

Linn-Benton Community College  
6500 Pacific Blvd SW  
Albany, OR 97321  
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**Instructor:**  
Cindy Falk

**Class Location:**  
**ONLINE**

**Credits:**  
4

**Course Description:**  
This course will provide students with an understanding of social and individual factors, personal choices, and behaviors that contribute to pre-mature death, disease, and disability.

**E-mail:** [falkc@linnbenton.edu](mailto:falkc@linnbenton.edu)

**Message phone:**  
541.917.4240

**Virtual Check-In Hours:**

MW 10 a.m. – 11 a.m.  
TR 8:30 a.m. – 9:30 a.m.  
This is the same time we would have met face-to-face so I will be available to chat or meet via Google Meet or Google Hangouts. Email is also an option during this time.

**ADA**

If you feel you need academic adjustments for any type of disability, please see me in my office during my office hours or contact the Center of Accessibility Resources at 541.917.4789

**DISCRIMINATION**

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

HE 225 - Social and Individual Health Determinants  
FALL 2020 CRNs 20665 and 27548

**COURSE MATERIALS:**

**TEXT:** *The Power of Habit, Why We Do What We Do in Life/Business*

Access to computer or tablet for work

If not let me know and we can work a different way

Email

**COURSE OBJECTIVES:** This is a survey course designed to teach students to recognize how personal behaviors and choices may lead to health issues.

**COURSE OUTCOMES:** Upon completion of the class with a C or better, a student will:

1. Define the dimensions of health and relate them to health status.
2. Analyze how predisposing factors (i.e. – beliefs, attitudes, family units) affect behavior change goals and discuss behavior change skills and techniques.
3. Demonstrate an understanding of the Ecological Health Model
4. Critically evaluate sources of health information, particularly the internet, to determine reliability and validity.
5. Identify disparities in health and the underlying reasons for differences in health risks.
6. Discover career opportunities.

**CLASS EXPECTATIONS:**

Be prepared to participate in discussion and activity  
There will undoubtedly be technology glitches, so I will give ample time for assignments to be completed. If you have an issue, please contact me via email so I can help you stay current.

**EVALUATION:**

Participation (Moodle forums)	various points
Assignments	400 points
Risk Behavior Discussions (2)	50 points
Projects (2)	100 points
<u>Self-Reflection (2)</u>	<u>100 points</u>

**GRADING SCALE:**

90% - 100%	A
80% - 89%	B
70% - 79%	C
60% - 69%	D
>59%	F

**DATES TO REMEMBER:**

Monday, October 5	last day to drop or add classes
Wed., November 11	Veterans' Day
Thur/Fri, Nov. 26,27	Thanksgiving
Mon.-Wed., Dec. 7-9	FINALS

## **Behavior Risk Discussions**

Various due dates

(25 points each)

For this assignment, you will be examining risky behaviors you engage in. You will need to find at least 1 article about the risks of the chosen behavior. The *material you use should be from a reliable source (this is not Wikipedia), should be at least 4-6 pages in length, and should be from within the last 5 years*. Using the sources listed at the end of syllabus is the place you may want to start. Turn your article in with your paper. Use the following format when completing this assignment:

- a. First, **read the material and make note of any information that discusses the RISKS** of this behavior, as well as, **information you were unfamiliar with**.
- b. Then, write your discussion paper that includes:
  - The **behavior** and the **reasons** for engaging in the behavior,
  - The **frequency** at which you engage in this behavior,
  - The **risks you subject yourself to by continuing** this behavior (use and cite information from your article),
  - The **health issues** you may already be experiencing as a result of engaging in this behavior,
  - The **path you have taken** in trying to change this behavior, or if you have not tried to change this behavior, what is holding you back
  - The situation(s) that **would have to occur** for you to change this behavior,
  - The **health benefits** you would like to experience by changing this behavior, and
  - The factors, according to the **Ecological Health Model**, that play into this behavior.  
Discuss at least **1 from each of the 4 areas** of the model.

Each of the bullet points above should be a separate paragraph so that I can see clearly that you are addressing each point. The end-product should be typed, double-spaced, and approximately 3-5 pages in length.

## **PROJECT OPTIONS**

**PROJECT #1: DUE throughout the course of the term**

**100 points**

### **Book Review**

Each week you will respond to the reading done from the book, **The Power of Habit: Why We Do What We Do in Life and Business**. I will give you questions to guide your reading. These summaries will typically be due **each Monday**.

