

INTRODUCTION TO HEALTH SCIENCES (50:499:101)
SPRING, 2022

COURSE INFORMATION

Meeting times: Monday and Wednesday, 12:30-1:50pm

Location: CNS, 202 (note new location)

*****NOTE: We will be meeting virtually via Zoom until at least January 31.**

See the Canvas course site for Zoom links***

INSTRUCTOR

Kristin August, Ph.D.

Email: kristin.august@rutgers.edu

Office Phone: (856) 225-6431

Office hours: By appointment only

TEACHING ASSISTANT

Ingrid Thone

ict5@scarletmail.rutgers.edu

COURSE DESCRIPTION

Health Science is an interdisciplinary applied science field focused on health. This introductory course provides students with an overview of issues central to the health sciences and careers in the field of health. Issues addressed include research in the health sciences, individual and social determinants of health, current issues in public health, health policy, and health care systems in the U.S. and globally.

COURSE OBJECTIVES

Course activities are designed to assess the following learning objectives, which are consistent with the learning goals of the major. Upon successful completion of this course, you should be able to:

- Recognize and explain the fundamental concepts, theories, and applications of the health sciences.
- Identify the scientific methods used to examine health and well-being.
- Develop strong critical thinking and communication (oral and written) skills about health and well-being.

REQUIRED READINGS

There is no textbook for this course. Required readings for each week can all be found on the Canvas course site (under each module).

GRADING

Grades will be determined as follows:

Exams	60 points
Movie/documentary review	10 points
Discussion posts	10 points
Health in the media	10 points
Attendance/participation during class sessions	<u>10 points</u>
	100 TOTAL POINTS

Letter grades:

A:	90-100 points
B+:	85-89 points
B:	80-84 points
C+:	75-79 points
C:	70-74 points
D:	60-69 points
F:	Less than 60 points

You can view your grades using the Grades button in the Canvas course navigation. Please check your grades regularly to make sure that I have received all your assignments. If you have a question about a grade, please email me.

COURSE SCHEDULE

Note: This schedule is *tentative*; dates may change slightly depending on our progress in covering the material. **All reading assignments are posted on Canvas under each module.** You are expected to have reading assignments completed before class.

Course Introduction and Overview

Wednesday, Jan. 19 VIRTUAL MEETING

Introduction to Health (Module 1)/Research in Health Sciences (Module 2)

Monday, Jan. 24 (Module 1) VIRTUAL MEETING

Wednesday, Jan. 26 (Module 2) VIRTUAL MEETING

Research in Health Sciences (Module 2, cont'd)/Individual Determinants of Health (Module 3)

Monday, Jan. 31 (Module 2)

Wednesday, Feb. 2 (Module 3)

Individual Determinants of Health (Module 3, cont'd)/Gender, Race, Culture & Health (Module 4)

Monday, Feb. 7 (Module 3)

DUE: Discussion post 1 on modules 1, 2 & 3

Wednesday, Feb. 9 (Module 4)

Gender, Race, Culture & Health (Module 4, cont'd)/EXAM #1

Monday, Feb. 14 (Module 4)

Wednesday, Feb. 16

EXAM #1: Modules 1-4

Social Determinants and Health – Introduction and Personal Relationships (Module 5)

Monday, Feb. 21

Wednesday, Feb. 23

DUE: Discussion post 2 on modules 4 & 5

Social Determinants of Health – Socioeconomic Status (Module 6)/ Neighborhood and Environment (Module 7)

Monday, Feb. 28 (Module 6)

Wednesday, March 2 (Module 7)

Social Determinants of Health – Neighborhood and Environment (Module 7, cont'd)/ Introduction to Public Health & Epidemiology (Module 8)

Monday, March 7 (Module 7)

Wednesday, March 9 (Module 8)

DUE: Discussion post 3 on modules 6, 7, 8

March 12-March 20: HAPPY SPRING BREAK

Current Issues in Public Health: The COVID-19 Pandemic and Vaccines (Module 9)

Monday, March 21

Wednesday, March 23

Current Issues in Public Health: The Obesity Epidemic (Module 10) / EXAM #2

Monday, March 28 (Module 10)

