

Change Undergraduate Course

Change a Course

Subject: HLTH-Health
 Number: 3980
 Effective Term: ~~Fall 2016~~ Spring 2017
 Title: Hlth Appraisal Skills

Honors Course:

Add Honors Course:

Last Term Course was taught: 201508

Brief Statement of Change Based on Assessment Results:

Departmental approval to increase the credits for this course from 1 to 3 was based on a review of how much more material is involved with this course since its inception as a lab-based skills course. The students are now expected to complete 2-3 hours of material review outside of lab time, plus the instructor now provides thirty minutes of lecture preceding each lab activity. A review of other university courses also determined that the work expected in this course exceeds 1 credit's effort.

Rationale for Changing a Course

- Strengthen Program Requirement(s)
 Alignment of Student Learning Outcomes
 Alternative Delivery of Content
 Improve Time to Degree
 Evolution of the Discipline
 Changing Prerequisites
 Address DWF Rates
 General Education Modifications
 Other (Please specify.)

Change of Credit

From

Fixed Credit Course

Credit Hrs Contact Hrs

1 3

Variable Credit Course

Credit Hrs Contact Hrs

Min Max Min Max

To

Fixed Credit Course

Credit Hrs Contact Hrs

3 6

Variable Credit Course

Credit Hrs Contact Hrs

Min Max Min Max

Learning Objectives

Upon completing this course the student should be able to: 1. Assess personal health risks. 2. Identify the major health problems in the United States. 3. Understand the benefits and significance of participating in a comprehensive wellness program. 4. Learn to assess resting heart rate, pulse and blood pressure. 5. Define body composition and understand its relationship to assessment of recommended body weight. 6. Explain the difference between essential fat and storage fat. 7. Describe various techniques used to assess body composition. 8. Understand the importance of BMI and Waist Circumference in the assessment of CVD. 9. Demonstrate the proper method of glove removal. 10. Acquire the American Heart Association Basic Life Support (BLS) for Healthcare Providers certification, American Heart Association First Aid Certification, and CholesTech certification through successful completion of the required training. 11. Identify the major risk factors for cardiovascular disease and describe how to control them, including physical inactivity, abnormal cholesterol profile, hypertension, stress, diabetes, and smoking. 12. Explain the importance of a healthy lifestyle in preventing cardiovascular disease. 13. Complete the CholesTech skills test on yourself and on a peer. 14. Explain the meaning of the CholesTech results and identify proper behavior modification techniques to improve the lipid panel. 15. Describe the functions of the nutrients-carbohydrates, fiber, fats, proteins,

vitamins, minerals, and water in the human body. 16. Learn the 2010 Dietary Guidelines for Americans. 17. Identify enabling and risk factors for lifetime bone health. 18. Perform selected health assessment skills on a client. 19. Develop both a personal and client-based health appraisal with recommendations for modification and risk for cardiovascular disease (counseling report).

Topical Outline

Class 1 Introduction to Course Introduction to Assessments NO CLASS JANUARY 18/19 MLK OBSERVANCE Class 2 Blood Pressure Assessment Body Composition Assessments Class 3 American Heart Association; First Aid Class 4 America Heart Association First Aid (continued) Classes 5-6 American Heart Association Basic Life Support (BLS) Classes 7- 8 Preventing Cardiovascular Disease; Coronary Heart Disease Risk Profile SPRING BREAK Class 9 Nutrition for Wellness & Bone Health Class 10 Interpretation of CU Well;Nutrition for Wellness Risk Assessment Class 11 Cont. Nutrition Risk assessment; "Food Inc."; Hemoglobin Screening Class 12-14 Demonstration Exams

Evaluation

Undergraduate

- A 90 - 100
- B 80 - 89
- C 70 - 79
- D 65 - 69
- F < 65

Your Course Grade will be determined in percentages based on the following points: • Online Topical Review Tests (7) 165 points • Demonstration Final Exam 75 points • Course Participation 50 points o 4 chapter material practice tests (40 points total; 10 points each) □ MUST receive at least an 80% to get credit for each o Laboratory participation (10 pts) • Client Health Appraisal 10 points Total 300 points

Syllabus

Upload File: HLTH 3980 Syllabus_ FALL16-20160202093404.docx

Description: 3creditH3980

Form

User ID: faltad Name: Deborah Falta
Date: 02/02/2016 Number: 16512

Hugh Decker

1/25/16

Chair, Department Curriculum Committee

Date

[Signature]

R. Grubel

1/26/16

Department Chair

Date

Hugh Decker

2/23/16

Chair, College Curriculum Committee

Date

[Signature]

