



TEXAS A&M UNIVERSITY
SAN ANTONIO



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College of Education and Human Development
Department of Counseling, Health & Kinesiology
EDKN 1304 Personal and Community Health
Fall 2024

Instructor: Julie Blohm, M.S. Kinesiology

Class time & Location: 8:00am to 9:15am meeting time. Meeting face to face on Tuesdays and online meetings on Thursdays. Classroom Hall 206.

Platform for online classes: Blackboard Collaborate Ultra

E-mail & Phone: jbloh01@tamusa.edu cell: 210-542-3063

Office Hours: By appointment only.

Office Location: Virtual

Required Textbooks: None

Recommended Textbooks: McKenzie's An Introduction to Community & Public Health 10th Edition by Denise Seabert (Author), James F. McKenzie (Author), Robert R. Pinger (Author)

Course Description: Principles and concepts associated with current trends related to personal and community health issues. Focus will be on preventative health and wellness. Emphasis will be placed on developing an understanding of maintaining a healthy lifestyle to prevent chronic illness. Prerequisite: TSI Reading/Writing

Student Learner Outcomes: Upon completion of this course, each student will be able to:

1. Understand the concept of health, community health and wellness and be able to recognize the long-term benefits of maintaining good health.
2. Demonstrate the ability to apply principles of physical fitness, weight control, stress management, alcohol/drug abuse, and disease prevention, to positively modify one's own personal lifestyle.
3. Value the importance of maintaining a healthy lifestyle.
4. Create and develop a plan for changing towards a healthier lifestyle.

5. Understand the effects of society and environment on individual and community health.

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COVID-19 SYLLABUS ADDENDUM

COVID-19 is a dangerous illness. Above everything else, your health and safety are our concern. The best estimate now is that 20–40% of people infected with the virus have no symptoms. In compliance with safety practices, students are required to complete the COVID-19 student training course. Upon completion, you will receive a certificate with your name and date of completion. If you have yet to complete the course, please do so immediately, as completion is required to return to campus and participate in the Fall 2020 academic semester.

NOTE: *If you do not complete this training, you will have a Dean of Students hold on your records, which will prevent adds, drops, and registration.*

Students are required to conduct a self-assessment each day before coming to campus to determine if they are exhibiting any signs or symptoms of COVID-19 or have been exposed to COVID-19. Your presence on campus means that you certify that you are not exhibiting any signs or symptoms.

CHECKLIST

If any of the following apply to you, stay home!

1. Have a diagnosis or suspected case of coronavirus;
 2. Are currently exhibiting any of the symptoms associated with COVID-19 as listed on the CDC “Symptoms of Coronavirus” web page <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>—**even one symptom** (e.g., cough or headache);
 3. In the past 14 days have had close (less than six feet) contact with a person who has a lab-confirmed case of COVID-19;
 4. In the past 14 days have had close (less than six feet) contact with a person who is awaiting results of a COVID-19 test because of symptoms or exposure;
 5. In the past 14 days have returned from travel or have traveled through an area with state or local
- Fever or chills (feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit)
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - Loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

travel restrictions that mandate quarantine upon arrival home.

When in doubt, stay home!

If any of the above apply to you, **do NOT come to campus. Instead, contact your professor and the Dean of Students Office** dos@tamusa.edu, office phone: (210) 784-1354.

All components of this class, including assessments, can be completed virtually, through Blackboard or other platform used in this class. Office hours will be held via Webex or other platform provided by the instructor.

For lecture classes that include a face-to-face component:

Accommodation for missing class if you meet one of the criteria on the checklist or do not feel comfortable physically attending will be made without penalty. Visitors are not allowed, and students can attend class only on their designated day for in-person attendance. All students have a responsibility to ensure they are always contributing to a safe learning environment by following all health and safety protocols.

