General Class and Course Information

Course Section: HSC 2100 6
Course Title: Health Concepts and Strategies (AA)
Credits/ Clock Hours: 3.00
Term/Date: Summer 2023  06/28/2023 - 08/08/2023
Room: Online/Canvas

Course Description:
Prerequisite: Appropriate English and reading placement test scores or exemption from placement testing.

Covers knowledge that applies to the promotion of good health of the individual, family and society. Emphasis is on various health needs defined as the physical, emotional, social, spiritual and intellectual aspects. Emphasis is placed upon stress management, disease prevention, fitness, nutrition and the development of an effective wellness lifestyle.

Gordon Rule Class

This class has been designated as a Gordon Rule class for writing. This means that the course has significant writing requirements. Please see the web page at https://www.palmbeachstate.edu/learningoutcomes/Documents/Gordon_Rule_Statement_Student.pdf

Instructor's Information

Name: Paula Myslivecek
Office Location: BT 0112
Telephone: (561) 862-4449
Faculty Webpage: https://www.palmbeachstate.edu/pf/Faculty.aspx?id=myslivep
Email: myslivep@palmbeachstate.edu

Information on REQUIRED textbooks

Connect Core Concepts in Health, BRIEF, Loose Leaf Edition 17e
Your Campus bookstore offers a Price Match guarantee. If you find our class texts or access codes cheaper at Booksmart, Barnes & Noble, or Amazon the campus bookstore will match the price at the time of purchase, or for up to 7 days after purchase. Search your course materials by the ISBN provided in this syllabus to assure that your price match is acceptable.

Other Information on Textbooks and Materials Needed for Class

You do not need CONNECT. Only the textbook is required.

Course Learning Outcomes

- Apply multidisciplinary concepts related to human relationships, sexuality, substance use, aging, violence prevention, environmental health to lifelong health promotion.
- Examine and critically evaluate risk assessment results to improve outcomes and apply fundamental concepts, principles and processes in health.
- Explain how social, psychological, and cultural factors support responsible personal health and lifestyle choices.
- Identify consumer, political, and economic issues influencing health disparities in diverse populations.
- Understand the implications of individual behavioral and lifestyle choices on personal, societal, and global health.

Class Information

The health education department values the perspectives of individuals from all backgrounds reflecting the diversity of our students. We broadly define diversity to include race, gender identity, national origin, ethnicity, religion, social class, age, sexual orientation, political
Assignments, Tests, Quizzes and Final Exam Schedule, with percentage/points of grade

**Assignments**: There will be labs given throughout the semester that will reinforce what is course material. Each chapter lab will be worth 10 points. Students must work individually on the labs. Previous submissions, assistance and collaboration is not permitted. Labs can be handed in prior to the due date, but will not be accepted after the due date has passed.

**Participation**: Online Participation grade (35 points) will be based on quality and quantity of online discussion board activity. Your “presence” in the online portion of the course should be “felt” on a weekly basis! Discussion questions for each chapter will be available when the chapters are being covered until the exam deadline. At that time the discussion questions will close and a new set of questions will be available. I will post your Participation Grade at midterm which will show your progress, but you will continue to accrue points toward your grade through the entire semester.

**Exams**: Exams will be given weekly for each chapter and posted in the Lesson area in the Canvas class. Each exam has 25 questions and worth 25 points. There are time limits for all tests. You may have your book and notes open for the chapter tests, but keep time limit in mind! Students must work individually on assessments. No assistance or collaboration is permitted. If you find a need to discuss the results of any particular question with the instructor, please e-mail her with your specific concern within the Canvas class and refer to the specific test and question number(s). It is the student’s responsibility to make sure they have a reliable internet connect for the exam. If a connection is disrupted, there are no second attempts provided.

**Grading**

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<thead>
<tr>
<th>Letter Grade</th>
<th>Total Points</th>
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<tbody>
<tr>
<td>A</td>
<td>233-260</td>
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<tr>
<td>B</td>
<td>207-232</td>
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<tr>
<td>C</td>
<td>181-206</td>
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<tr>
<td>D</td>
<td>155-180</td>
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<tr>
<td>F</td>
<td>0-154</td>
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Attendance Policy

Students are required to access the Canvas course at least two times per week to check the discussion board, complete coursework and course e-mail regularly. Orientation and posting an on-line introduction is mandatory to continue in the course. A record of student access to the course is kept for attendance purposes. Any student who does not log-in for 3 consecutive weeks and/or they miss three consecutive assignments/assessments will be withdrawn from the course.

