



The City University of New York
Health Education Department

Comprehensive Health Education
HED 110-0900, Room M1203
Lecture Hours: 3

Term: Spring 2019
Class Hours: Tu 9 a.m. – 11:45 a.m.
Credits: 3

Professor Yuliya Shneyderman, PhD

Office: N799T

Office Hours: Tuesdays 1 – 3 p.m., Thursdays 11:30 a.m. – 12:30 p.m., or by appointment

Email: yshneyderman@bmcc.cuny.edu

This course is designated Zero Textbook Cost. The required reading will be provided to you.

Course Description: This course in health educations offers a comprehensive approach that provides students with the knowledge, skills, and behavioral models to enhance their physical, emotional, social, intellectual and spiritual health as well as facilitate their health decision-making ability. Areas of specialization include: alcohol, tobacco and abused substances, mental and emotional health, human sexuality and family living, nutrition, cardiovascular health, environmental health and health care delivery.

Basic Skills: ENG 088; ESL 062; ACR 094

Student Learning Outcomes	Assessment
1. Students will explain and summarize 1) the concept of health and wellness; 2) various dimensions of health and how they interrelate with one another; 3) the dynamic process of making changes in health behaviors.	Exams, community health project, health news
2. Students will 1) define stress and how it affects the disease process; and 2) name and explain various stress management strategies can alter one’s life towards better health.	Exams, community health project, health news
3. Students will describe basics of emotional health and psychological disorders.	Exams, community health project, health news
4. Students will explain and match the interaction of drugs and the effects of drugs, including alcohol, tobacco and caffeine, on behavior and health.	Exams, community health project, health news
5. Students will outline and identify the components of a nutritionally sound diet and apply the principles of nutrition to a weight management program.	Exams, community health project, health news
6. Students will describe the various aspects of sexuality and its relationship to human behavior and health.	Exams, community health project, health news
7. Students will summarize 1) the concept of physical fitness; 2) the value of exercise; 3) and exercise program development as it relates to the overall concept of health	Exams, community health project, health news
8. Students will summarize 1) the factors involved in seeking health care; 2) the value of being an aware consumer; 3) and some attributes of alternative medicine.	Exams, community health project



9. Students will 1) describe the cause and effects of air, water, noise and chemical pollutants and 2) explain methods for redressing environmental health threats.	Exams, community health project, health news
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Below are the college's general education learning outcomes, the outcomes that are checked in the left-hand column indicate goals that will be covered and assessed in this course. (Check at least one.)

	General Education Learning Outcomes	Measurements (means of assessment for general education goals listed in first column)
<input checked="" type="checkbox"/>	Communication Skills- Students will be able to write, read, listen and speak critically and effectively.	Exams, community health project, health news
<input type="checkbox"/>	Quantitative Reasoning- Students will be able to use quantitative skills and the concepts and methods of mathematics to solve problems.	
<input type="checkbox"/>	Scientific Reasoning- Students will be able to apply the concepts and methods of the natural sciences.	
<input type="checkbox"/>	Social and Behavioral Sciences- Students will be able to apply the concepts and methods of the social sciences.	
<input type="checkbox"/>	Arts & Humanities- Students will be able to develop knowledge and understanding of the arts and literature through critiques of works of art, music, theatre or literature.	
<input checked="" type="checkbox"/>	Information & Technology Literacy- Students will be able to collect, evaluate and interpret information and effectively use information technologies.	Community health project, health news
<input checked="" type="checkbox"/>	Values- Students will be able to make informed choices based on an understanding of personal values, human diversity, multicultural awareness and social responsibility.	Community health project, health news

Evaluation and Requirements of Students

Exam One:	15%
Exam Two:	15%
Exam Three:	15%
Comprehensive final exam:	15%
Community Health project:	20%
Health news discussion:	10%
<u>Class participation</u>	<u>10%</u>
TOTAL	100%

Other Resources: Health Education Department Wellness Lab, N799V

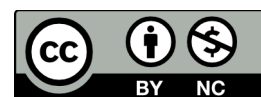
Use of Technology: BMCC Blackboard

Exam Policy

Exams will be 40 multiple choice questions each. Please bring a number 2 pencil to each exam date. If a student misses the exam for any reason, he or she must email the professor (yshneyderman@bmcc.cuny.edu) within one week of the exam date to schedule a make-up. **No make-ups will be given outside of this time frame.** The final exam is comprehensive (all material from the semester included) and will be 100 multiple choice questions.

Class Participation

Class participation will be graded based on individual and group participation, as well as attendance and on-time arrival. You will be expected to participate in class/partner/group assignments and turn in completed projects as



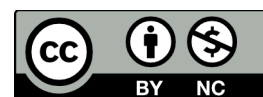
assigned. Your presence in the classroom is vital for your learning. You can earn all of the points for participation by being present in class, participating in discussions, and completing in-class assignments.