2/25/16

College Dean

Date

Director, Calhoun Honors College

Date

John D. Hill

4/1/2016

Chair, Undergraduate Curriculum Committee

Date

Chair, Graduate Curriculum Committee

Date

Robert W. Jones

6/20/16

Provost

Date

President

Date

Clemson University
College of Health, Education, and Human Development
Department of Public Health Sciences

SYLLABUS – FALL 2016

Course Title and Number: Health Appraisal Skills (Hlth 3980)

Class Meeting Times: Section 1 Monday 1:00 – 4:00
 Section 2 Tuesday 12:00 – 3:00

Credit: 3 credit

Placement in Curriculum: Junior/Senior

Prerequisites: Hlth 2980

Instructor Information:

Kathleen Meyer, M.Ed.
Senior Lecturer
531 Edwards Hall
Phone: (864) 656-1898
Fax: (864) 656-6227
Kathm@clermson.edu

Office Hours: Tuesday 10:00-11:00
 Wednesday 9:00-11:00
(other times by appointment)

Course Description: Utilizes laboratory experiences to measure health risk, interpret laboratory health data, and design personal and client health appraisals. Methods and techniques utilized in this course also provide students with the American Heart Association Basic Life Support (BLS) certification, American Heart Association First Aid Certification, and CholesTech certification. Restricted to health science majors only.

Learning Objectives: Upon completing this course the student should be able to:

1. Assess personal health risks.
2. Identify the major health problems in the United States.
3. Understand the benefits and significance of participating in a comprehensive wellness program.
4. Learn to assess resting heart rate, pulse and blood pressure.
5. Define body composition and understand its relationship to assessment of recommended body weight.
6. Explain the difference between essential fat and storage fat.
7. Describe various techniques used to assess body composition.
8. Understand the importance of BMI and Waist Circumference in the assessment of CVD.
9. Demonstrate the proper method of glove removal.
10. Acquire the American Heart Association Basic Life Support (BLS) for Healthcare Providers certification, American Heart Association First Aid Certification, and CholesTech certification through successful completion of the required training.
11. Identify the major risk factors for cardiovascular disease and describe how to control them, including physical inactivity, abnormal cholesterol profile, hypertension, stress, diabetes, and smoking.
12. Explain the importance of a healthy lifestyle in preventing cardiovascular disease.
13. Complete the CholesTech skills test on yourself and on a peer.
14. Explain the meaning of the CholesTech results and identify proper behavior modification techniques to improve the lipid panel.

15. Describe the functions of the nutrients-carbohydrates, fiber, fats, proteins, vitamins, minerals, and water in the human body.
16. Learn the 2010 Dietary Guidelines for Americans.
17. Identify enabling and risk factors for lifetime bone health.
18. Perform selected health assessment skills on a client.
19. Develop both a personal and client-based health appraisal with recommendations for modification and risk for cardiovascular disease (counseling report).

Teaching Strategies:

Text and supplemental readings
 Lecture and class discussion
 Computer based self-study and tests
 Guided practice
 Demonstration of skills

Required Materials:

Principles and Labs for Fitness and Wellness, 13th Edition, Wadsworth Publishers. (Hoeger & Hoeger 2016).

American Heart Association Basic Life Support for Healthcare Providers, (2010).

American Heart Association Heartsaver First Aid (2010).

Related necessary materials:

1. Resuscitation Mask (aka “pocket mask”) (approx. \$11.00)*
2. AHA BLS certification card- (\$5.00)**
3. AHA First Aid card-(\$5.00)
4. Health Risk Appraisal Questionnaire (\$15.00 payable to Joseph F. Sullivan Center)

***The mask can be purchased online.**

****American Heart Association (AHA) cards will be paid for at a later date. Make the check out to me or give me cash-exact please.**

Attendance:

Attendance is expected at all class meetings and will be taken each class. It is the responsibility of the student to secure materials and to make immediate arrangements to make up work if class is missed. Excused absences may be given if the instructor is notified before the class meets. Unexcused absences will result in a reduction of 1 full letter grade for over 2 unexcused absences. It is the student’s responsibility to check that the absence is recorded and excused.

Instructor late arrival:

Students are expected to wait 15 minutes for the instructor or her substitute to arrive, after which time, they are excused.

Academic Integrity Policy

“As members of the Clemson University community, we have inherited Thomas Green Clemson’s vision of this institution as a ‘high seminary of learning.’ Fundamental to this vision is a mutual commitment to truthfulness, honor, and responsibility, without which we cannot earn the trust and respect of others. Furthermore, we recognize that academic dishonesty detracts from the value of a Clemson degree. Therefore, we shall not tolerate lying, cheating, or stealing in any form.”

“When in the opinion of a faculty member, there is evidence that a student has committed an act of academic dishonesty, the faculty member shall make a formal written charge of academic dishonesty, including a description of the misconduct to the Associate Dean of Undergraduate Services. At the same time, the faculty member may, but is not required to inform each involved student privately of the nature of the alleged charge.”

