



**Community Health Worker Program
Department of Human Services Technology
Coleman College**

CHLT 1302 – Wellness and Health Promotion

CRN 638932

Fall 2010

Coleman Campus – Room 461; 11am. – 12:30pm., Thursdays
A three hour lecture course/ e-learning / 16 weeks

Instructor: Elizabeth Kelly, Ph.D.

Instructor Contact Information: 713-718-5510 (HCC phone)

Elizabeth.kelly@hccs.edu (email)

Office location and hours: by appointment; after class or through Skype

Course Description

.CHLT 1302 - Overview of wellness theory and its application throughout the life span. Focus is on attitude development, impact of cultural beliefs, and communication of wellness. Includes health behavior theories and approaches to behavior modification.

Prerequisites: N/A

Course Goal

Students will learn about, develop and be able to implement wellness theory as it relates to the community they serve and to breast health specifically.

Student Learning Outcomes

Each student will be able to:

1. Define wellness and health promotion
2. Explain personal, social, cultural, nutritional, and environmental components of wellness
3. Correlate concepts of wellness and healthy lifestyle
4. Develop specific health promotion strategies for various populations, including primary, secondary, and tertiary prevention strategies
5. Recognize and appropriately respond to beliefs, values, culture, and languages of the population served;

6. Evaluate the success of existing and newly developed health promotion strategies

Learning Objectives

Students will:

1. Define health and wellness within the context of their experience and community
2. Review five components of wellness
3. Interpret the relationship of wellness to life style
4. Design community based health strategies for breast health
5. Plan community based motivational interventions for breast health
6. Assess responses of community members to breast health promotion strategies

SCANS or Core Curriculum Statement and Other Standards

16 WEEK CALENDAR

WEEK ONE - September 2, 2010

Course Orientation

WEEK TWO – September 9, 2010

Consideration of health and wellness from the personal and community view point

WEEK THREE – September 16, 2010

Understanding strategies for health and wellness promotion

WEEK FOUR – September 24, 2010

Explore components of wellness

WEEK FIVE – September 30, 2010

Explain wellness components as they relate to breast health

WEEK SIX – October 7, 2010

Create health and wellness strategies for breast health

WEEK SEVEN – October 14, 2010

Plan health and wellness strategies for breast health

WEEK EIGHT – October 21, 2010

Write health and wellness strategies for breast health

WEEK NINE – October 28 & 29, 2010

Texas Breast Health Summit

WEEK TEN – November 4, 2010

Organize health promotion strategies according to four variables

WEEK ELEVEN – November 11 and November 13, 2010

Collect health promotion strategies that reflect the community

WEEK TWELVE – November 18, 2010

Develop new health promotion community based health promotion strategies

WEEK THIRTEEN – November 25, 2010 (Thanksgiving)

WEEK FOURTEEN – December 2, 2010

Assess current health promotion strategies

WEEK FIFTEEN – December 9, 2010

Predict outcomes for newly developed health promotion strategies

WEEK SIXTEEN - December 16, 2010

FINAL EXAM

Instructional Methods

CHLT 1302 is a required course for: a) Department of State Health Services (DSHS) certification as a CHW, b) required courses to apply toward an Associate Degree (AA) from Houston Community College, and c) for a Marketable Skills Award (MS).

As a certified CHW Instructor and community health nurse, I regard my responsibilities as a teacher to: engage each student in the class, demonstrate inclusiveness, be non-judgmental, aware of different learning styles, recognize the influence of culture on both personal learning and responses, encourage questioning and seek understanding within a participatory learning environment that actively encourages openness to knowledge and experience through discussion and learning activities, and to help students experience and demonstrate increased knowledge of each core competency and their role as a CHW Breast Health Navigator (CHW-BHN)

Student Assignments

Learning assignments are developed from the point of view of the adult learner. Therefore it is important that students participate in their own learning through the classroom, group work, and individual assignments. Assignments will be given in class, others via e-learning, and some will come from community based activities.

