

Course at a Glance

Fall 2015

Course Title: Pop Culture Vices & Epidemiology: Sex, Beer & Chocolate

Course Number: PHC 4406

Dept: PHC

Credits: 3

Instructors:

Dr. Skai Schwartz

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Course Description:

This class will encourage students to think about how everyday behaviors may affect their health and safety. Are you a chocoholic or coffee addict? You may be surprised to find that chocolate and coffee are good for you. Are you cutting back on sleep to cram for exams? Do you know this may have long-term ill effects? Do you engage in extreme sports? In this class, we will talk about health benefits and consequences of these behaviors and more.

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

This course is fully online. Each topic consists of a recorded message, PowerPoint Slides, and/or additional readings, individual assignments, quizzes, exams and group presentations.

Course content organization:

The class is organized by week. There are a total of 16 weekly units covering 10 topics. Several of the weeks are devoted to assessments and group presentations.

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. Literary Search and Citation
2. Alcohol
3. Extreme Sports
4. Sex
5. Body Image
6. Diet
7. Coffee
8. Chocolate
9. Sleep
10. Tobacco

Learning Objective:

1. Become familiar with epidemiologic study designs, and how studies are conducted.
2. Be able to search original medical literature.
3. Learn some reputed health effects of dark chocolate including prevention of hypertension.
4. Learn some of the many reputed health effects of coffee and caffeine.
5. Understand the importance of sleep
6. Better assess proper nutrition and fad diets
7. Become familiar with injury complications of extreme sports
8. Learn consequences of alcohol intoxication and binge drinking
9. Learn consequences of unprotected sex
10. Better understand eating disorders including anorexia and bulimia
11. Understand tobacco as an extreme example of when greed trumps public health.

Types of assessments and activities in the course:

Topic Quizzes, 3 topic papers, midterm & non-comprehensive final exam, and group presentation.

Student Expectations:

A primary goal of this course is to help students distinguish between opinions and evidence. Thus students are expected to interpret peer reviewed studies rather than use quick summary sites, blogs and advertisements in their papers.

Students should do their best to read, interpret, synthesize and summarize their understanding of the medical literature. We understand that this is difficult but really want students to try their best. Simply cutting and pasting from sources is not acceptable and may result in a judgment of plagiarism. Students believed to have committed substantial plagiarism in their papers will receive a 0 score on the paper and may (at the discretion of the Professor) receive an automatic F in the class. Student's advisor and the academic Dean may be notified.

For more information about the Course, Contact:

Please see instructor information at the top of the document.

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.