**ALL STUDENTS will complete PROJECT 1. For your second project, you will complete any one of OPTIONS 2-6 that will be due as your mid-term exam Wednesday, November 4**

### **NOTE:**

**YOU MAY CREATE YOUR OWN PROJECT IF THERE IS A HEALTH-RELATED TOPIC IN WHICH YOU ARE INTERESTED. CHECK WITH ME TO GET THE OKAY BEFORE BEGINNING.**

#### **OPTION #2: Mental Health Research**

Mental health issues are an overwhelming health concern. While many issues are definitely mental health issues, sometimes an individual receives a mental health diagnosis when he/she may actually be suffering from a medical condition. Choose one of the following illnesses and discover how it masks itself as mental illness:

Anemia (may be relevant if you know you are anemic)

Hypoglycemia (may be relevant if you know you are affected by blood sugar issues)

Vitamin deficiencies (may be relevant if you know your nutrition is lacking: use information from your nutrition printout)

You may first need to know why and how an individual is diagnosed as mentally ill. Once you have this information, understanding how a person is misdiagnosed will be more manageable. You will need to gather at least 4 articles or pieces of research material. You may want to gather 2 articles on the chosen health issue and the signs, symptoms, and causes and 2 articles on the signs, symptoms, and causes of mental health issues (depression most likely). Each article should be 4-6 pages in length and written within the last 5 years. Using the sources listed in the syllabus is the place you may want to start. Read each article and make note of the symptoms that lead to a mental health diagnosis. Be sure that as you write, you include and cite information from your sources. Be mindful to cite your information so that plagiarism is not a problem. Your final product should be 6-8 pages, be double-spaced, and include a bibliography. **Include a bibliography with your paper.**

### **OPTION #3: Random Acts of Kindness**

### **GAUGE THE APPROPRIATENESS GIVEN THE CORONA VIRUS**

Following is a list of random acts from which you may choose, or you may generate your own list. You will complete **three acts each day for 5 days** and generate a journal of your experience. By the time you complete this, you will probably have 6-8, type-written, double-spaced pages. The idea behind this is that they are random – you take or make the opportunity to do each. Your journal should include the acts you completed AND your personal reactions to each act. Some ideas for journaling your experience may include:

- Has the experience challenged stereotypes or prejudices you have/had?
- What realizations, insights, or lessons did you learn?
- How might these experiences change the way you act or think in the future?
- How did this experience compliment or contrast what you are learning in class?
- What did you learn about yourself in completing this?

Allow someone else to go first when you are waiting in line

Ask someone how their day is going, and then LISTEN

Ask someone how you could help them today AND then HELP

Bake cookies (may deliver them to someone or just simply bake)

Buy someone's coffee

Buy someone's meal

Facetime, MarcoPolo, Google Meet or Google Hangout with friends or family versus emailing, texting, or facebook

Donate change to a cause

Dress with a "flourish" today

Give a homeless person a meal, water, a gift card, a clean blanket, a hat, a scarf, etc. (be mindful of safety issues)

Have a lights-, electronics -free evening – candles only (be sure to put them out before sleep) think board games, reading

Help a neighbor move, tend their yard, whatever they need

Hug your significant other, child, parent, JUST BECAUSE

Invite a friend to a movie night, game night - if social distancing, watch the same movie, at the same time

Learn your barista's name AND use it when ordering

Make a birdfeeder and hang it in someone's tree (carve a pumpkin and leave on doorstep, hides Easter eggs, etc.)

Make everyone in an activity feel included

Open the door for someone

Pay someone a sincere compliment

Pick up trash – be sure to use gloves and dispose of properly

Print and frame a good picture you have taken of someone and give it to him/her

Say PLEASE, THANK YOU, and YOUR WELCOME ALL DAY long

Send a card and some seeds or give a plant to someone whose garden you admire

Smile and say hello to a stranger

Speak only positive things about people or yourself all day

Ask a grandparent how he/she met / proposed

Thank your bus driver for delivering you safely to your destination

Turn all electronics off for 30 minutes and read, walk, or meditate

Write a handwritten letter to a sibling, parent, or grandparent and tell him/her what you most appreciate about him/her AND MAIL it

Write a letter to someone who has changed your life and may not know it, MAIL it

#### **OPTION 4: Review of Literature**

You may select any health topic, research that topic, and present a review of literature. Your paper should show current research on the topic with supporting documentation – this means **citations and a bibliography**. For those of you familiar with MLA or APA format, please use either format. Follow the format below in composing your paper:

##### **Review Format:**

1. The review should have 3 distinct parts:

Introduction: should explain the purpose of your research:

Step 1: **PURPOSE AND INTENT** of your research

Why are you interested in the chosen topic?

What questions do you have about the topic? Choose at least 3.

What are you hoping to learn about each question you have? List at least 1.

Body: should revolve around the important points of your topic:

This **SHOULD NOT** be a summary of each article, but a summary of your findings.

Step 1: **ANALYZE** your information

What did you find in response to your 3 questions?

On what points do most of your sources agree?

On what points do they differ?

Step 2: **EVALUATE** your information

What do your findings mean?

Did your research lead you to have more questions?

How will the topic of your paper change, or do you believe it will, in the future?

Conclusion: should include a summary of what you learned

Step 1: **INTEGRATE** your information

Did you learn what you indicated you wanted to learn?

Of what use is this information to you or to the field of health?

2. You will need to use a variety of at least 4 sources – 2 of which should be journal-based and peer-reviewed and from within the last 5 years.
3. This end-product should be typed and double-spaced and should, if well done, be approximately 6-8 pages.