Electronic Device Policy

Cell phones and laptops may only be used in class when they are being utilized for course work such as dictionary usage or note taking. Usage of cell phones for personal matters during class will result in dismissal from the class on the first offense and withdrawal from the class on the second offense. If you have an emergency and are waiting for a phone call, inform the instructor ahead of time.

Students may email the instructor at any time. Homework should NOT be emailed to the instructor but rather handed in during class. Students may request permission to email assignments directly to the instructor on a case by case basis.

PBSC email: All communications to and from the student and professor will be completed by using your PBSC email address or through Canvas. Personal email addresses are not permitted for communication with professor.

Late Assignment Policy

Late assignments/labs/contract/projects will not be accepted under any circumstances. Class schedule with all coursework deadlines for the entire semester are posted in Canvas under Important Course Information on the first day of the semester. Being in an on-line course allows flexibility to complete coursework, but deadlines must be met. Plan your schedules accordingly to complete coursework by the assigned deadline.

Make-up Exam Policy

Test dates/deadlines are listed. No make-up tests/exams will be given under any circumstances. It is the students responsibility to plan their schedule accordingly to ensure that they complete all exams prior to the assessment deadline.

Academic Dishonesty Policy
Academic dishonesty includes the following actions, as well as other similar conduct aimed at making false representation with respect to the student's academic performance: (1) Cheating on an exam, (2) Collaborating with others on work to be presented, if contrary to the stated rules of the course, (3) Submitting, if contrary to the rules of the course, work previously submitted in another course, (4) Knowingly and intentionally assisting another student in any of the above actions, including assistance in an arrangement whereby work, classroom performance, examination, or other activity is submitted or performed by a person other that the student under whose name the work is submitted or performed, (5) Plagiarism.

**Academic Dishonesty Penalty for Violation**

Academic dishonesty will result in a failing grade for this class.

**Other Policy**

The health education department values the perspectives of individuals from all backgrounds reflecting the diversity of our students. We broadly define diversity to include race, gender identity, national origin, ethnicity, religion, social class, age, sexual orientation, political background, and physical and learning ability. We strive to make this classroom and this department an inclusive space for all students.

**Withdrawal Policy**

Any student who does not log-in for 3 consecutive weeks and/or they miss three consecutive assignments/assessments will be withdrawn from the course.

**Accessibility Statement**

Students with disabilities are advised, in compliance with federal and state laws, that accommodations and services are available through the office of the Center for Student Accessibility (CSA). It is the student's responsibility to contact the Center for Student Accessibility Advisors and to submit appropriate documentation prior to receiving accommodations and/or services. Please see the website at [https://www.palmbeachstate.edu/csa/](https://www.palmbeachstate.edu/csa/) for web address for the Center for Student Accessibility.

**Online Class Information**

This course is taken completely on the Internet (Online) without attending a classroom on campus. Some courses may require students to take examination(s) in a proctored lab setting. Before you
decide to take the course via Online delivery, it is recommended that you carefully review the:

Online Course Syllabus Supplement
(https://edtech.palmbeachstate.edu/elearn/resources/student/syllabus-supplement-canvas.htm)
to obtain Detailed Facts & Information about:

Canvas Course Access

- Access to your Online Course is AVAILABLE (for review/read-only purposes only) each term 48 hours BEFORE the FIRST DAY OF CLASS

Canvas Orientation and Assistance

- How to Register for the free Canvas Online Orientation Course: ELO1000 Passport to Canvas
- How to obtain Canvas assistance from the Canvas Student Support Center

Canvas Tips & Tutorials

- How to Ensure your Computer is Compatible
- Ensure you Understand the Examination Proctoring System and Assignment Plagiarism System
- Learn the Functions of Canvas

Then Proceed to Palm Beach State Canvas Login Page
(https://www.palmbeachstate.edu/canvas)
to Login to your Online Course (limited ‘read-only’ access available 48 hours before the first day of class) using the same USERNAME and PASSWORD you used to register for classes.

Distance Learning Requirements

Computer Systems
Your computer system resources must be compatible with the Canvas Learning Management System (LMS) used to deliver/manage course content. System Requirements and System Check (analysis) are provided at:

System Requirements and System Check

Your computer needs to be configured per recommended settings. Failure to do so generally results in test submission and other participative action errors. These types of errors are generally not accepted
as an excuse for missed submissions.

