



TEXAS A&M UNIVERSITY
SAN ANTONIO

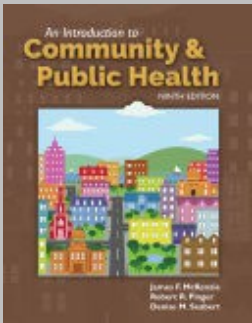
EDKN 1304 Personal and Community Health,
College of Education and Human Development,
Department of Counseling, Health & Kinesiology
Spring 2025

INSTRUCTOR INFORMATION

Instructor Name: Angel Vega, MPH	A&M-San Antonio email: Angel.Vega@tamusa.edu
Office Hours: By appointment, please email me	Meeting Times: 11:00-12:15 Monday & Wednesday Online – Zoom

TEXTBOOK AND/OR RESOURCE MATERIALS

OPTIONAL TEXTBOOK:



An Introduction to Community & Public Health
ISBN: 9781284139136
Authors: James F. McKenzie, Robert R. Pinger, Denise Seabert
Publisher: Jones & Barlett Learning
Publication Date: 2016-11-30

Please visit the link to view in PDF:
https://students.aiu.edu/submissions/profiles/resources/onlineBook/L8i4G3_Introduction%20to%20Community%20and%20Public%20Health-2016.pdf

COLLEGE OF EDUCATION AND PROGRAM POLICIES

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

- PROGRAM STUDENT LEARNING OBJECTIVES:** Upon successful 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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COURSE POLICIES

The general policy outlined by the University will be followed as stated in the [Student Handbook](#). There are no 'free' unexcused absences.

The instructor's policy for this course includes:

Your presence is expected in class daily except for emergencies. Students assume responsibility for any material missed in class. Arrange to pick up handouts as soon as possible. It is YOUR responsibility to make up missed work.

Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made prior to the anticipated absence. Arrangements for missed work will be made at that time.

If you miss an exam or quiz or do not show up on the day of a presentation/exam or when an assignment is due without **prior arrangement** with the instructor, no make-up will be allowed unless there is a *documented* emergency.

If there is an emergency (hospital, funeral, etc.) please contact me the day of the problem or the day you missed class.

If you cannot participate in a class activity you must have documentation (hurt ankle, sick, etc.), otherwise you will receive half credit for being there but not participating.

Excused Absences:

A. In the event that you need to be away for a given period of time (e.g. funerals, hospital stays, family emergencies, military duty, etc.), you should contact [Student Counseling Center](#) (210-784-1331 (or 1329); StuCounseling@tamusa.edu or StuWellness@tamusa.edu). If you will be missing more than a week of classes (whether continuous or not), inform them of the situation and they can send a notice to all your instructors rather than you having to explain to each of them your circumstances.

ATTENDANCE AND COURSE EXPECTATIONS:

Regular class attendance is a crucial component of a student's educational experience. Missing classes can significantly affect the quality of a student's coursework, potentially leading to unsatisfactory grades. In some cases, excessive absences may even result in a student being dropped from courses at the recommendation of the instructor to the Provost and Vice President for Academic Affairs.

At Texas A&M - San Antonio, students are expected to attend all their classes. However, the university's attendance policy does provide exceptions for absences due to officially sanctioned university events, religious observances, or military service. Students qualifying for these excused absences should inform their instructor ahead of time and make arrangements to complete any missed assignments or exams.



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LATE WORK & EXTRA CREDIT POLICY:

All assignments are due as a **uploading document** on blackboard.

All classwork is due on the date and time assigned; work received later than the due date will **not be accepted, No Exceptions.**

Extra Credit opportunities may be periodically provided to all students throughout the semester. It is the students' responsibility to actively seek out these opportunities and successfully complete the assigned tasks according to the provided instructions. The submission for these assignments will be separate and specifically designated in the Blackboard platform.

I do not offer independent studies if an acceptable grade is not earned.

STUDENT REQUIREMENTS:

Face-to-Face/Online participation:

Students are expected to demonstrate active participation via class discussions, assignments, and activities. Students are responsible for active engagement in classroom activities and/or participation in on-line discussions.

PROFESSIONAL DISPOSITIONS:

Your professional dispositions will be assessed at all times through your interactions and communication, both orally and in writing, with classmates and instructor on campus and with students and teachers in school settings.