Emergency Procedures

Emergency procedures have been posted in all buildings and on all elevators. Students should be reminded to review these procedures for their own safety.

Attendance Policy:

Students at Clemson are expected to wait 15 minutes if an instructor is late.

All students are required to attend the first scheduled day of classes and labs. Students who cannot attend the first class are responsible for contacting the instructor to indicate their intent to remain in that class. If a student does not attend the first class meeting or contact the instructor by the second meeting or the last day to add, whichever comes first, the instructor has the option of dropping the student from the roll.

Attendance is expected at all class meetings and will be taken each class. It is the responsibility of the student to secure materials and to make immediate arrangements to make up work if class is missed. Excused absences may be given if the instructor is notified before the class meets. Unexcused absences will result in a reduction of 1 full letter grade for over 2 unexcused absences. It is the student's responsibility to check that the absence is recorded and excused.

Class attendance is required. No more than one **(1) EXCUSED ABSENCE**. An excused absence is one that is reported to the instructor prior to or immediately following the student's absence. The instructor understands that at times we have circumstances that require our presence elsewhere. This may be an illness, job interview, conference attendance, child care issues, etc. While all of these are legitimate reasons for missing class, combined absences are not acceptable. Two (2) absences or more – barring extenuating circumstances – will result in a grade of “C” or less. Absences will be reflected in the class participation grade.

"Students may now send a notice electronically to their professors of either an anticipated or unanticipated absence through MyCLE/Blackboard. With the Notification of Absences module, students can quickly notify all of their instructors of an absence. It remains the student's responsibility to follow-up with professors to discuss any work which may be missed. A professor may require documentation (e.g., a walk-out statement from Redfern); as always, the professor is the one who determines if a student's absence is excused or unexcused."

Accommodations for Students with Disabilities

Student Disability Services coordinates the provision of reasonable accommodations for students with physical, emotional, or learning disabilities. Accommodations are individualized, flexible, and confidential based on the nature of the disability and the academic environment in compliance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students are encouraged to consult with the Disability Services staff early in the semester, preferably prior to the first day of class.

Current documentation of a specific disability from a licensed professional is needed. Additional information or appointments are available from Student Disability Services, Suite 239 in the Academic Success Center, 864-656-6848. Details on policies and procedures are available at www.clemson.edu/ads.

If you have a documented disability that requires accommodation, you must notify the professor in writing during the first week of classes. "It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have disabilities. Students are encouraged to contact Student Disability Services to discuss their individual needs for accommodation."

The Clemson University Title IX (Sexual Harassment) statement: Clemson University is committed to a policy of equal opportunity for all persons and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender, pregnancy, national origin, age, disability, veteran's status, genetic information or protected activity (e.g., opposition to prohibited discrimination or participation in any complaint process, etc.) in employment, educational programs and activities, admissions and financial aid. This includes a prohibition against sexual harassment and sexual violence as mandated by Title IX of the Education Amendments of 1972. The policy is located at <http://www.clemson.edu/campus-life/campus-services/access/non-discrimination-policy.html>. Jerry Knighton serves as Clemson's Title IX coordinator and he may be reached at knightl@clemson.edu or 656-3181.

Classroom environment: Computers and cell phones can be highly disruptive to the classroom. Please switch these devices to "vibrate only" or off. Frequent interruptions of this kind will be addressed by the instructor. Sending/receiving email messages, text messaging, surfing the Internet, watching movies, listening to music, sleeping, studying for other courses, recreational reading, etc. during class represent inappropriate and disrespectful behavior, and are therefore NOT considered "attendance." Students engaging in these or any other disrespectful and/or annoying activities (such as excessive chattering during class) will be marked "absent" on the attendance roster AND may be asked to leave the classroom, per the discretion of the instructor.

Grading Scale:

A	=	90-100
B	=	80-89.9
C	=	70-79.9
D	=	65-69.9
F	=	Below 65

Note: Grades will not be rounded up!

Your Course Grade will be determined in the following manner:

- Online Topical Review Tests (7) 165 points
- Laboratory Skills Demonstration Final Exam 75 points
- Course Participation 50 points
 - 4 chapter material practice tests (40 points total; 10 points each)
 - MUST receive at least an 80% to get credit for each
 - Laboratory participation (10 pts)
- Client Health Appraisal 10 points
- Total 300 points**

Online Tests: Students will be expected to complete their tests online via the Blackboard course management system. Each test will vary in point values based on chapter content and number of questions. Online tests will open at NOON on Tuesdays and remain open until NOON on the following Mondays. The tests are meant to be an assessment of the student's knowledge, thus tests must be taken independently, without notes, outlines, or textbooks. Any student who does not complete the test in the allocated time limit will receive a 5 point reduction of their test grade. **Please see the announcement in the HLth 398 'Course Information' section in Blackboard regarding instructions for online test taking to minimize your chances of not completing the online test in the time limit allocated.** If a student is suspected of academic dishonesty in the online test taking policy, proper academic integrity protocol will be followed (see Academic Integrity Policy above).