For laboratory classes that include a face-to-face, hands-on component:

Unlike lecture classes with face-to-face components, laboratories are designed to provide hands-on experience and training in particular skills that are difficult to attain online. Thus, if students are registered for a laboratory course with a face-to-face component, it is expected that they physically attend on their scheduled day. However, if students have a documented health issue, are in another high-risk category, or feel uncomfortable attending in person, they may be able to enroll in a section of the course that is designated OLC (on-line class). If no such section exists, which may occur in upper-division courses, it is imperative that students contact their instructors immediately, and accommodations will be handled on a case-by-case basis. Note: You and your instructor may decide that it's in your best interest to finish the course at a later date.

Once enrolled in either a hybrid or a fully on-line section, students may not switch between in-person and on-line learning without instructor approval due to the unique nature of preparing for hands-on activities in a laboratory environment as well as tight regulations on the number of students physically allowed in the laboratory. Accommodation for missing class if you meet one of the criteria on the checklist or do not feel comfortable attending will be made without penalty.

While in the classroom:

1. Sanitize your hands upon entering.
2. Always maintain at least six feet from others, including your instructor and other students.
3. Front-row seating will not be used.
4. Sit in designated seats.
5. Always wear a cloth face covering or surgical mask fully covering your mouth and nose at all times while in the classroom, even if alone.
6. Observe and conform to any markings on the floor indicating appropriate spacing and don't sit in a location that has been marked as being off limits.

7. You may ask questions by raising your hand during class or by emailing the instructor outside of class. Do not approach your instructor before or after class to ask a question or attempt to hand your instructor any document or item, as this does not facilitate social distancing.

While in the laboratory: Special laboratory safety instructions will be provided on the course-specific syllabus, and appropriate training will be provided.

Students who do not live up to these responsibilities will not be permitted to physically attend class. Failure to comply with these health and safety protocols is a violation of the Student Code of Conduct. A student who is not in compliance with these health and safety protocols will not be allowed to remain in the classroom and will be reported to the student-conduct office, which may result in the student being barred from the classroom for the remainder of the semester and may also lead to expulsion from the university.

Certain classes may transition to fully online when necessary for health and safety.

IMPORTANT POLICIES AND RESOURCES

Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us <https://www.tamusa.edu/Disability-Support-Services/index.html> or email us at dss@tamusa.edu. Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their disability-related needs with Disability Support Services and their instructors as soon as possible.

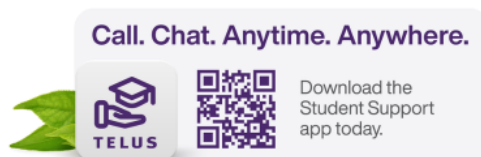
Academic Learning Center: The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the *Tools* section of Blackboard. You can contact the Academic Learning Center by emailing tutoring@tamusa.edu, calling (210) 784-1307, or visiting the Central Academic Building, room 202.

Counseling/Mental Health Resources: As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, call 210-784-1331 or visit Madla 120.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. For more information on SCC services visit tamusa.edu/studentcounseling

Crisis support is available 24/7 by calling the SCC at 210-784-1331 (after-hours select option '2').

Additionally, the TELUS Student Support App provides a variety of mental health resources to including support for in the moment distress, an anonymous peer to peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



Emergency Preparedness: JagE Alert is Texas A&M University-San Antonio’s mass notification. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit: <https://tamusa.bbcportal.com/>.

More information about Emergency Operations Plan and the Emergency Action Plan can be found here: <https://www.tamusa.edu/about-us/emergency-management/>.

Download the SafeZone App (<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

Financial Aid and Verification of Attendance: According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended the first week of class. Any student receiving federal financial aid who does not attend the first week of class will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

Writing, Language, and Digital Composing Center: The Writing, Language, and Digital Composing Center supports graduate and undergraduate students in all three colleges as well as faculty and staff. Tutors work with students to develop reading skills, prepare oral presentations, and plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. Students can schedule appointments through JagWire under the Student Services tab. Click on “Writing, Language, and Digital Composing Center” to make your appointment. The Center offers face-to-face, synchronous online, and asynchronous digital appointments. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our website at <https://www.tamusa.edu/academics/>.

Meeting Basic Needs: Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a CARE referral (<https://www.tamusa.edu/university-policies/Student-Rights-and-Responsibilities/file-a-report.html>) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources.