Texas Breast Health Summit Committee Meeting - Thursday, September 16, 2010
2:00pm

Komen – Race for the Cure - Saturday, October 2, 2010

Texas Breast Health Summit - Thursday, and Friday, October 28 & 29, 2020

HCC Community Health Worker CEU offering – Saturday, November 13, 2010

Resource identification and development

Assessments

Learning assessments will take place during

- ✓ In class participation and activities 30%
 - Class participation, promptness
 - Weekly learning journals (written)
 - Weekly documentation related to wellness and healthy lifestyle (written)

- ✓ On-line learning and use of technology 30%
 - Weekly reading and discussion postings
 - iTouch assignments related to wellness components
 - Flip phone assignments related to health promotion strategies
 - Identify useful Internet links with each weekly posting

- ✓ Final exam 20%
 - Develop a CHW case study for breast health
 - Identify issues appropriate for the CHW role
 - Identify appropriate health promotion strategies and resources related to the issue/need
 - Describe CHW roles and skills appropriate for the patient and the setting
 - Outline follow-up strategies for change and increasing health literacy
- ✓ Community projects 20%
 - Attend Breast Health Summit Committee Meeting
 - Participate in the Komen – Race for the Cure
 - Attend Breast Health Summit
 - Attend HCC CHW continuing education offering
 - Attend breast health fairs
 - Share CHW learning experiences within your community

A grading rubric will be provided that further explains the four parts for each learning assessment component.

Instructional Materials

Provided in class and through e-learning

HCC Policy Statement – ADA

Services to Students with Disabilities

Students who require reasonable accommodations for disabilities are encouraged to report to Raj Gupta at 713-718-7631 to make necessary arrangements. Faculty is only authorized to provide accommodations by the Disability Support Service Office

HCC Policy Statement: Academic Honesty

A student who is academically dishonest is, by definition, not showing that the coursework has been learned, and that student is claiming an advantage not available to other students. The instructor is responsible for measuring each student's individual achievements and also for ensuring that all students compete on a level playing field. Thus, in our system, the instructor has teaching, grading, and enforcement roles. You are expected to be familiar with the University's Policy on Academic Honesty, found in the catalog. What that means is: If you are charged with an offense, pleading ignorance of the rules will not help you. Students are responsible for conducting themselves with honor and integrity in fulfilling course requirements. Penalties and/or disciplinary proceedings may be initiated by College System officials against a student accused of scholastic dishonesty. "Scholastic dishonesty": includes, but is not limited to, cheating on a test, plagiarism, and collusion.

Cheating on a test includes:

- Copying from another students' test paper;
- Using materials not authorized by the person giving the test;
- Collaborating with another student during a test without authorization;
- Knowingly using, buying, selling, stealing, transporting, or soliciting in whole or part the contents of a test that has not been administered;
- Bribing another person to obtain a test that is to be administered.

Plagiarism means the appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit.

Collusion mean the unauthorized collaboration with another person in preparing written work offered for credit. Possible punishments for academic dishonesty may include a grade of 0 or F in the particular assignment, failure in the course, and/or recommendation for probation or dismissal from the College System. (See the Student Handbook)

HCC Policy Statements

Class Attendance - It is important that you come to class! Attending class regularly is the best way to succeed in this class. Research has shown that the single most important factor in student success is attendance. Simply put, going to class greatly increases your ability to succeed. You are expected to attend all lecture and labs regularly. You are responsible for materials covered during your absences. Class attendance is checked daily. Although it is your responsibility to drop a course for nonattendance, the instructor has the authority to drop you for excessive absences.

If you are not attending class, you are not learning the information. As the information that is discussed in class is important for your career, students may be dropped from a course after accumulating absences in excess of 12.5% hours of instruction. The six hours of class time would include any total classes missed or for excessive tardiness or leaving class early.

You may decide NOT to come to class for whatever reason. As an adult making the decision not to attend, you do not have to notify the instructor prior to missing a class. However, if this happens too many times, you may suddenly find that you have “lost” the class.

Poor attendance records tend to correlate with poor grades. If you miss any class, including the first week, you are responsible for all material missed. It is a good idea to find a friend or a buddy in class who would be willing to share class notes or discussion or be able to hand in paper if you unavoidably miss a class.

Class attendance equals class success.

