

**HUN 4936
PREVENTATIVE HEALTH EXPERIENCE/
RESEARCH IN NUTRITION AND HEALTH PROMOTION
Fall 2019 – Sections 031A and 031B**



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Class meeting time: Mondays and Wednesdays: 8:30-9:20 AM
Attendance: Required
Location: McCarty B, G086
Credits: 2

Course Description and Prerequisites: This course introduces students to health promotion theories, strategies, and research with a focus on nutrition and physical activity for chronic disease prevention. Students will participate in the design, implementation and/or analysis and presentation of selected strategies to improve health behaviors as they review the evidence behind successful lifestyle prevention of many chronic diseases. **Prerequisites:** None

Course Goals/Competencies: Students will apply formal and informal qualitative or quantitative research methods to examine effectiveness of health promotion activities on health behaviors and health behavior intentions. Upon completion of this course, students should be able to:

1. Describe nutrition, physical activity, behavioral, and marketing theories and techniques that encourage long-term adherence to a healthy lifestyle for the purpose of chronic disease prevention. Specifically, this course will focus on risk reduction strategies for the prevention of obesity, cardiovascular disease, cancer, and diabetes mellitus.
2. Evaluate effectiveness of selected health promotion strategies in specific populations, such as undergraduate students.
3. Use knowledge gained in class to promote positive lifestyle changes for yourself and in others.
4. Demonstrate an understanding of the scientific process and contribute to research related to the promotion of health behaviors.
5. Describe best practices for working with human research participants.

Required Materials:

- Daily access to the internet and Canvas.
- Course information, readings, and materials posted on Canvas.

Recommended Materials:

- None

How to Access Canvas:

- Access requires a Gatorlink account. If you need to establish a Gatorlink account, go to <http://www.gatorlink.ufl.edu/>
- Once you have created a Gatorlink account, access e-Learning Support Services homepage at <https://lss.at.ufl.edu>. Select “eLearning - Canvas”. Log in using your Gatorlink ID. HUN 4936 should be listed under “Courses”. If you are unfamiliar with Canvas, select “Tutorials” from the “Services” menu, then “e-Learning in Canvas” and finally, “Student Tutorials”.

Class Attendance and Demeanor: Students are expected to attend all classes, to arrive on time and to leave when dismissed by the instructor. Students are expected to show courtesy to their classmates and instructor by turning cell phones off before the class period begins and refraining from using a computer (or other type of personal device) for any purpose other than taking notes. Each student is expected to participate in class discussions and to refrain from engaging in personal conversations during class.

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments, and other work are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

Student Evaluation: Multiple assignments, a self-assessment, class attendance, and peer reviews will be used to evaluate student performance. All assignments and assessments must be completed as scheduled. Failure to submit or complete an assignment/assessment will result in a score of "0" unless there are unavoidable extenuating circumstances (subject to my discretion) that can be documented to my satisfaction. Extenuating circumstances include unavoidable, unplanned situations such as illness (chart note from physician or clinic; vague notes such as "was seen" are not acceptable); family death (dated obituary); accident (police report); etc. University approved absences should be brought to the instructor's attention in advance so that acceptable arrangements can be made. Extra credit projects will **NOT** be available.

Self-assessment: Each student will complete a brief survey assessing their own health related behaviors. Students will use this information to complete a health history and related health behavior self-report. This assessment will serve as the basis for goal setting and health promotion activities.

Family Health History: Students will complete a de-identified family health history tree using US Department of Health and Human Service's website. Additional information will be provided in class and on Canvas.

Assignments: Detailed information for completing each of the 10 reading/literature review assignments for this course will be distributed separately. The assignment due dates are listed along with weekly topics on the calendar in this document. Assignment materials will be posted on Canvas and available according to the calendar. Unless otherwise stated, all assignments must be submitted on Canvas by the time and date specified. Failure to submit the assignment on the designated due date will result in a grade of "0".

Quizzes: Five in class quizzes will be given on either the Monday or Wednesday of the noted week. Quizzes will be brief and cover the material recently discussed.