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at military.va@tamusa.edu or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the diversity of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual within our state, nation, and world. All decisions and actions involving students and employees should be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, gender expression, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the appropriate offices within their respective units.

Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex- or gender-based discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees (other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related misconduct, the faculty member must share that

information with the university's Title IX Coordinator (titleix@tamusa.edu, 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide such reasonable accommodations to pregnant students as would be provided to a student with a temporary medical condition that are related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status (titleix@tamusa.edu; 210-784-2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources.

Students' Rights and Responsibilities: The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

Students' Rights

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, gender identity, gender expression, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

Students' Responsibilities

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, [Student Code of Conduct](#), on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.
5. A student has the responsibility to check their university email for any updates or official university notifications.

We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation, or disability. Conduct that infringes on the rights of another individual will not be tolerated.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the Student Code of Conduct (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/documents/Student-Handbook-2022-23.pdf>) or visit the resources available in the OSRR website (<https://www.tamusa.edu/university-policies/student-rights-and-responsibilities/academic-integrity.html>).

Use of Generative AI Permitted Under Some Circumstances or With Explicit Permission

There are situations and contexts within this course where you may be asked to use artificial intelligence (AI) tools to explore how they can be used. Outside of those circumstances, you should not use AI tools to generate content (text, video, audio, images) that will end up in any student work (assignments, activities, discussion responses, etc.) that is part of your evaluation in this course. Any student work submitted using AI tools should clearly indicate with attribution what work is the student's work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, students should reach out to their instructor for clarification before submitting work for grading. Use of AI-generated content without the instructor's permission and/or proper attribution in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.

NOTE: Guidance for how to cite AI-generators, like ChatGPT, can be found here <https://apastyle.apa.org/blog/how-to-cite-chatgpt>



Important Dates:

August 26	First day of class
September 2	Labor Day Holiday
November 11	Last day to drop with an automatic "W"
November 19	Last day to drop a course or withdraw from the University
November 27	Study Day – No classes
November 28-30	Thanksgiving Holiday – No classes
December 5	Last day of classes
December 6	Study Day – No classes
December 7-13	Final exams

The complete academic calendar is available online: <https://www.tamusa.edu/academics/academic-calendar/index.html>.

Fall 2024 Final Exam Schedule

Final exams are administered over the course of a week at the end of each 16-week term. The table below lists the day and time for each exam based on the day and time of the course.

All final examinations should be given in accordance with the published schedule. No regular course examinations (except for laboratory and one-hour courses) may be given during the last week of classes prior to the final exam week. No final exam may exceed 1 hour and 50 minutes, keeping in mind that students with accommodations for additional test time are exceptions. Instructors may set a shorter time limit for students to complete the final exam. All final exams will take place in their regularly scheduled rooms unless faculty are notified otherwise. All efforts have been made to minimize final exam time conflicts, but in the event a conflict arises students are encouraged to consult with their instructors to identify a solution.

Final exams should be provided in the mode in which the course was normally delivered.

- Face-to-face finals normally should be administered in-person during the time listed in the final exam schedule. If the exam is offered in a different modality (e.g., online) this should be communicated clearly to the students in advance.
- Online synchronous course finals may be administered either during the time listed in the final exam schedule or in an asynchronous format at any point in the final exam week. Instructors may choose to allow students to complete final exams asynchronously within a window of time. For example, a final exam with a two-hour limit might be available to students to complete between Monday at 8:00 am and Tuesday at 11:59 p.m.
- Asynchronous (unscheduled) course finals should be offered in an asynchronous format during the final exam week. Instructors may choose to allow students to complete final exams asynchronously within a window of time (same as online synchronous format). Faculty should not require students to take synchronous or face-to-face exams for an asynchronous online course.

Proctoring Services: Information about scheduling exam proctoring is available at <https://www.tamusa.edu/about-us/provost/faculty/testproctoring.htm>

Instructional Format: To achieve the course objectives, the class will involve:

Lectures

Individual assignments

Grading Policy

Community Health Project Midterm Essay– 15 points	Criteria: 90-100 A
Community Health Project Midterm Essay PP – 5 points	80-89.99 B
Community Health Project Final Essay – 15 points	70-79.99 C
Community Health Project Final Essay PP – 5 points	60-69.99 D
Midterm Exam – 30 points	0 - 59.99 F
Final Exam 30 points	

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to track your grade throughout the semester thus you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.).