DUE: Discussion post 4 on modules 9, 10

Wednesday, March 30

*EXAM #2: Modules 5-10***Current Issues in Public Health: The Opioid Epidemic & Gun Violence (Module 11)**

Monday, April 4

Wednesday, April 6

Health Policy (Module 12) / The Healthcare System: US and Globally (Module 13)

Monday, April 11 (module 12)

Wednesday, April 13 (module 13)

The Healthcare System: US and Globally (Module 13, cont'd) / Healthcare Provider Considerations (Module 14)

Monday, April 18 (module 13)

DUE: Discussion post 5 on modules 11, 12, 13

Wednesday, April 20 (module 14)

*DUE: Approval of documentary not on list***The Healthcare System: Healthcare Provider Considerations (Module 14, cont'd) / Ethical and Legal Issues in Healthcare (Module 15)**

Monday, April 25 (module 14)

Wednesday, April 27 (module 15)

*DUE: Discussion post 6 on modules 14 & 15***Ethical and Legal Issues in Healthcare (Module 15, cont'd)**

Monday, May 2

*DUE: Movie/documentary review****FINAL EXAM (#3) – Monday, May 9, 11:30am-2:20pm (the exam starts at 11:30am): Modules 11-15***

COURSE REQUIREMENTS: *Please see individual assignment sheets for more details*****

EXAMS: To assess your mastery of core concepts covered in lecture and assigned readings, you will take three exams in this course. All exams will be taken **online** during class time and will be available under “modules” on the Canvas course site (dates are listed on the course schedule on pp. 2-3). Study guides are designed to aid in your preparation for the exams. No make-up exams will be given unless arrangements are made prior to an exam **and** proof of the necessary absence is provided (see below). The final exam is non-cumulative. Each exam will account for 20% for a total of 60% of your overall grade.

DISCUSSION POSTS: To promote critical thinking about the course material, connect the material to your own experiences, and improve your written communication skills, you will be expected to respond to 4 discussion questions posted on Canvas (6 posts are assigned, but you can choose whichever 4 to respond to; if you choose to do more than 4, your lowest grades will be dropped). You must respond to one of the questions posted. Each discussion is worth 2.5 points. Your discussion posts will be **due** by 11:59pm on the date listed (see the course schedule on pp. 2-3). More detailed information about this assignment is posted on Canvas (under “modules” -> “course essentials”). You cannot make up discussion posts (but you can miss up to 2 with no penalty). Late posts will lose .25 points per day. All discussion posts will account for 10% of your overall grade.

Extra Credit: If you also respond to one of your classmate’s posts by the deadline, you will earn an additional 1 point. You can respond to 1 classmate’s post each week for 4 total posts (for up to 4 points in extra credit). Extra credit earned will be added to your final grade at the end of the semester.

MOVIE/DOCUMENTARY REVIEW: To apply your understanding of course material to a current issue in the health sciences and improve your written communication skills, you will review a movie/documentary that discusses a critical issue in health sciences. I will post a link of possible documentaries to choose from and you can also select your own movie/documentary with prior approval from me (by Wednesday, April 20). You will watch the movie/documentary any time by yourself and write a review of this movie/documentary, incorporating course concepts. More detailed information about this assignment is available on Canvas (under “modules” -> “course essentials”). This review is **due** on the last day of class on **Monday, May 2 by 12:30pm**. This assignment will account for 10% of your overall grade. Late assignments will lose 1 point per day.

HEALTH IN THE MEDIA: To become prudent consumers of health-related scientific research presented in the media and to improve your written and oral communication skills, we will take some time during each class meeting to discuss how a research study/finding discussed in the media relates to the topics discussed in this class. Thus, each student should sign up for a day to share a health-related news story with the class (e.g., a newspaper, website article) and present their completed assignment. (Each student will have a *different* due date for this assignment; you are required to **sign up** for a day to turn in your assignment/present during a class meeting by **Monday, January 31**.) More detailed information about the assignment is available online (under “modules” -> “course essentials”). This assignment will account for 10% of your overall grade. Late assignments will lose 1 point per day, in addition to 1.5 points for not presenting during our class meeting.