Professionalism and Respect: Substantially, successfully, and equally contribute to the planning, organization, and the completion of assignments and projects

COURSE STRUCTURE & ASSIGNMENT DESCRIPTIONS

COURSE STRUCTURE:

The instructional methods for this course will include

PowerPoint slides/reading materials

Lectures/videos,

Assignments, and

Class/online discussions

Blackboard: All announcements, assignments, power points and test etc., will be posted on Blackboard.

This course will consist of 4 Modules, each module includes 3 or more lectures.



ASSIGNMENTS:

Turnitin-All written assignments (essays) for this course will be submitted through Turnitin, a plagiarism detection service, to verify the originality of your work. By submitting your assignments, you agree to have your work compared to a database of electronic sources and other student papers. While Turnitin provides a similarity report, the final determination of plagiarism rests with the instructor based on their review of the submitted work and relevant academic standards.

Discussion Board x10 (2 points each)

Special topics will be posted on Blackboard weekly. You will read posted materials and engage in the discussion boards set up in Blackboard. You will utilize readings and information that you collect from various online sources to inform your discussion. Respect and critical thinking will guide these discussions.

Discussion board posts are a significant part of this course.

- Students will post an initial post first of a minimum of 200 words (unless otherwise notated in the DB instructions).
- Students will respond to 2 peers with a minimum of 100 words (unless otherwise noted in the DB instructions)

Each discussion board will open on Mondays and are due with 2 peer responses on Sunday at 11:59 PM.

Basics of the APA Style or Avoiding Plagiarism Workshop (5 points)-Assignment

Each student will be required to complete an APA or avoiding plagiarism workshop online quiz:

<https://libguides.tamusa.edu/plagiarism>

Essays (2)- 20 Points Each.

In this course, students will be required to complete two essays following the APA (American Psychological Association) format. These assignments are designed to enhance analytical and writing skills, with a focus on adhering to the structured guidelines of APA style. Through these essays, students will demonstrate their ability to conduct research, critically engage with material, and present their findings in a clear, professional manner.

APA Style: As students in this program, most of your papers are required to be in accordance with APA formatting standards. Students are encouraged to become familiar with the APA Manual; both content and format are important.

The top APA style requirements, that are worthy of attention are:

Cover page

Page numbers (top right corner starting on cover page)

Margins (1 inch all sides)

Font size (12-point Times New Roman)

Proper use of quotes and documenting them correctly

Length (Instructor will provide limit)

References (Instructor will provide limit)

References and citations– APA style

APA style paper with appropriate content

Generative AI

No Use of Generative AI Permitted

This course assumes that all work submitted by students will be generated by the students themselves, working individually or in groups. Students should not have another person/entity do the writing of any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio's standards of academic integrity.



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EXAMS:

(Mid-Term & Final)- 20 Points Each.

Students will complete 2 exams (mid-term & final) covering each half of the semester respectively. The exams are located in Blackboard (Exams & Quizzes). The exams are closed book/note exams. Students are required to read the chapters and lecture slides before beginning any exam. Please have a hard-wired internet connection before beginning the exam.

The information for all the exams will come from all material within the course, including lectures, documentaries, or videos.

The exam will be made of multiple-choice, true/false, and or matching questions. All exam questions will be delivered in a randomized order; no one will have the same version of the exam. Your questions will be delivered one at a time and must be answered as presented, or you will forfeit the opportunity to answer the question.

Please have a hard-wired internet connection to take both exams.

Assessments will be completed virtually, through Blackboard. Office hours will be held via Webex or other platforms provided by the instructor.

GRADING POLICIES

Assignments/Evaluation	Points
Basics of the APA Style and Avoiding Plagiarism Tutorials	5
Discussion Boards x10 (2 points each)	20
Essay:	
Health Disparities	15
Community Health Project	20
Exam:	
Midterm	20
Final	20
Total Possible Points	100

Evaluations will be made with numbers. Final course grades of “A” through “F” will be awarded based on the TAMUSA grading Policy (see below):

Letter Grade	Range	Grade Points
A	90-100	4.0
B	80-89.99	3.0
C	70-79.99	2.0
D	60-69.99	1.0
F	50 & Below	0.0



IMPORTANT POLICIES AND RESOURCES

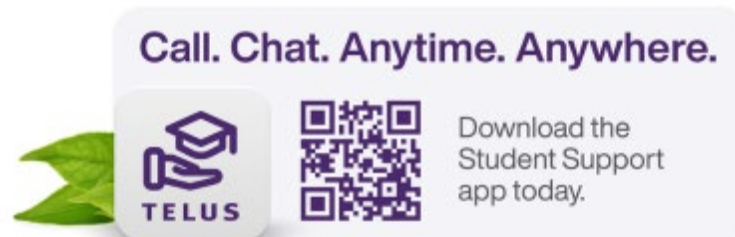
Academic Accommodations for Individuals with Disabilities: Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation 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.