I do not round up or round down your grade. If you earn an 89.99, then you earn a B. If you earn an 80.0, then you earn a B, not a C.

The score on Blackboard reflects your total score for this course, which will be on a scale from 0 to 100 points.

Blackboard: Please check that your account is working, otherwise you will fall behind. If you have problems accessing Blackboard:

<http://www.tamusa.tamus.edu/ITS/studentresources/BlackboardStudentHelp/BbStudentHelp.html>

or call **ITS Helpdesk** at **(210) 784-HELP** for assistance

To access Blackboard: <https://tamusa.blackboard.com/>

If you have a question, comment, etc. about an assignment or any other matter, please talk to me after class or visit my office during office hours. If you cannot attend my office in my office hours, please contact me on my email to arrange an appointment at a different time.

Late Penalties: You must be present (**IN MEETING**) to participate in group activities based on course calendar. Group activities' credit will not be accepted from students not present at that time, **EVEN IF** you have an **excused** absence. **You will not receive credit (zero points) for group assignments if you do not contribute to the assignment.**

- *All class work is due on the date and time assigned; work received later than the due date will be penalized, with possible maximum grade awarded as below:*
 - *48 hours late – 50% of total points available*
 - *72 hours late – 30% of total points available*
 - *72:00:01 or later – 0% of total points available*

- *I do not offer extra credit.*
- *I do not offer independent studies if an acceptable grade is not earned*

Course Requirements

Instructional Format: To achieve the course objectives, the class will involve:

Lecture

Power Point presentations

Individual assignments

Midterm and Final Exams (30 multiple choice questions each).

Assignments

A. Community Health Project Midterm Essay.

Writing Guidelines: Double space, New Roman 12 font, follow APA guidelines, Minimum of 5 pages and Maximum 6 pages not including title and reference pages (at least 4 journal scholarly articles). The essay should include the following APA sections: 1) Cover page, 2) Abstract, 3) Main body of paper, 4) Conclusion, and 5) Citation page.

- **This assignment will consist on:**
 - Selecting and researching on a community and public health disease/condition (for example, diabetes, heart disease, STD's, cancer, etc.) that is prevalent in San Antonio and it is indicated among the Leading PHI's of the Healthy People 2030. Choose this condition/disease after reading the 2019 Bexar County Community Needs Assessment (Bexar County Health Collaborative) and the Healthy People 2030 Leading PHI's.
 - Then, explain how the five major Determinants of Health interact in the cause and development of such a disease, how that disease can be both a Personal

and Community Health problem, and what could we personally, and as a community, do to decrease the burden of this health problem.

- Save it as: **LastNameFirstNamePer&CoHeMidEssay** and submit it to the **dropbox in a Word or PDF format.**

Rubric

1. Covers all 5 APA sections mentioned in the writing guidelines= 5 points
2. Covers all points indicated in the second bullet above= 5 points
3. Correct in-text citations/references= 3 points
 - a. For example: *If you make statements that are not general knowledge, then those statements should be cited [i.e. it is possible that energy drinks, which contain caffeine and taurine, will increase your heart rate and blood pressure (Steinke, L., Lanfear, D.E., Dhanapal, V., Kalus, J.S. 2009). Effect of "energy drink" consumption on hemodynamic and electrocardiographic parameters in healthy young adults. *Annals of Pharmacotherapy*, 43, 596-602.].*
4. Good grammar= 2 points

B. Community Health Project Midterm Essay PP. Students will create a power point presentation based on the content of their midterm essay topic. Minimum number of slides is 10 and maximum of 12 (including citation slide). **Please write at the bottom of each slide a brief narrative of what you were going to say about the slide content.**

- Save it as: **LastNameFirstNamePer&CoHeMidEssay** and submit it to the **dropbox in a Word or PDF format.**

C. Community Health Project Final Essay.

Writing Guidelines: Double space, New Roman 12 font, follow APA guidelines, Minimum of 4 pages and Maximum 5 pages not including title and reference pages (at least 4 journal scholarly articles).

