KINE 3312 - Principles of Health Promo-WIN: Principles of Health Promo-WIN (SSII - July 08 to Aug 08)
Summer 2024 Syllabus, Section 480, CRN 51529

Instructor Information

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Times and Location

Does Not Meet Face-to-Face

Course Description

This course introduces candidates to the theory, processes, activities, settings, and applications for health promotion practice in community and school settings. This course is 3 hours of theory per week.
Health Sciences Department, College of Nursing&Health Sci

WIN-Designation

This course is designated as a writing-intensive (WIN) course. In this course, writing will not only be the subject of study, but it will also serve as a method of learning. Students will learn how communication in written, oral, and visual forms change according to purpose and genre. Brainstorming, drafting, revising, and peer-workshopping are integrated into the course curriculum and are the required components of this writing-intensive course. The final Research Paper is the designated assignment for WIN assessment.

Student Learning Outcomes

Upon successful completion of this course, each student will:

CO1: Discuss and synthesize current issues in health, physical activity, and wellness.

CO2: Explain theories/models for health promotion program planning and implementation in community/public health settings.

CO3: Develop a quality wellness program for the individual and community.

Important Dates

Visit the Academic Calendar (tamiu.edu) (https://www.tamiu.edu/academiccalendar/) page to view the term's important dates.

Textbooks

Group	Title	Author	ISBN
Required	Introduction to health promotion	Snelling	9781118455296
	Publication manual of the American Psychological Association (7th Edition)	American Psychological Association	

Grading Criteria

CNHS has established grading policies specific to each program. The KINE adopted University Grading Policies without D as the passing grade. Therefore, to pass a Kinesiology course and progress in the program, a student must attain an overall course average of 70% or higher.

GRADE	PERCENTAGE
A	90-100
B	80-89.9
C	70-79.9
F	Below 70

Open Boilerplate

ASSIGNMENT	VALUE
Quiz (12x5 points)	60
Critical Thinking Discussion (8 x 5 points)	40
Article Summary-Critique (4 x 20 points)	80
Midterm Exam (20 points)	20
Final Exam (20 points)	20
Final Term Paper (80 points)	80

Schedule of Topics and Assignments

Week of	Agenda/Topic	Reading(s)	Due
7/8	Health Promotion Health Behavior Change Theories	Ch 1 , Review PPT Ch 2	quiz 1 Critical Thinking Discussion 1 Quiz 2 Critical Thinking Discussion 2
7/15	Program Planning Models Tobacco Use	Ch 3, Review PPT Read Article Ch 4 Read Article	Quiz 3 Article Summary Critique Paper 1 Quiz 4 Article Summary Critique Paper 2
7/22	Eating Behaviors Physical Activity Behaviors Midterm Stress, Emotional well-being, and mental health	Ch 5, Review PPT Read Article Ch 6, Review PPT Ch 7, Review PPT, Read article	Quiz 5 Article Summary Quiz 6 Critical Thinking Discussion 3 Quiz 7 Article Summary Critique 3
7/29	Clinical Preventitive Services National and State Initiatives to Promote Health and Well Being Settings for Health Promotion	Ch 8, Review PPT Ch 9, Review PPT Ch 10, Review PPT	Quiz 8 Critical Thinking Discussion 4 Quiz 9 Critical Thinking Discussion 5 Quiz 10 Critical Thinking Discussion 6

8/5	Health Promotion related Organizations, Associations, and Certifications Trends in Health Promotion Final	Ch 11, Review PPT Ch 12, Review PPT	Quiz 11 Critical Thinking Discussion 7 Quiz 12 Critical Thinking Discussion 8 Final Exam Final Term Paper

Distance Education Courses

Online Courses and On-Campus Meetings

Texas Administrative Code (TAC), Title 19, Part 1, Chapter 2, Subchapter J, Section 2.202 (https://texreg.sos.state.tx.us/public/readtac$ext.TacPage/?sl=R&app=9&p_dir=&p_rloc=&p_tloc=&p_ploc=&pg=1&p_tac=&ti=19&pt=1&ch=2&rl=202), defines distance education as the formal educational process that occurs when students and instructors are not in the same physical setting for the majority (more than 50%) of instruction. Distance education includes hybrid and 100% online courses and programs as defined by the Texas Higher Education Coordinating Board (THECB):

- **Hybrid Course** - A distance education course in which more than 50 percent but less than 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations.
- **100-Percent Online Course** - A distance education course in which 100 percent of instructional activity takes place when the student(s) and instructor(s) are in separate physical locations. **Requirements for on-campus or in-person orientation, testing, academic support services, internships/fieldwork, or other non-instructional activities do not exclude a course from this category.**

In this online course, be sure to confirm what in-person meetings may be required of you (if applicable).

Course Structure

This class is fully online. That is, self-oriented and directed study is crucial to pass this class. Please carefully read the course syllabus and mark the important due dates.

This course consists of twelve modules, and each module covers one chapter in the textbook. After studying each chapter, you need to complete a quiz related to the chapter (module). There are two exams: a mid-term exam (Exam 1) and a final exam. There are also thirteen writing assignments (8 discussion forms, 4 Article Summary Critiques, and a final term paper). You can find detailed information from the course syllabus and Blackboard.