**SLC Computer Labs and Libraries**

If students do not have access to a computer at home, the SLC Computer Labs and Libraries at a Palm Beach State campus can be used to complete course assignments. Visit the [SLC Computer Labs](https://www.palmbeachstate.edu/slc) and the [Library](https://www.palmbeachstate.edu/library) webpages for information about locations and hours.

**Student Computer & Learning Management System Skills**

Students need to possess basic web-browsing skills and need to learn the functions of the Canvas Learning Management System (LMS). Students can learn how to use Canvas by enrolling in a free 'ELO1000 Passport to Canvas' student online orientation course. Instructions on how to register for this course are provided on the [Course Syllabus Supplement](https://edtech.palmbeachstate.edu/elearn/resources/student/syllabus-supplement-canvas.htm) page.

Additionally, online Canvas functions/tools video tutorials are provided here: [Canvas Tools Video Tutorials](https://edtech.palmbeachstate.edu/elearn/resources/student/Student-CanvasVideoTutorials.pdf).

**Course Login**

Information on how to change your password and solving other login related issues is provided on the [Canvas Login Page](https://www.palmbeachstate.edu/canvas) – simply follow the link [Forgot Your Password?](https://webservices1.palmbeachstate.edu/FCCSC/pbsc/security/passwordhelp.jsp).

Please keep in mind:
- Username: Your PBSC Student ID
- Password: Your PBSC Password

**Online Textbook Purchase**

The textbook(s) can be purchased at the PBSC Campus Bookstores or the [Online Bookstore](https://www.bkstr.com/palmbeachstcentralstore).

For Online Course Assistance, please contact your:

- **Professor/Instructor** – with Course Instructional Content (assignment/test availability dates, course instructions, etc.) issues.

- **Canvas Support** – for questions about the functions/features of Canvas: for live chat or email support use the 'Help' button on the left green navigation bar inside your course or call 877-376-9392.

- **Student IT Service Desk** – with Username/Password & General Access issue: visit the [Online Service Desk](https://help.palmbeachstate.edu/TDClient/1971/Portal/Home) (see the Student Tech Support section) or call 561-868-4000.
Student Code of Conduct

Unauthorized Use of Voice and Video Recording
Using any device to make an audio or video recording of any person without their prior knowledge or express consent.

College Policies

Academic Dishonesty/Integrity
Academic dishonesty including, but is not limited to, unauthorized use of aids, cheating, fabrication, plagiarism, or facilitating academic dishonesty in the classroom or other college environments, as defined below:

Plagiarism

• Taking the words or specific substance of another and either copying or paraphrasing the work without giving credit to the source.
• Submitting a term paper, examination or other work written by someone else
• Submitting the same term paper, slightly altered paper, other work, or examination, for more than one course, whether in the same term or another term. This is self-plagiarism.
• Failure to give credit in a footnote for ideas, statements of facts or conclusions derived by another.
• Failure to use quotation marks when quoting directly from another person, whether it is a paragraph, a sentence or even a part thereof.
• Similar and extended paraphrasing of another.

For more information to help you understand and recognize plagiarism, please refer to the Library Guide.

Cheating
Using unauthorized notes, study aids, or information from another student or student's paper on an in-class examination; altering a graded work after it has been returned, then submitting the work for regrading; and allowing another person to do one's work and to submit the work under one's own name or otherwise not following the rules or instruction to gain an advantage. Unauthorized collaboration, the sharing of work or knowledge specific to the completion of a project, quiz, or examination without the permission or knowledge of the instructor, is also cheating. This includes collaboration on individual assignments using technology in all courses modes or sharing of assignment-specific information (such as quiz questions) with students in other sections of the same course.

Fabrication
Presenting data in a piece of work not gathered in accordance with guidelines defining the appropriate
methods for collecting or generating data and failing to include a substantially accurate account of the
method by which the data were generated or collected.

**Aiding and Abetting Dishonesty**
Providing material or information to another person with knowledge that these materials or information
will be used improperly pursuant to 877.17, Fla. Stat. (2011).

**Forgery**
Altering documents affecting academic records; forging a signature of authorization or falsifying
information on an official academic document, election form, grade report, letter of permission,
petition, or any document designed to meet or exempt a student from an established College
academic regulation.

**Warning:** Students may not withdraw from a class to avoid a failing grade as a result of such a violation.

Please refer to the Palm Beach State College Student Handbook
(https://www.palmbeachstate.edu/studenthandbook/ for link to the student handbook).

**Classroom Etiquette and Student Behavior Guidelines**
Students will demonstrate respect for professors and fellow students. Behavior that is deemed
disruptive to a positive learning environment will be addressed by the professor and may result in a warning. If the student's behavior is deemed extreme in nature, the student will be referred to the dean of students for disciplinary action in accordance with the Student Handbook. Consequences for such behavior may result in formal conduct charges and sanctions.

