

Online Public Health and Personal Wellness Syllabus

Instructor: Mrs. Martin
Email: maureen_martin@bullis.org

Overview

This online trimester course will cover various topics related to personal health, health and safety, mental health, and global health. This course is a skills-based class that will explore all aspects of health and wellness. By integrating more of the latest research on personal health topics and expanding our perspectives of global and public health, you will develop a better understanding of what health is and why it matters to each one of us. Students should expect to spend 6-8 hours working online each week.

Credit: $\frac{1}{3}$

Course Goals

- Analyze daily behaviors that impact our personal health and wellness (sleep, nutrition, fitness)
- Compare and contrast reliable and unreliable resources in order to become better consumers of public health information
- Examine various public health issues that affect personal safety in order to optimize prevention/personal health
- Evaluate a variety of global health issues around the world in order to have a broader perspective of public health
- Collaborate to publish findings of public health research

Academic Integrity

It is expected that you stand strong in your integrity. Cheating will not be tolerated. Please note that sharing information regarding tests or quizzes is considered cheating. Plagiarism--presenting another person's words and ideas as your own--is unacceptable and will not be tolerated. This includes copying another person's work or ideas (whether print or online), allowing that person to copy yours, or using any previous year's work. It is better to receive an "F" on an assignment than to cheat. *An "F" signifies a lack of preparation, but cheating signifies a lack of integrity and judgment.*

Course Topical Outline

- I. Sleep Science
- II. Nutritional Science

- III. Drugs, Alcohol, & Teenage Brain
- IV. Human Sexuality
- V. Public Health
- VI. Global Health

Technology

- Computer with access to high-speed Internet for each day of the course
- Access to camera and audio capability for video recording
- Access to Adobe Acrobat Reader or another PDF reader
- Access to web-based programs required by the course

Grade Weights

Tests and Quizzes	25%
Projects	25%
Assignments	30%
Online Participation	20%

The above category weights may change to reflect the actual points earned from the course. This course follows the Bullis Science Department policy on Total Points.

Expectations

Students are expected to participate daily in online activities by

- being aware of the class calendar (as posted in Haiku) as well as posted assignments

When working in groups, students are expected to

- perform within a specific and designated role
- contribute regularly
- work collaboratively
- share their work (through Dropbox, Google docs/drive, Haiku, etc.)
- be aware of their group members' progress
- be responsible for taking the necessary steps to resolving issues with group dynamics

When completing assessments, students are expected to

- Generally:
 - o Abide by the Bullis Honor Code
 - o Sign the pledge to the Bullis Honor Code on the first page of every test
- When using computers:
 - o refrain from using email or social media sites during test

- o stay on approved sites for the assessment, as indicated by the teacher

Throughout the course, students are expected to

- check Haiku on a daily basis and be aware of the calendar and assignments
- know how and when to contact teacher
- know how to contact classmates

When turning in assignments, students are expected to

- proofread for correct spelling and grammar
- submit in the manner (Haiku dropbox, email, designated websites, etc.) and format (Google doc, .pdf, .doc, etc.) designated by your teacher

Late and Make Up Work

- Late work will be marked down 10% for each day it is late. Late means work is not submitted in the manner and format designated by your teacher (drop box, etc.).
- Daily written and video homework will be marked down 50% if submitted past its due date and will earn no credit if submitted after the Unit test.
- If you have an **excused absence** that affects your ability to complete your coursework according to the assigned timeline, you are expected to communicate with your teacher as soon as possible to determine a revised timeline for completion of work. Missed work must be made up within the same time frame as days missed (i.e. within two days if you had an excused absence for two days).

Synchronous Sessions (Zoom)

- There will be a minimum of 1 synchronous session (real-time video conferencing instructional session) per week. **It is required.**
- Office hours will be offered at least one time per week by Zoom, time to be determined after the course begins and student schedules are assessed. This is an opportunity to “drop in” to speak in real-time with your teacher.