This assignment will consist on:

- a. Research the COVID-19 (Coronavirus) infection in the internet (scholarly references). After reading about the disease, complete the Chain of Infection for it. Identify the causative agent (pathogen), the vector, the reservoir, the mode of transmission, port of entry, etc. What types of prevention and control strategies can be used to stop the spread of this disease (Controlling the Infection).
- b. After completing that section, explain how the five major Determinants of Health interact in the cause and development of such a disease, how that disease can be both a Personal and Community Health problem, and what could we do personally, and as a community, to decrease the burden of this worldwide health problem.
- c. Save it as: **LastNameFirstNamePer&CoHeMidEssay** and submit it to the **dropbox in a Word or PDF format.**

Rubric

- a. Complete Chain of Infection= 5 points
- b. Controlling the infection strategies= 4 points
- c. Covers all points indicated in the “b” bullet above= 4 points
- d. Good grammar= 2 points

D. Community Health Project Final Essay PP. Students will create a power point presentation based on the content of their final essay topic. Minimum number of slides is 10 and maximum of 12 (including citation slide).

Please write at the bottom of each slide a brief narrative of what you were going to say about the slide content.

- a. Save it as: LastNameFirstNamePer&CoHeMidEssay and submit it to the dropbox in a Word or PDF format.**

Schedule of Course Activities: The course schedule may change as the demands of the students dictate.

August	
27	Introduction, Syllabus, Class Expectations.
29	MODULE 1: Class I Health, Wellness and 5 Major Determinants of Health
September	
3	MODULE 1: Class II National and International Health Agencies Let me know your midterm health project topic
5	MODULE 1: Class III Epidemiology and Healthy People 2030 (Part I)
10	MODULE 1: Class III Epidemiology and Healthy People 2030 (Part II)
12	MODULE 2: Class IV 2019 Bexar County Community Health Needs Assessment (Lecture)
17	MODULE 2: Class IV 2019 Bexar County Community Health Needs Assessment (Reading about assessment in Bexar County Health Collaborative website)
19	MODULE 2: Class V 2017 Bexar Community Health Improvement Plan (CHIP)
24	MODULE 2: Class VI Health-Related Behaviors (Eating, Physical Activity, Substance Abuse, etc.)
26	MODULE 3: Class VII Weight Management
October	
1	MODULE 3: Class VIII Physical Activity, Fitness, and Health
3	MODULE 3: Class IX Mental/Emotional Health, Stress, and Self-esteem (Part I) Community Health Project Midterm Essay & PP Due October 3rdth by 11:59pm
8	MODULE 3: Class IX Mental/Emotional Health, Stress, and Self-esteem (Part II)
10	MODULE 3: Review (important aspects of Chapters I-IX)
15	Midterm Test
22	MODULE 4: Class X Social Health (Environmental & Living conditions) Part I
24	MODULE 4: Class X Social Health (Environmental & Living conditions) Part II
November	
5	MODULE 4: Class XI Infectious Diseases (Communicable Diseases) and Immunizations (Part I)
7	MODULE 4: Class XI Infectious Diseases (Communicable Diseases) and Immunizations (Part II)
12	MODULE 4: Class XII Chronic Diseases (Non-communicable diseases) Part I MODULE 4: Class XII Chronic Diseases (Non-communicable diseases) Part II
14	MODULE 5: Class XIII Prevention levels (Primary, Secondary, Tertiary) and U.S Health Care MODULE 5: Class XIV Health Promotion and Health Literacy
19	MODULE 5: Class XV Maternal, Infant, and Child Health
21	MODULE 6: Class XVI Adolescents, Young Adults, and Adults Community Health Project Final Essay & PP Due Dec. 3rd by 11:59pm

26	No class. Homework day
28	No class. Homework day
December	
3	MODULE 6: Class XVII Older Adults
5	MODULE 6: Class XVIII Alcohol, Tobacco, and Other Drugs Module 6: Review (important aspects of chapters X to XVIII)