ATTENDANCE AND CLASS PARTICIPATION: To promote engagement in learning the course material, you are expected to attend and participate in our class sessions. I welcome your comments, thoughts, and questions, and hope you take an active role in learning the course material. Activities during our class sessions will count toward your attendance grade. If you miss more than 2 classes, you will lose points from your attendance grade. If you will be out for an extended period of time (i.e., more than 2 classes) for an exceptional circumstance, please contact me as soon as you know you will be missing class. Part of your attendance points are completing a poll/quiz at the end of each class session to assess your understanding of the material covered during class. Class attendance and participation will account for 10% of your overall grade.

IMPORTANT INFORMATION FOR ATTENDANCE:

We will use Socrative to take class attendance (“exit tickets”). Please make sure to bring an electronic device (laptop, phone, tablet) with you to class each day for this purpose (and for exams) *only*. (If you do not have an electronic device to bring to class, please let me know the first week of class.)

- Download the Socrative (student version) app or go to: <https://b.socrative.com/login/student/>
- When you are prompted in class to complete a quiz or exit ticket, you will need to:
 - Enter the room name to join: INTROHS
 - Enter your full name (last name, first name)

COURSE POLICIES

It is my sincere hope that students are successful in this course and learn information that is useful for their academic and career goals as well as their daily lives. If you experience any difficulty in this course, please email me or your teaching assistant or contact us to schedule a time to talk. Please do not wait until the end of the semester to talk with us! Many of the policies outlined below are evidence-based and are in place to promote student success and provide an enriching and fair educational experience for all of my students.

- Course web page: All the materials you will need for each week will be organized by modules on the Canvas course web page (<https://canvas.rutgers.edu>). It is your responsibility to keep informed of any updates made to the syllabus and other assignments.
- Course communication:
 - *Announcements*: Announcements will be posted in Canvas on a regular basis. They will appear on your Canvas dashboard when you log in and/or will be sent to you directly from Canvas via your preferred method of contact. Please make sure the “announcements” feature is activated in Canvas (under “course notifications”) and be certain to check them regularly, as they will contain important information about the course.
 - *Email*: You may contact me or your teaching assistant by email. **Please use your Rutgers email to contact me, as emails from non-Rutgers’ accounts are sometimes filtered as spam.** Please do not submit your assignments via email. If you email me and do not receive a response within 24 hours during the week, I did not receive your email. Please note that I will not respond to emails after 9pm, on weekends, during holidays, or during university breaks.
 - *Office hours*: Your teaching assistant and I are available to meet in person, by phone, or via Zoom. Please email us for an appointment.
- Missed class/meetings: If you miss a class, it is your responsibility to become informed of any announcements made in class and the material presented. If you do not show up to a scheduled individual meeting time, you will lose 1 point from your attendance grade.
- Missed exams/assignments: If you miss taking the exam when it is scheduled, a make-up exam will be given only if you contact me prior to the exam **and** provide documentation of your absence (e.g., a doctor’s note). If you unexpectedly miss an exam due to exceptional circumstances, it is your responsibility to contact me within 24 hours of the exam to discuss the possibility of a make-up exam. Make-up exams may consist of essay questions. If you miss turning in an assignment when it is due, you will lose 10% of the assignment grade for each day it is late. There will be no exceptions, as due dates of all assignments are posted in advance. If you are experiencing an extenuating circumstance that interferes with your ability to turn assignments in on time, please contact the Dean of Students who can help facilitate accommodations for all of your classes (deanofstudents@camden.rutgers.edu).

- **Code of Conduct and Academic Integrity:** Rutgers University-Camden seeks a community that is free from violence, threats, and intimidation; is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and does not threaten the physical or mental health or safety of members of the University community, including in classroom space, and a community in which students respect academic integrity and the integrity of your own and others' work.