HCC Course Withdrawal Policy

If you feel that you cannot complete this course, you will need to withdraw from the course prior to the final date of withdrawal. Before, you withdraw from your course; please take the time to meet with the instructor to discuss why you feel it is necessary to do so. The instructor may be able to provide you with suggestions that would enable you to complete the course. Your success is very important. Beginning in fall 2007, the Texas Legislature passed a law limiting first time entering freshmen to no more than **SIX** total course withdrawals **throughout** their educational career in obtaining a certificate and/or degree.

To help students avoid having to drop/withdraw from any class, HCC has instituted an Early Alert process by which your professor *may* “alert” you and HCC counselors that you might fail a class because of excessive absences and/or poor academic performance. It is your responsibility to visit with your professor or a counselor to learn about what, if any, HCC interventions might be available to assist you – online tutoring, child care,

financial aid, job placement, etc. – to stay in class and improve your academic performance.

If you plan on withdrawing from your class, you **MUST** contact a HCC counselor or your professor prior to withdrawing (dropping) the class for approval and this must be done **PRIOR** to the withdrawal deadline to receive a “W” on your transcript. **Final withdrawal deadlines vary each semester and/or depending on class length, please visit the online registration calendars, HCC schedule of classes and catalog, any HCC

Registration Office, or any HCC counselor to determine class withdrawal deadlines. *Remember to allow a 24-hour response time when communicating via email and/or telephone with a professor and/or counselor. Do not submit a request to discuss withdrawal options less than a day before the deadline.* If you do not withdraw before the deadline, you will receive the grade that you are making in the class as your final grade.

Repeat Course Fee

The State of Texas encourages students to complete college without having to repeat failed classes. To increase student success, students who repeat the same course more than twice, are required to pay extra tuition. The purpose of this extra tuition fee is to encourage students to pass their courses and to graduate. Effective fall 2006, HCC will charge a higher tuition rate to students registering the third or subsequent time for a course. If you are considering course withdrawal because you are not earning passing grades, confer with your instructor/counselor as early as possible about your study habits, reading and writing homework, test taking skills, attendance, course participation, and opportunities for tutoring or other assistance that might be available.

Classroom Behavior

As your instructor and as a student in this class, it is our shared responsibility to develop and maintain a positive learning environment for everyone. Your instructor takes this responsibility very seriously and will inform members of the class if their behavior makes it difficult for him/her to carry out this task. As a fellow learner, you are asked to respect the learning needs of your classmates and assist your instructor achieve this critical goal.

Use of Camera and/or Recording Devices

As a student active in the learning community of this course, it is your responsibility to be respectful of the learning atmosphere in your classroom. To show respect of your fellow students and instructor, you will turn off your phone and other electronic devices, and will not use these devices in the classroom unless you receive permission from the instructor.

Use of recording devices, including camera phones and tape recorders, is prohibited in classrooms, laboratories, faculty offices, and other locations where instruction, tutoring, or testing occurs. Students with disabilities who need to use a recording device as a reasonable accommodation should contact the Office for Students with Disabilities for information regarding reasonable accommodations

Instructor Requirements

As your Instructor, it is my responsibility to:

- Provide the grading scale and detailed grading formula explaining how student grades are to be derived
- Facilitate an effective learning environment through class activities, discussions, and lectures
- Adequate description of special projects or assignments that includes student planning
- Inform students of policies such as attendance, withdrawal, tardiness and make up
- Provide the course outline and class calendar which will include a description of any special projects or assignments
- Arrange to meet with individual students before and after class as required

To be successful in this class, it is the student's responsibility to:

- Attend class and participate in class discussions and activities
- Read and comprehend the assigned readings
- Complete the required assignments
- Ask for help when there is a question or problem
- Keep copies of all paperwork, including this syllabus, handouts, all assignments and community participation
- Complete the field study with a 70% passing score

Program/Discipline Requirements

Grading

Your instructor will conduct learning assessments and assignments that you can use to determine how successful you are at achieving the course learning outcomes (mastery of course content and skills) outlined in the syllabus. If you find you are not mastering the material and skills, you are encouraged to reflect on how you study and prepare for each class. Your instructor welcomes a dialogue on what you discover and may be able to assist you in finding resources on campus that will improve your performance.

Grading Scale

90 - 100 = A

80 - 89 = B

$$70 - 79 = C$$