **Tech Assistance** button in your course website and fill out a "Technical Problem Report Form". Tech Assistance button links to the Technical Assistance page of the Office of Educational Technology & Assessment website at: <http://health.usf.edu/publichealth/eta/techsupport.html>. Students can also receive assistance via telephone at 813-974-6666, Mon-Fri 8:30am-5pm, or via email at eta@health.usf.edu.

Technology Requirements (e.g. software or hardware):

Visit this website for software requirements and downloads:

http://health.usf.edu/publichealth/eta/students_tech_requirements.htm

Please Note: The information on this document is subject to change. The course instructor has the right to change any information posted in this document. Students should check the official course syllabus released during the first week of classes for any updates to this document.