As a student at the University you are expected adhere to the Student Code of Conduct and Academic Integrity Policy. To review the academic integrity policy, go to <https://deanofstudents.camden.rutgers.edu/academic-integrity>. You assume responsibility for familiarizing yourself with the Academic Integrity Policy and the possible penalties (including suspension and expulsion) for violating the policy. As per the policy, all suspected violations will be reported to the Office of Community Standards. Academic dishonesty includes (but is not limited to): cheating; plagiarism; aiding others in committing a violation or allowing others to use your work; failure to cite sources correctly; fabrication; using another person's ideas or words without attribution; re-using a previous assignment; unauthorized collaboration; and sabotaging another student's work.

To review the Code of Conduct, go to: <https://deanofstudents.camden.rutgers.edu/student-conduct>. *Please note.* The conduct code specifically addresses disruptive classroom conduct, which means "engaging in behavior that substantially or repeatedly interrupts either the instructor's ability to teach or student learning. The classroom extends to any setting where a student is engaged in work toward academic credit or satisfaction of program-based requirements or related activities." Please be aware of classroom and out-of-classroom expectations by making yourself familiar with and by following the Student Code of Conduct. ***If you engage in any disruptive, offensive, or disrespectful behaviors, you may lose points from your attendance grade or discussion posts.***

- **Office of Disability Services (ODS)- Students with Disabilities:** If you are in need of academic support for this course, accommodations can be provided once you share your accommodations indicated in a Letter of Accommodation issued by the Office of Disability Services (ODS). If you have already registered with ODS and have your letter of accommodations, please share this with me early in the course. If you have not registered with ODS and you have or think you have a disability (learning, sensory, physical, chronic health, mental health or attentional), please contact ODS by first visiting their website: <https://success.camden.rutgers.edu/disability-services>. The website will further direct you who to contact and how to contact them depending on the free, confidential services you are in need of. *Please note:* Accommodations will be provided only for students with a Letter of Accommodation from ODS. Accommodation letters only provide information about the accommodation, not about the disability or diagnosis.

ADDITIONAL CAMPUS RESOURCES (IN ALPHABETICAL ORDER)

Basic Needs Security: If you have difficulty affording groceries or accessing sufficient food to eat every day, lack a safe and stable place to live, and/or do not have regular access to technology, and believe this may affect your performance in the course, you are urged to contact the Dean of Students for support and/or can utilize the Rutgers University-Camden Food Pantry.

- **Dean of Students Office-** You can learn more about the free services by calling 856-225-6050, emailing deanofstudents@camden.rutgers.edu, or visiting the website at <http://deanofstudents.camden.rutgers.edu/>
- **Rutgers-Camden Food Pantry-** You can learn more about this free service by calling 856-225-6005, emailing scarlet-raptor-foodpantry@camden.rutgers.edu or visiting the website at <https://wellnesscenter.camden.rutgers.edu/ru-camden-raptor-pantry/>

Dean of Student Office- CARES Team: College is a time when you may be testing your independence and/or striving to find yourself. It's not uncommon for these journeys to have rough points. The Dean of Students Office is here to assist you by strategically and effectively handling and referring student concerns/needs across all areas of the campus and University as needed. For some students, personal, emotional, psychological, academic, or other challenges may hinder their ability to succeed both in and outside of the classroom. The Dean of Students Office serves as your initial contact if you need assistance with these challenges. You can learn more about the free services by calling 856-225-6050, emailing deanofstudents@camden.rutgers.edu, or visiting the website at <http://deanofstudents.camden.rutgers.edu/>

Learning Resources

- **Learning Center- Learning Specialists and Tutoring:** I am committed to making course content accessible to all students. The Learning Center provides Learning Specialists who can help you build a learning plan based on your strengths and needs. Tutors, study groups and more services are available you for free. Many services are available in virtual formats and after normal business hours. In addition, if English is not your first language and this causes you concern about the course, the Learning Center can help. You can learn more about these services by calling 856-225-6442, emailing rclc@camden.rutgers.edu or learningcenter@camden.rutgers.edu, or visiting the website <https://learn.camden.rutgers.edu/>. You can schedule an appointment with Learning Specialist to create a plan of action using the website.
- **Writing and Design Lab-Writing Support and Services:** If you need assistance with writing, audio recordings, web creation or other creating software used in class, the Writing and Design Lab can help. They provides personal tutoring, workshops and online assistance. You can learn more by emailing rutgers.wdl@rutgers.edu or visiting the website <https://wdl.camden.rutgers.edu/about-2/>. On the website you can schedule an appointment.