Research Projects: Students will work both individually and then as part of a group to complete 2 short projects. The projects will be discussed in class and some time will be provided to work with your group in class. The project will be submitted in several steps ending with a group class discussion/presentation.

Self-monitoring Activities: Students will be introduced to a variety of self-monitoring approaches to encourage long-term adoption of healthful behaviors. Self-monitoring activities will occur primarily on our class Canvas site. Students will be expected to fully complete each week's activities to receive full points.

In Class Participation: In class participation is invaluable for this course experience. Each class session will include a number of open ended discussion questions. Each student is expected to respond to at least one of these questions in a thoughtful and respectful manner. Participation in discussions as well as thoughtful comments and questions submitted on end of day cards will count towards your overall grade.

++Because this course involves setting individual health behavior goals, respecting your fellow students is paramount as we will be dealing with real life situations. Information shared in class discussion should be respected rather than shared outside of class.++

Peer Reviews and Evaluation: Some of your research work and discussion will be completed in small groups in person and on Canvas discussion boards. As the instructor is not present for each discussion and activity, you will be provided with a rubric for evaluating the participation and performance of your group members. You must complete the peer reviews for each group member. Your evaluation score will come from the reviews provided by your peers of your work and cooperation.

Evaluation of Performance/Grading

Source of Points	Points Possible
Self-Assessment Activities	
Veggie Meter - initial	30
Family Health History	50
Veggie Meter mid-Point Check	15
Veggie Meter Final Check	15
Environmental Assessment	
Training Complete	50
Data Collection Complete	50
Findings Report Submitted on Canvas	100
Topic Assignments and In-Class Quizzes	
Readings and Assignments (10 @ 10 points each)	100
In class quizzes (5 @ 10 points each)	50
Project #2-	
Literature Review	60
Draft #1	60
Final Draft and Presentation/Discussion	100
Class Participation: 20(out of 23 classes) @ 2 points each	40
Health Reflections 5 @ 20 points each	100
Weekly Self-Monitoring 10 weeks @ 10 pts	50
Peer Evaluation (completion of peers 30, eval of self 100)	130
TOTAL	1000

Grading Scale: Grades will be posted on Canvas. Grades are not curved and are not negotiable.

A = 934-1000 93.34-100%	A ⁻ = 900-933 90-93.33%	B ⁺ = 867-899 86.68-89.9%	B = 834-866 83.34-86.67%	B ⁻ = 800-833 80-83.33%	C ⁺ = 767-799 76.68-79.9%
C = 734-766 73.34-76.67%	C ⁻ = 700-733 70-73.33%	D ⁺ = 667-699 66.68-69.9%	D = 634-666 63.34-66.67%	D ⁻ = 600-633 60-63.33%	E = ≤599 <60%

Grades and Grade Points: For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Supplementary Information: Supplementary information, announcements, and reminders will be posted on e-Learning in Canvas or the class listserv.

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>.

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: “*We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.*” You are expected to exhibit behavior consistent with this

commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: *"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-code>

Software Use:

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. Contact information: 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

- *University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575, www.counseling.ufl.edu/cwc/*
 - Counseling Services
 - Groups and Workshops
 - Outreach and Consultation
 - Self-Help Library
 - Wellness Coaching
- U Matter We Care, www.umatter.ufl.edu/
- *Career Resource Center, First Floor JWRU, 392-1601, www.crc.ufl.edu/*
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Student Complaints:

- Residential Course: <https://sccr.dso.ufl.edu/policies/student-honor-code-studentconduct-code/>

Other Information: Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Fall 2019 Tentative Class Schedule* Assignments and Date Changes will be announced