Laboratory Skills Demonstration Final Exams: 30-minute individual appointments with a client of your choice. (This cannot be another student from HLTH 3980). This panel of tests is offered at no charge to your client. Appointments are scheduled from 7:15 – 9:15am or noon-3pm on April 11/12.

Consists of: BMI, BP, Lipid Panel plus Glucose, Height, Weight, Waist Circumference, Pulse, Hemoglobin Screening, Universal Precautions, & completion of the Health Risk Appraisal for your client. This report should be concise.

Course Participation: Participation is expected at each class meeting. Your final participation grade will come from contribution to class discussions, successful completion of skill tests and practice tests, completion of health appraisal questionnaire.

Client Health Appraisal: Provide a concise counseling report based on the results your client received by participating in the demonstration exam, being sure to include dietary, physical activity, and other possible behavior modification techniques.

HLTH 3980
Class Schedule

DATE(S)	TOPIC	ASSIGNMENT	ONLINE TEST
Class 1	Introduction to Course Introduction to Assessments	Hoeger & Hoeger Chapter 1 - Physical Fitness and Wellness Chapter 2 Behavior Modification Practice test available online	Chapters 1 & 2 Practice Test due Monday, 1/25 11:59 p.m. (Chapters 1 & 2) Test 1 will be available from NOON on Tues, 1/26 until NOON on Mon, 2/1 (40 points)
NO CLASS JANUARY 18/19 MLK OBSERVANCE			
Class 2	Blood Pressure Assessment Body Composition Assessments	Hoeger & Hoeger Chapter 4 - Body Composition Techniques Practice test available online	Ch. 4 Practice Test due Monday, 2/1 11:59 p.m. (Chapter 4) Test 2 will be available from NOON on Tues, 2/2 until NOON on Mon, 2/8 (25 points)
Class 3	American Heart Association First Aid	Read First Aid manual	

	Tour: Joseph F. Sullivan Center		
DATE(S)	TOPIC	ASSIGNMENT	ONLINE TEST
Class 4	America Heart Association First Aid (continued)	Read First Aid manual	Test 3: First Aid Test will be available from NOON on Tuesday, 2/9 until NOON on Monday, 2/15 (20 points)
Class 5	American Heart Association Basic Life Support (BLS)	Read BLS manual	
Class 6	BLS AED Essentials Training CPR/AED Individual Skills Test	Review ALL BLS materials and chapters. CPR/AED skills test	
Class 7	Preventing Cardiovascular Disease Coronary Heart Disease Risk Profile Cholesterol Guidelines Cardiovascular Risk Reduction CholesTech Guidelines and Techniques	Hoeger & Hoeger Chapter 11 - Preventing Cardiovascular Disease "Cholesterol Explained" video and worksheet available in the LRC	Test 4: BLS Test will be administered in class on Feb 29/March 1 (25 points); You must receive at least 84% on the BLS test in order to receive certification Ch. 11 Practice test due Mon, 3/7 11:59 p.m.
Class 8 March 7/8	Preventing Cardiovascular Disease CholesTech skills test Cholesterol, Triglycerides, & Glucose Screening Must FAST after 8:00 the morning of the CholesTech Screening	CholesTech online certification (video & test)	Test 5: Chapter 11 Test will be available from NOON on Tues, 3/8 until NOON on Mon, 3/21 (25 points) Review Osteoporosis materials for class March 21/22
SPRING BREAK			
Class 9	Nutrition for Wellness Bone Health Osteoporosis Screening Meet at Baptist Easley Hospital Monday 2:00 to 3:15pm Tuesday 1:00 to 2:15 pm	Hoeger & Hoeger Nutrition for Wellness Practice test available online	Nutrition Practice test (chapter 3) due Monday, 3/28 11:59 p.m. *Pay for CU Well Risk Assessment. Can pay online or by check – make it out to Clemson University
Class 10	Interpretation of CU Well; Nutrition for Wellness Risk Assessment	Hoeger & Hoeger Chapter 3	Test 6: Chapter 3 test will be available Noon Tuesday 3/29 – Noon Mon. 4/4
Class 11	Cont. Nutrition Risk assessment; "Food Inc."; Hemoglobin Screening		
Class 12-14	Demonstration Exams	Bring a client of your choice for testing – They must have fasted for at least 6 hours.	FINAL Exam worth 75 points