Name and Pronoun Preferences: If you have a chosen name or preferred name other than what is listed on the roster, kindly let me know. If you would like to have your name changed officially on the Rutgers University-Camden rosters please visit: <https://deanofstudents.camden.rutgers.edu/chosen-name-application>. This course affirms people of all gender expressions and gender identities. If you have a preferred gender pronoun, feel free to correct me. If you have any questions or concerns, please do not hesitate to contact me directly.

Office of International Students and Programs- International (F-1) Students: If you are an international student at Rutgers University-Camden and you need assistance with documentation, travel, campus assistance and/or advising, the Office of International Students and Programs provides support services. You can find more information by calling 856-225-6832, emailing ois@camden.rutgers.edu or by visiting the website at <https://international.camden.rutgers.edu/>

Office of Military and Veteran Affairs- Veteran, Active Duty and National Guard Member Services: The Office of Military and Veterans Affairs and Rutgers University-Camden supports our students who have served and their family members, including explanation of benefits, referrals to resources on and off campus, supporting students who are deployed for active duty and answering questions. If you are in need of assistance and are an active duty, National Guard or veteran (or are a family member), the Office of Military and Veteran Affairs can assist. You can find more information by calling 856-225-2791 or visiting the website at <http://veterans.camden.rutgers.edu/>

Title IX and the Violence Prevention & Victim Assistance Office: If you have experienced any form of gender or sex-based discrimination or harassment, including sexual assault, sexual harassment, relationship violence, or stalking, know that help and support are available. The Rutgers University-Camden community is committed to helping to create a safe learning environment for all students and for the university as a whole. Rutgers University-Camden has staff members trained to support survivors 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 University. If you wish to speak to a free, confidential employee who does not have this reporting responsibility, you can speak to staff in the Office of Violence Prevention & Victims Assistance. You can learn more about these resources by calling 856-225-2326 or by visiting the website <http://respect.camden.rutgers.edu>. You can schedule an appointment to connect with a member of the office by using this website. *Please note:* All Rutgers employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers as listed in Appendix A to Policy 60.1.33) are required to report information about such discrimination and harassment to the University. This means that if you tell me or any faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, we must share that information with the University's Title IX Coordinator.

Undocumented and DACAmented Student Services: Undocumented students enrich our university community. Rutgers University-Camden is steadfast in its effort to protect and support all members of our community, regardless of immigration status or personal circumstance. If you are in need of resources (legal, career and support) you can find more information and schedule appointments on the website <https://undocumented.camden.rutgers.edu/>

Health and Wellbeing Resources: Health and well-being impact learning and academic success. Throughout your time in college, you may experience a range of concerns that can cause barriers to your academic success. These might include illnesses, strained relationships, anxiety, high levels of stress, alcohol or drug problems, feeling down, or loss of motivation.

- **Wellness Center:** The Wellness Center Medical and Counseling staff can help with these or other issues you may experience. You can learn about the free, confidential medical and mental health services available on campus by calling 856-225-6005, visiting the website at <https://wellnesscenter.camden.rutgers.edu/> or visiting the Wellness Center on the 2nd Floor of the Campus Center.
- **National and State Resources for Wellbeing (Alphabetical Order)**
 Crisis Text Line: text HOME to 741741
 Crisis Text Line for Students of Color: text STEVE to 741741
 National Domestic Violence Helpline: 1-800-799-7233 or text LOVEIS to 22522
 the National Substance Abuse helpline, SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP)
 National Suicide Prevention Lifeline: 1-800-273-8255
 NJ HOPE line- <https://njhopeline.com/>
 The Sexual Assault helpline at [1-800-656-HOPE](https://www.1-800-656-HOPE.org) (4673)
 Trevor Lifeline (LGBTQ+): 1-866-488-7386
 and the National Substance Abuse helpline, SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](https://www.samhsa.gov/1-800-662-HELP)