**Computer Competency Component**
Each student will, to the satisfaction of the professor, demonstrate a fundamental understanding of basic computer operations through various professor-determined exercises and/or assignments.

**Center for Student Accessibility**
Students with disabilities are advised, in compliance with federal and state laws, that accommodations and services are available through the Center for Student Accessibility (CSA). It is the student's responsibility to contact the Center for Student Accessibility office and to submit appropriate documentation prior to receiving accommodations or services. Please see the website at https://www.palmbeachstate.edu/CSA for additional information.

**Eating, Drinking and Smoking**
Eating and drinking are confined to areas designated on the campus. Smoking, including electronic cigarettes (also known as e-cigarettes, vapors, vaporizers, or nicotine vaporizers), is not permitted in any College building and only in areas designated at each campus.

**Final Course Grade Appeal**
The evaluation of academic work is the responsibility of the faculty member/instructor. The method for
assigning the final course grade is established by the faculty member/instructor. Per Board Rule 6Hx-18-3.191, faculty/instructors shall communicate the grading policy of the course to their students in writing. If this policy changes during the term, students should be notified of any changes in writing. The method to determine final course grades must be communicated to students in a course syllabus prior to the beginning of the course. Should a student have a question about a final course grade, please follow the procedures as outlined in the student handbook: https://www.palmbeachstate.edu/studenthandbook/.

Mid-Term Grade Reporting
Within one week after the close of the mid-term grading period, mid-term grades will be made available to all students for each class by either written notification or individual conference.

Intellectual recording-HB233
Students may, without prior notice, record video or audio of a class lecture for a class in which the student is enrolled for their own personal educational use. A class lecture is defined as a planned presentation by a PBSC faculty member or instructor, during scheduled class times, delivered for the purpose of transmitting knowledge or information that is reasonably related to the pedagogical objective of the course in which the student is enrolled. Recording class activities other than class lectures, including but not limited to class discussions, clinical activities and presentations, student presentations, labs, studios, academic exercises involving student participation, test or examination administrations, field trips, and private conversations between students in the class or between a student and the faculty member are prohibited. Students are expressly prohibited from recording any other student’s image or voice. Recordings may not be used as a substitute for class participation and class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the Student Code of Conduct.

Student Responsibility Policy
When a student attends the College, s/he becomes subject to its jurisdiction. Students are expected to conduct themselves in a responsible manner, in all areas of campus life. By enrolling, they pledge to obey the rules and regulations of the College and are responsible for observing all College policies and procedures as published in the student handbook, the College catalog, and other College publications which may be related to specific program of study. The student will be responsible for preparing for class, participating in class, and completing assignments on time.

Palm Beach State Websites of Interest
Please see this web page (https://www.palmbeachstate.edu/library/) for a list of web addresses for students.

Withdrawal Policy
The last day to withdraw from a course with a "W" grade is 2023-07-25. It is the responsibility of the
student to complete a withdraw request online through Workday. An official withdrawal would entitle the student to a grade of “W” in the course.

Other Information from your Professor

Guidelines for Student Success

To be successful in college, you will need to be prepared, develop effective study skills, and manage your time productively.

Be Prepared and Organized

- Buy the textbook as soon as the course begins.
- Use an organizer to keep track of your classes, assignments, due dates, work schedule, and any appointments you make with the professors, counselors, or advisors.
- Use a notebook with pockets, a binder, or folders for your courses, to have a place to take class notes, and to keep copies of your course syllabi, hand-outs, and any other pertinent material.
- Always be prepared for class with pens and pencils, your notebook, SCAN-TRONS and any other books required for class.

Student Behavior That Contributes to Success

- Attend all of your classes and be on time.
- Read assigned material before class.
- Ask questions if you’re not sure about assignments or material covered.
- Show interest in the subject by sitting near the front of the class, establishing eye contact with the professor, and taking notes.
- Participate in class discussions.
- Avoid whispering or talking with classmates in side conversations while the professor or another student has the floor.
- Complete your assignments on time.
- If you unavoidably miss class, be responsible by asking a classmate what was covered and make up the class, missed work, or exam before the next scheduled class.

Department Contact Information
Name: Dr. Germany Dixon
Office Location: AD
Telephone: 561-862-4379
Email: Dixong@PALMBEACHSTATE.EDU
Job Title: Associate Dean of Academic Affairs