**OPTION 5: Book Review** Choose 1 of the titles to read. As you read, begin your discussion with why you chose the book that you did and what you are hoping to learn. **From each chapter**, make note of at least 3 concepts that catch your attention – write these down. If you are using an e-reader (kindle, etc.) highlight these concepts and print them. From the list of 3, choose 1 and discuss your reaction to the given information. Relate this to any course material. This project will look more like a journal. If you have another book you would like to read, clear it with me first.

AUTHOR	BOOK	DIMENSION/TOPIC
Abraham, Laurie Kay	Momma Might Be Better Off Dead	physical
Amen, Daniel	Change Your Brain, Change Your Life	mental, emotional
Ankerberg, John	What's the Big Deal About Jesus	spiritual
Brizendine, Louann MD	The Female Brain	physical, mental
Brownlee, Shannon	Over-treated: Why Too Much Medicine is Making Us Sicker and Poorer	physical, mental, financial
Cahn, Jonathan	The Harbinger, The Paradigm	spiritual
Cain, Susan	Quiet	mental
Colbert, Don	Stress Less	mental, spiritual
Eldredge, John	Wild at Heart, Beautiful Outlaw	personal growth
Gates, Bill Sr.	Showing Up For Life	personal growth
Gladwell, Malcolm	Blink, The Tipping Point, The Outliers, David and Goliath	mental, social
Glass, Lillian	Toxic People	emotional
Goleman, Daniel	Emotional Intelligence	emotional, mental
Hall Ron, Moore Denver	Same Kind of Different as Me	social, spiritual
Hallowell, Edward	Crazy Busy	time management
Hnida, Katie	Still Kicking	assertiveness
Isaacson, Ruper	The Horse Boy	physical, emotional
Jamison, Kay Redfield	An Unquiet Mind	emotional, mental
Kennedy, D. James	Why I Believe	spiritual

Khalfani, Lynette	Zero Debt For the College Graduate	financial
Krogh, David	Smoking – the Artificial Passion	mental
Leaf, Caroline	My Brain? Controlling Toxic Thoughts and Emotions	mental, emotional
Linn, Susan	Consuming Kids	social, consumer
Louv, Richard	Last Child in the Woods	physical
Meyer, Joyce	Battlefield of the Mind	mental, spiritual
Moyers, William Cope	Broken: My Story of Addiction and Redemption	mental, emotional
O'Riley, Bill	Killing Jesus	spiritual
Orman, Suze	The 9 Steps to Financial Freedom	finances
Peck, Scott	Different Drum	mental
Perlmutter, David MD	Grain Brain	physical, mental
Pinker, Steven	The Blank Slate, How the Mind Works	mental
Pitino, Rick	Success is a Choice	mental
Ramsey, Dave	Total Money Makeover	finances
Rath, Tom	Strengths Finder 2.0	career/per.growth
Riley, Pat	The Winner Within	mental
Sharot, Tali	The Optimism Bias	mental
Skloot, Rebecca	The Immortal Life of Henrietta Lacks	medical ethics
Tribole, Evelyn	Intuitive Eating	physical, emotional
Volkman, Chris	From Binge to Blackout	addiction
Wansink, Brian	Mindless Eating	mental
Zimbardo, Philip	Lucifer Effect: Understanding How Good People Turn Evil	mental, emotional

### OPTION 6 - Brain Power

For this option you will discover how smoking, alcohol, **AND** caffeine affects any 1 of the following:

Brain    Bones    Kidneys    Reproductive System    Skin    Stomach

You will need 3-6 articles. As you read, you will discover that each may have MANY effects on the body part you are choosing to write about. Discover what the many effects are and mention them **AND then** explore 1 effect of **each** to examine in greater detail. Read each article and make note of the affects on the body. As you write, include information from your sources. Be mindful to cite your information so that plagiarism is not a problem. Your final product should be 6-8 pages, double-spaced, including a bibliography. Turn in your articles with your paper.

### **JOURNAL RESOURCES**

Use the Library homepage and go to Research Tools

Academic Search Premier      Academic OneFile      Opposing Views      CINAHL      Course Research Guides

Journals available through the following sites:

#### Academic Search Premier

AMAA Journal

American Journal of Public Health

American Journal of Sports Medicine

American Journal on Addictions

American Sociological Review

Amity Journal of applied Psychology

Culture, Sport, Society

International SportMed Journal

International Sports Journal

Kinesiology

Journal of Sports Science & Medicine

Measurement in Physical Education & Exercise Science

Mental Health Weekly

Mental Illness

Physical Educator

Sports Medicine

Women's Sports & Fitness

#### Academic OneFile

Aethlon: The Journal of Sport Literature

Asian Journal of Sports Medicine (AsJSM)

BMC Sports Science, Medicine and Rehabilitation

British Journal of Sports Medicine

International Journal of Sport and Exercise Psychology

JOPERD--The Journal of Physical Education, Recreation & Dance

Journal of Sport Behavior

Journal of Sports Science and Medicine

Journal of Sports Sciences

Journal of the International Society of Sports Nutrition

Measurement in Physical Education & Exercise Science

Research Quarterly for Exercise and Sport

South African Journal of Sports Medicine

Sport

Sport & Exercise Psychology Review

The American Journal of Sports Medicine

The Sport Journal