Day	Date	Topic	Assignments
W	Aug. 21	Course Introduction The Evidence: A Healthy Lifestyle for the Prevention of Chronic Disease	<ul style="list-style-type: none"> • Begin Family Health History tree – due Wed, Sept 4th.
M and W	Aug 26 AND 28	Understanding and Interpreting Scientific Articles Skin Carotenoid Scanning technology	<ul style="list-style-type: none"> • Family Health History Tree Report (cont) • Veggie Meter Measurement
W	Sept 4	Monday, Sept 2nd: No Class-HOLIDAY Dietary Guidelines and Dietary Patterns	Due: Wed Sept 4 th : <ul style="list-style-type: none"> • Family Health History Tree Due • Self-monitor #1 • Veggie Meter Score Assignment 1
M and W	Sept. 9 AND 11	Goal Setting for Health Obesity, Diabetes, Cardiovascular Disease	DUE: Wed Sept 11 th : <ul style="list-style-type: none"> • Reading/Assignment #1 (see Canvas) • QUIZ #1 in class • Self-monitor #2
M or W	Sept. 16 AND 18	Obesity, Diabetes, CVD cont. Eating for Health and Well-being.	Due Wed Sept 18 th : <ul style="list-style-type: none"> • Self-monitor #3 • Health reflection #1 • Reading/Assignment #2 (see Canvas)
M or W	Sept. 23 AND 25	Physical and Lifestyle Activity for Health and Well-being	Due Wed Sept 25 th : <ul style="list-style-type: none"> • Reading/Assignment #3 (see Canvas) • Health reflection #2 • Self-monitor #4
M or W	Sept 30 AND Oct. 2	Intuitive Eating Intro to Research Project #1: Built Environment	Due Wed Oct 2 nd : <ul style="list-style-type: none"> • Reading/Assignment #4 (see Canvas) • Veggie Meter Measurement • Self-monitor #5
M or W	Oct. 7 AND 9	Social Ecological Theory - Zip code vs. Genetic code Project Work – Inter-rater Reliability Training and Practice	Due Wed Oct 9 th : <ul style="list-style-type: none"> • Reading/Assignment #5 (see Canvas) • Health reflection #3 • QUIZ 2 in class • Self-monitor #6
M or W	Oct. 14 AND 16	Eating Out/Cooking and Shopping Stages of Change Theory	Due Wed Oct 16 th : <ul style="list-style-type: none"> • Reading/Assignment #6 (see Canvas)

			<ul style="list-style-type: none"> • Built Env Findings Report Submitted • Self-monitor #7
M or W	Oct. 21 AND 23	Problem Solving for Health Behaviors Intro to Project #2	Due Wed Oct 23rd: <ul style="list-style-type: none"> • Reading/Assignment #7 (see Canvas) • QUIZ 3 in Class • Self-monitor #8
W	Oct. 30	NO CLASS ON MONDAY, OCT 28 (project work time) Social Support for Behavior Change	Due Wed Oct 30 st : <ul style="list-style-type: none"> • Reading/Assignment #8 (see Canvas) • QUIZ 4 in class • Project #2 – Lit Review
M and W	Nov. 4 AND Nov. 6	Managing Stress for Mental Health Project #2 Introduction	Due Wed Nov 6 th <ul style="list-style-type: none"> • Reading/Assignment #9 (see Canvas) • Veggie Meter Measurement • Self-monitor #9
W	Nov. 13	Counseling Techniques and Motivation (in class)	Due Wed Nov 13 th : <ul style="list-style-type: none"> • Health reflection #4 • QUIZ 5 in class • Reading/Assignment #10 (see Canvas) • Lit Review Due
M AND W	Nov. 18 AND 20	Body Image & Discrimination in Healthcare	Due Wed Nov 20 th : <ul style="list-style-type: none"> • Self-monitor #10 • Draft 1 Due
M	Nov. 25	Project work – IN CLASS	Due Wed Nov 25 th <ul style="list-style-type: none"> • Work on project • Health Reflection #5
M and W	Dec.2 AND 4	Looking Forward – Promoting Change in Others Presentations of Findings Complete Peer Reviews	Due Wed Dec 4 th <ul style="list-style-type: none"> • Project Due and Discussion/Presentations • Completed Peer Reviews.