Course Outline

Week	Date	Topic + assignment
1	1/29/19	Introduction to the course. Definition of health.
2	2/5/19	Managing stress.
	2/12/19	No classes scheduled – Lincoln’s birthday
3	2/19/19	Psychological health.
4	2/26/19	Exam 1 (40 questions) Healthy relationships.
5	3/5/19	Understanding your sexuality.
6	3/12/19	Conception, contraception, STIs. Community Health project outline due.
7	3/19/19	Exam 2 (40 questions) Physical fitness.
8	3/26/19	Nutrition.
9	4/2/19	Weight management.
10	4/9/19	Becoming a responsible health consumer. Community Health project due.
11	4/16/19	Exam 3 (40 questions) Complementary and Alternative Medicine.
12	4/30/19	Preserving and protecting your environment.
13	5/7/19	Avoiding drug use and misuse.
14	5/14/19	Drinking alcohol responsibly and ending tobacco use.
15	5/21/19	Comprehensive final exam (100 questions)

BMCC is committed to the health and well-being of all students. It is common for everyone to seek assistance at some point in their life, and there are free and confidential services on campus that can help.

Single Stop www.bmcc.cuny.edu/singlestop, room S230, 212-220-8195. If you are having problems with food or housing insecurity, finances, health insurance or anything else that might get in the way of your studies at BMCC, come by the Single Stop Office for advice and assistance. Assistance is also available through the



Office of Student Affairs, S350, 212-220- 8130.

Counseling Center www.bmcc.cuny.edu/counseling, room S343, 212-220-8140. Counselors assist students in addressing psychological and adjustment issues (i.e., depression, anxiety, and relationships) and can help with stress, time management and more. Counselors are available for walk-in visits.

Office of Compliance and Diversity www.bmcc.cuny.edu/aac, room S701, 212-220-1236. BMCC is committed to promoting a diverse and inclusive learning environment free of unlawful discrimination/harassment, including sexual harassment, where all students are treated fairly. For information about BMCC's policies and resources, or to request additional assistance in this area, please visit or call the office, or email olevy@bmcc.cuny.edu, or twade@bmcc.cuny.edu. If you need immediate assistance, please contact BMCC Public safety at 212-220-8080.

Office of Accessibility www.bmcc.cuny.edu/accessibility, room N360 (accessible entrance: 77 Harrison Street), 212-220-8180. This office collaborates with students who have documented disabilities, to coordinate support services, reasonable accommodations, and programs that enable equal access to education and college life. To request an accommodation due to a documented disability, please visit or call the office.

College Attendance Policy

At BMCC, the maximum number of absences is limited to one more hour than the number of hours a class meets in one week. For example, you may be enrolled in a three-hour class. In that class, you would be allowed 4 hours of absence (not 4 days). In the case of excessive absences, the instructor has the option to lower the grade or assign an F or WU grade.

BMCC Policy on Plagiarism and Academic Integrity Statement

Plagiarism is the presentation of someone else's ideas, words or artistic, scientific, or technical work as one's own creation. Using the idea or work of another is permissible only when the original author is identified. Paraphrasing and summarizing, as well as direct quotations, require citations to the original source. Plagiarism may be intentional or unintentional. Lack of dishonest intent does not necessarily absolve a student of responsibility for plagiarism. Students who are unsure how and when to provide documentation are advised to consult with their instructors. The library has guides designed to help students to appropriately identify a cited work. The full policy can be found on BMCC's Web site, www.bmcc.cuny.edu. For further information on integrity and behavior, please consult the college bulletin (also available online).

BMCC Grading System

Grade	Percentage	Points
A	93-100%	4.0
A-	90-92%	3.7
B+	87-89%	3.3
B	83-86%	3.0
B-	80-82%	2.7
C+	77-79%	2.3
C	73-76%	2.0
C-	70-72%	1.7
D+	67-69%	1.3
D	63-66%	1.0
D-	60-62%	0.7
F	0-59%	0.0
NC	No credit, only allowed for first time freshmen	



WN Never attended
WU Withdrew unofficially (same as F, stopped coming to class without withdrawing)
INC Work is incomplete. May make-up work by, or grade is converted to F.





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Name _____

Preferred name _____

Preferred pronoun _____

Email address _____

In the subject of health, I am most interested in learning about _____

In 5 years, I will _____

I, the undersigned, agree that I have read and understand my obligations according to the syllabus for HED 110 Comprehensive Health Education in the Spring of 2019. I also understand that should I fail to hand in assignments, sit for examinations, and/or miss class regularly without officially withdrawing from the class my grade will be adversely affected.

Signature: _____

Date: _____

