

NAT220 Survey of Health Issues

(3 credit hours)

Course Syllabus

Course Description

Health decisions made today are the building blocks for future personal health. This course will assist the student in making personal health decisions by introduction of resources and information pertaining to various health issues, health trends and examination of issues pertinent to the life of today's college student.

Course Learning Outcomes

By the end of this course, you will be able to:

1. Gain an understanding of personal wellness.
2. Increase knowledge about common health problems.
3. Gain understanding of the promotion of personal health and prevention of illness.
4. Develop strategies to maintain or improve one's well-being.

Required Textbook(s) and Resources

Donatelle, R. J. (2023). *Health: The basics* (14th ed.). Pearson.

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays.**
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays.**

Learning Activities

Each week, you will consider your personal health by engaging with your peers in two discussion forums. Some weeks, you will also write an essay about health topics. With the essays, you will receive three choice on what to write about. Other weeks, you will have a quiz on the textbook readings. The two major projects in the course are a summary paper, which summarizes some of the key points in the course, and a presentation on a health topic from within the course.

Grading

The chart below identifies the individual contributions from each type of activity, per week.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Discussions Activity 1.1 (n/a) Activity 1.2 (25) Activity 1.3 (25)	Discussions Activity 2.1 (25) Activity 2.2 (25)	Discussions Activity 3.1 (25) Activity 3.2 (25)	Discussions Activity 4.1 (25) Activity 4.2 (25)	Discussions Activity 5.1 (25) Activity 5.2 (25)	Discussions Activity 6.1 (25) Activity 6.2 (25)	Discussions Activity 7.1 (30) Activity 7.2 (30)	360
Essay Activity 1.4 (100)		Essay Activity 3.3 (100)		Essay Activity 5.3 (100)			300
	Quiz Activity 2.3 (20)		Quiz Activity 4.3 (20)				40
					Summary Paper Activity 6.3 (150)		150
						Presentation	150

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
						Activity 7.3 (150)	
150	70	150	70	150	200	210	1000

Grading Scale

A: 90-100% | B: 80-89% | C: 70-79% | D: 60-69% | F: <60%

Course Schedule and Weekly Checklist

Week 1 - Your Health

- MON: Activity 1.1: Meet Your Peers - Initial Post
- WED: Activity 1.2: What Is Health? - Initial Post
- WED: Activity 1.3: Psychosocial Disorders - Initial Post
- SAT: Activity 1.1: Meet Your Peers - Secondary Posts
- SAT: Activity 1.2: What Is Health? - Secondary Posts
- SAT: Activity 1.3: Psychosocial Disorders - Secondary Posts
- SUN: Activity 1.4: Essay

Week 2 - Stress, Violence, & Injury

- WED: Activity 2.1: Stress in College - Initial Post
- WED: Activity 2.2: Sexual Assault - Initial Post
- SAT: Activity 2.1: Stress in College - Secondary Posts
- SAT: Activity 2.2: Sexual Assault - Secondary Posts
- SUN: Activity 2.3: Chapter 1-4 Quiz

Week 3 - Gender and Sexuality

- WED: Activity 3.1: Gender Roles - Initial Post

- WED: Activity 3.2: Non-Traditional Parenting - Initial Post
- SAT: Activity 3.1: Gender Roles - Secondary Posts
- SAT: Activity 3.2: Non-Traditional Parenting - Secondary Posts
- SUN: Activity 3.3: Essay

Week 4 - Alcohol, Tobacco & Addiction

- WED: Activity 4.1: Drug Education - Initial Post
- WED: Activity 4.2: Alcohol on College Campuses - Initial Post
- SAT: Activity 4.1: Drug Education - Secondary Posts
- SAT: Activity 4.2: Alcohol on College Campuses - Secondary Posts
- SUN: Activity 4.3: Chapter 5-8 Quiz

Week 5 - Nutrition

- WED: Activity 5.1: Healthy Choices in Restaurants - Initial Post
- WED: Activity 5.2: Obesity and Health - Initial Post
- SAT: Activity 5.1: Healthy Choices in Restaurants - Secondary Posts
- SAT: Activity 5.2: Obesity and Health - Secondary Posts
- SUN: Activity 5.3: Essay

Week 6 - Fitness & Heart Health

- WED: Activity 6.1: Exercise and Fitness - Initial Post
- WED: Activity 6.2: Cardiovascular Risk - Initial Post
- SAT: Activity 6.1: Exercise and Fitness - Secondary Posts
- SAT: Activity 6.2: Cardiovascular Risk - Secondary Posts
- SUN: Activity 6.3: Summary Paper

Week 7 - Disease

- WED: Activity 7.1: Disease - Initial Post
- WED: Activity 7.2: Reflection - Initial Post
- THU: Activity 7.3: Presentation
- SAT: Activity 7.1: Disease - Secondary Posts
- SAT: Activity 7.2: Reflection - Secondary Posts

Tips for Success

Online learning requires self-discipline and self-direction. As seekers of the truth, we should be willing to challenge one another's academic work in a spirit of respectful comradery. Your course is a place for you to grow as you benefit from the expertise, experience, and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge and understanding.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.