

UNIVERSITY OF MIAMI SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT  
KIN 235 SPRING INTERSESSION 2020 COURSE SYLLABUS

**Bulletin Description:**

Overview of current strategies and practices for healthy living, including health maintenance and disease prevention.

**Faculty Member:**

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**Course Objectives:**

- Understand and discuss the role of personal health habits in the prevention of injuries and illnesses including personal hygiene, diet and nutrition, weight control.
- Understand and discuss the relationship between typical symptoms and clinical signs and injury pathologies.
- To know and discuss the typical institution, local, and regional health care delivery systems including health care services, medical and allied health care personnel, and referral procedures.
- To recognize and discuss the prevailing misconceptions regarding the proper utilization of foodstuffs as related to common food fads, dietary supplements and weight control.
- To recognize and discuss the signs and symptoms of common eating disorders.
- To understand and discuss the principles of weight control including methods of determining body fat percentages and caloric requirements and the effect of exercise and fluid loss.
- To know and discuss and recognize the common signs and indications of mental disorders, emotional disorders, or personal and social conflicts.
- To know and discuss contemporary and community health issues and commonly available school health services, community health agencies and community based psychological and social support services. To understand and discuss the role and function of various community based medical and paramedical specialists and other health care providers.

**Requirements:**

- Be prepared to discuss course content by completing any required reading assignment prior to class (when applicable).
- Complete all assignments and submit it on the due date in the format requested. Assignments will be considered late when they are not received before the beginning of class on the due date. Work will not be accepted late and students will be assigned a zero for the assignment.
- No make-up exams are given without prior approval of the instructor and in accordance with the UM attendance policy. If a student should arrive late for an

exam, if a student has already completed the exam and left the classroom, the late student will not be allowed to take the examination and will receive a zero.

- In a group assignment or setting, each student is expected to participate and share the assignment equally. Copying, plagiarism, or utilizing someone else's work will not be tolerated.
- Out of respect for your peers & instructor, limit computer use to associated course information and materials during class time
- Cell phones and all other electronic devices should be off or on silent and put away. Electronic devices lying on a desk or constantly being checked is a distraction. Anyone using a cell phone and/or disrupting class will be asked to leave.

**Textbook:**

None

**Evaluation:**

Assignments: 20 points

Midterm:30 points

Community Articles: 10 points

Final: 40 points

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Total Points: 100 points

**Course Grading Scale:**

A + 100-98%	B+ 89-88%	C+ 79-78%	D+ 69-68%	F 59 -0%
A 97-93%	B 87-83%	C 77-73%	D 67-63%	
A- 92-90%	B- 82-80%	C- 72-70%	D- 62-60%	

**Class and Homework Assignments:**

Students will be required to complete classwork and homework assignment to supplement class discussions and lectures of chapter topics. Missed in-class assignments will not be allowed to be completed, except in the case of an excused absence. NO LATE ASSIGNMENTS WILL BE ACCEPTED a zero will be awarded!!! Collectively assignments will equal 20/100 points = 20% of final course grade.

**Community Articles:**

In order to stimulate class discussions during class meetings, students will be required to bring in a current event news article pertaining to the assigned topic. These articles must be current (within the last 12 months), devoid of content inappropriate or deemed offensive for class discussions. News articles must be printed out in a hard paper copy (no electronic submissions will be accepted), stapled, and have the student's first and last name CLEARLY printed in the top right hand corner submitted to the teacher at the start of class. The student MUST highlight important statements and content from article prior to turning it in. Students will be required to write one- page double spaced

reflection of the article stapled to the front. Students should utilize information presented in class to help guide their reflection. Please remember that we are all expected to adhere to professional behaviors in the classroom. Students who display unprofessional behaviors, including but not limited to, inappropriately responding to questions in a negative, derogatory, or threatening manner will be asked to leave class and receive a zero for that day's assignment. Collectively Community Articles will equal 10/100 points = 10% of final course grade.

**Attendance Policy:**

Attendance will be taken. Students are responsible for all missed material and assignments. Pop Quizzes cannot be made up for an unexcused absence. It is up to the instructor's discretion whether an absence is excused if it is not a University excused absence.

**University-Approved Reasons for Absences:**

· Participation in an activity approved by the Academic Deans Policy Council, such as musical and debate activity, R.O.T.C. function, or varsity athletic trip; participation in a special academic activity such as a field trip or other special event connected with academic coursework. Verification of a student's participation shall be issued by the sponsor when authorized by the Office of the Executive Vice President and Provost.

**Religious Holiday Policy:**

· Student may take off any religious holiday if the student discloses her or his specific intentions to the faculty member in writing within the first three days of class meeting. Absences due to observance of religious holy days that are not pre-arranged with the relevant faculty member within the first three class days may be considered unexcused.

When exams are provided in an electronic format; they will use lockdown software. It is the responsibility of the student to ensure he/she has their laptop on exam day with appropriate software installed without technical difficulties. Failure to bring a laptop (properly functioning) to class when an electronic exam is administered will result in a 20% deduction to their test grade.

THIS COURSE IS CONDUCTED IN ACCORDANCE WITH THE UNIVERSITY OF MIAMI UNDERGRADUATE STUDENT HONOR CODE.

**Course Content:**

\*Subject to change

**Monday March 9<sup>th</sup>, 2020:**

- Syllabus Review
- Personal Health and Healthcare
- Stress Management and Mental Health

**Tuesday March 10<sup>th</sup>, 2020:**

- Principles of Fitness
- Nutrition and Weight Management
- Community Article # 1

**Wednesday March 11<sup>th</sup>, 2020:**

- **MIDTERM EXAM**
- Reproductive Choices
- Sexually Transmitted Infections
- Intimate Partner and Sexual Violence
- Community Article # 2

**Thursday March 12<sup>th</sup>, 2020:**

- Infections
- Cardiovascular Disease
- Drugs/Alcohol
- Community Article # 3

**Friday March 13<sup>th</sup>, 2020:**

- Cancer
- Understanding Aging and Dying
- **FINAL EXAM**