1. All you need to successfully pass this course will be found under the "CONTENT" tab which you can find under the course menu bar.

2. To reach the teaching materials, quizzes, and writing assignments, click each module. You will see PDF PPT presentation files and quizzes for each module, as well as links to PDF articles, and discussion board topics for specific modules.

3. You can take each quiz twice and the highest score will be recorded as your grade.

4. The mid-term (Exam 1) and Final exam will be found below the Module 6 and Module 12 folders, respectively.

5. The term paper will be found below the Module 12 folder.

6. All tests require Respondus Lockdown Browser.

Keep in mind that there will be no make-up post-tests or exams because you will have enough days for each module and exam! No late writing assignments will be accepted either! This is why you need to mark the due dates on your calendar!

The Instructor will respond to students questions or request within 2 days after receiving students email or message except on weekends. In case the student requests a live chat, it will also be scheduled in 2 days.

Course Communication Guidelines (Netiquette)

There are course expectations concerning etiquette or how we should treat each other online. We must consider these values as we communicate with one another. Visit **Instructional Technology and Distance Education Services' web page on Netiquette (http://www.tamiu.edu/distance/students/netiquette.shtml/)** for further instruction.

Accommodations/Accessibility Policy

Texas A&M International University seeks to provide reasonable accommodation for all qualified persons with disabilities. This University will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford

equal educational opportunity. It is the student's responsibility to register with the Director of Student Counseling and to contact the faculty member in a timely fashion to arrange for suitable accommodation. For more information, contact the online at **Office of Disability Services for Students (DSS)**, via phone at 956.326.3086 or by visiting the staff at the Student Center, room 118. A link to the Disabilities Services for Students site has also been included under the "Resources" tab inside the course.

Student Support Resources

The University wishes to have all students succeed in their courses. To provide support to our students, an array of services in the areas of technology support, academic support, student support, and accessibility support may be found at the University. For more information, visit the Instructional Technology and Distance Education Services page on **University Resources and Support Services**.

Computer/Technology Requirements

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Online students will need regular access to a personal computer that runs on a broadband Internet connection.

It is recommended that you meet the technical requirements listed on the Instructional Technology and Distance Education Services' webpage when using the learning management system (LMS) of the University.

Additional Hardware. For this class, you will need the following additional hardware: **[***list any additional required hardware here. Additionally, and if applicable, you may use the following statement****:]* Recently purchased laptops may have these built-in web cameras. If you do not have this equipment, it is recommended to purchase a stand-alone webcam, microphone, or a webcam with a built-in microphone from your local electronic store or any online store.

NOTE: Instructional Technology and Distance Education Services may check out available webcams to students on a first-come, first-served basis. To check out a webcam, please stop by Killam Library, Room 259, and request an available webcam.

Additional Software. You will need the following additional software: *[list any additional software required here. Additionally, and if applicable, you may use the following statement:]* TAMIU Students may access online versions of this software through their Dusty Office 365 account at **https:// dusty.tamiu.edu/**. This site also provides students access to download the Microsoft suite for educational use. **See instructions for downloading the Microsoft Office suite**.

Note: Students, if you do not own the required hardware or software or do not have access to the Internet, it will be highly challenging for you to make any progress in this class. However, my goal is to assist you in finding solutions and guide you appropriately most of the required materials can either be found free of charge at TAMIU's library, classrooms, and available computer labs. **Visit Media Services' web page on the availability of on-campus computer labs.** In addition, you may also purchase any of these items at any electronic store.

Learning Management System (Blackboard)

Students are provided with an orientation (*eLearning (Blackboard) Student Orientation*) and access to guides on how to use the Blackboard LMS. Guides may be available at **Instructional Technology and Distance Education Services' Student eLearning Tutorial Videos page** or by contacting the eLearning team at **elearning@tamiu.edu**.

Minimum Technical Skills Expected

When participating in distance education courses, it is vital to consider the technology involved in order to have a successful course. Students in distance education should have knowledge of basic computer and Internet skills, as mentioned on the **Instructional Technology and Distance Education Services' webpage**.

Technical Support Services

Because of the nature of distance education courses, the Office of Information Technology (OIT) computing and information services are vital to the success of online students. This webpage covers contact information for Distance Education Services (Blackboard Support), the OIT Help Desk, and E-mail support: **Technical Support Services**.

Grading Scale/Schema (after Grade Breakdown section)

In determining the final course grade, the following scale is used in percentage or point value.
- *90-100 = A*
- *80-89.9 = B*
- *70-79.9 = C*
- *Below 70 = F*

Late Work Policy

No late work will be accepted. Pay close attention to due dates!

Course Evaluation

At the end of this course, students are encouraged to complete a course evaluation that will be distributed to them via email and through a course link.

Proctoring

[Respondus LockDown Browser/Monitor OR Examity. Contact elearning@tamiu.edu for the syllabus statement and other information.]

Accessibility and Privacy Statements on Course Technologies

At Texas A&M International University, we believe that all students should have equal technology opportunities in the classroom. These technologies/sites may also require user data, such as the creation of a username and password. You may find the accessibility and privacy policies of the technologies used in this class on the following pages: **Accessibility Statements and Privacy Statements**.

Syllabus Subject to Change

While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.