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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



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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.



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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>).



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OVERVIEW OF COURSE CONTENT & SCHEDULE:

The course schedule, readings, assignments, and syllabus policies are subject to change at the instructor's discretion. You will be notified of changes via Blackboard Announcements and during class.

- **Wednesday, January 22:** Introduction, Syllabus, Class Expectations
- **Monday, January 27:** MODULE 1: Health, Wellness, and 5 Major Determinants of Health
- **Wednesday, January 29:** MODULE 1: National and International Health Agencies
- **Monday, February 3:** MODULE 1: Epidemiology and Healthy People 2030 (Part I)
- **Wednesday, February 5:** MODULE 1: Epidemiology and Healthy People 2030 (Part II)
- **Monday, February 10:** MODULE 2: 2019 Bexar County Community Health Needs Assessment (Lecture)
- **Wednesday, February 12:** MODULE 2: 2019 Bexar County Community Health Needs Assessment (Reading)
- **Monday, February 17:** MODULE 2: 2017 Bexar Community Health Improvement Plan (CHIP)
- **Wednesday, February 19:** MODULE 2: Health-Related Behaviors
- **Monday, February 24:** MODULE 3: Weight Management
- **Wednesday, February 26:** MODULE 3: Physical Activity, Fitness, and Health
- **Monday, March 3:** MODULE 3: Mental/Emotional Health, Stress, and Self-esteem (Part I)
- **Wednesday, March 5:** MODULE 3: Mental/Emotional Health, Stress, and Self-esteem (Part II)

- **MIDTERM EXAM**

- **Monday, March 10 - Saturday, March 15:** Spring Break - No Classes
- **Monday, March 17:** MODULE 4: Social Health (Environmental & Living conditions) Part I
- **Wednesday, March 19:** MODULE 4: Social Health (Environmental & Living conditions) Part II
- **Monday, March 24:** MODULE 4: Infectious Diseases and Immunizations (Part I)
- **Wednesday, March 26:** MODULE 4: Infectious Diseases and Immunizations (Part II)
- **Monday, March 31:** MODULE 4: Chronic Diseases (Part I)
- **Wednesday, April 2:** MODULE 4: Chronic Diseases (Part II)
- **Monday, April 7:** MODULE 5: Prevention levels and U.S Health Care
- **Wednesday, April 9:** MODULE 5: Health Promotion and Health Literacy
- **Monday, April 14:** MODULE 5: Maternal, Infant, and Child Health
- **Wednesday, April 16:** MODULE 6: Adolescents, Young Adults, and Adults
- **Monday, April 21:** MODULE 6: Older Adults
- **Wednesday, April 23:** MODULE 6: Alcohol, Tobacco, and Other Drugs - Overview
- **Monday, April 28:** Review & Catch-Up Day (Assumed for TBA)
- **Wednesday, April 30:** TBA
- **Monday, April 5:** Last Day of Classes
- **May 7 - May 13:** Final Exam Week



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Important Dates:

Spring 2025 Regular 16-Week Session

October 21	Monday	Registration opens
December 23-January 1	Monday-Wednesday	Winter Break
January 14	Tuesday	Tuition & fee payment deadline
January 16	Thursday	Drop for non-payment
January 17	Friday	Last day for students withdrawing to receive 100% refund (0% responsibility) for tuition
January 20	Monday	Martin Luther King, Jr. Day - No classes
January 21	Tuesday	First class day
January 28	Tuesday	Last day to register
February 5	Wednesday	Census Date
February 6	Thursday	Drop for non-payment
February 24-March 7	Monday-Friday	Midterm grading period
March 10-March 15	Monday-Saturday	Spring Break
April 18	Friday	Study day - No classes
April 21	Monday	Last day to drop with an automatic grade of "W"
April 28	Monday	Last day to withdraw from the university
May 5	Monday	Last day of scheduled classes for weekday classes
May 6	Tuesday	Study day - No classes
May 7-May 13	Wednesday-Tuesday	Final examinations
May 13	Tuesday	End of term
May 16	Friday	All grades due by noon
May 19	Monday	Grades available in JagWire
May 20	Tuesday	Commencement

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