

HSC 6037 – PHILOSOPHY AND PRINCIPLES OF HEALTH EDUCATION

Department of Health Education & Behavior

University of Florida

Fall 2010, Section #7177***Meeting Information:***

T 7 1:55pm – 2:45pm, FLG-285

R 6-7 12:50pm – 3:50pm, FLG-285

A. CONTACT INFORMATION*Instructor:*

Dr. R. Morgan Pigg, Jr.

FLG-5, P.O. Box 118210

EML: rmpigg@hhp.ufl.edu

TEL: 352-392-0583 ext. 1281

FAX: 352-392-1909

WEB: <http://hhp.ufl.edu/dir/links/piggR.php>*Department Chair:*

Dr. Jay Bernhardt

FLG-5, P.O. Box 118210

EML: jbernhardt@hhp.ufl.edu

TEL: 352-392-0583 ext. 1295

FAX: 352-392-1909

B. COURSE CATALOG DESCRIPTION

HSC 6037 – *Philosophy and Principles of Health Education* (3 credits). History, philosophy, and ethics; theories of health behavior and principles of learning; areas of professional specialization; roles and functions of professional health educators; certification and continuing education; trends.

C. COURSE TEXTBOOKS

Cottrell RR, Girvan JT, McKenzie JF. *Principles and Foundations of Health Promotion and Education*, Allyn and Bacon, Boston, MA, 4th Edition, 2009

Pipher M. *Reviving Ophelia: Saving the Selves of Adolescent Girls*, Ballantine Books, New York, NY, 1994

LeBaron C. *Gentle Vengeance: An Account of the First Year at Harvard Medical School*, Penguin Books, New York, NY, 1994 (Your instructor will provide copies of this book.)

D. COURSE ACTIVITIES

Instructions for Book Critiques: Give your candid assessment of each book, positive or negative. What did you learn from each book? What do you consider each book's most important message? Come to class prepared to discuss your views. For each critique submit: (1) a cover sheet with the book title, your name, the course (HSC 6037), and the semester/year; (2) a typed double-spaced critique of 500 words or less. Staple the materials in the upper-left corner, with the cover sheet on top. (No folders, binders, spines, report covers, or notebooks.)

1. Critique of *Gentle Vengeance*, by Dr. Charles LeBaron. (Your instructor will provide copies of this book.) I'm not looking for anything in particular here. Just come to class prepared to talk about what you thought of the book.

Gentle Vengeance Book Critique Due: **September 28, 2010 (T)**

Excerpt: The extraordinary fact about living creatures, living processes, is the structure, the order they manifest in the midst of disorder. Each process is interlocked, each life depends on another, the prey upon the predator, the predator upon the prey, cycle upon cycle, pathway branching into

pathway in a web of inconceivable beauty. We don't exist as units alone in an inanimate world but as part of that intricate web. It is this sense of location in the midst of loneliness, repose in the midst of chaos, that constitutes the aesthetic and the real reason for the study of the chemistry of living things. (p. 136)

2. Critique of *Reviving Ophelia*, by Dr. Mary Pipher. Come to class prepared to discuss these questions. What does contemporary American culture tell young women about the relationship between appearance and worth? How do media and culture affect relationships with parents and peers? Where do boys fit in this picture? What actions can educators and community health professionals take to reduce the risk factors for adolescent females identified in the book?

Reviving Ophelia Book Critique Due: **October 12, 2010 (T)**

Excerpt: Often what hurts in the short term is ultimately rewarding, while what feels good in the short term is ultimately punishing. This concept is hard for adolescents to grasp, but important for their growth into adulthood. (p. 157)

3. Paper and Presentation on Your Philosophy of Health Education.

a. Philosophy Paper. Prepare a **paper of about 1,000 words**. You decide how to structure your paper in terms of tone, content, organization, and overall approach. For example, you could use a conversational narrative (first person) approach, or a "term paper" approach. Describe your professional philosophy of Health Education. You can discuss your personal philosophy of life and health as well.

Philosophy Paper Due: **December 2, 2010 (R)**

b. Class Presentation. Prepare a **10-15 minute presentation** to share with your classmates. The session is interactive. Your classmates will make comments and ask questions. Talk about your professional philosophy of Health Education. You can discuss your personal philosophy of life and health as well. You may use handouts and electronic media.

Class Presentation Dates: Your individual presentation date will be determined by random assignment of dates for the entire class. Tentative presentation dates include:

October 26, 2010 (T); October 28, 2010 (R); November 2, 2010 (T); November 4, 2010 (R);
November 9, 2010 (T); November 16, 2010 (T); November 18, 2010 (R); November 23, 2010 (T);
November 30, 2010 (T); December 2, 2010 (R); December 7, 2010 (T)

My Presentation Date: _____

4. Final Examination on Course Content and Readings. The final exam will reflect broad topics and concepts from the course. We will discuss some topics in class. You will cover other topics by studying handouts and reading selected textbook pages as indicated in the course study guide. When you prepare for the exam, study notes you take during class. If specific pages are cited, or specific handouts noted, include those items in your preparation. Develop a plan now for completing the readings and activities specified in the course study guide. The exam will be challenging. Don't wait too late to begin your preparation.

Examination Date, Time, and Location

12:30pm-2:30pm, Friday, December 17, 2010, FLG-28 (17c)

5. Field Trip (Tentative)

6. Course Evaluation.

E. STUDENT ASSESSMENT

Point scale for final grades:

A+	=	681 - 700
A	=	651 - 680
A-	=	631 - 650
B+	=	611 - 630
B	=	581 - 610
B-	=	561 - 580
C+	=	541 - 560
C	=	511 - 540
C-	=	491 - 510
D+	=	471 - 490
D	=	441 - 470
D-	=	421 - 440
E	=	Below 421

Sources of points for final grade:

Book Critique (<i>Gentle Vengeance</i>)	100
Book Critique (<i>Reviving Ophelia</i>)	100
Philosophy Paper and Presentation	250
Final Examination	250

Maximum Point Total	700
----------------------------	------------

F. IMPORTANT DATES*

Holiday (Labor Day)	September 6, 2010 (M)
Book Critique Due (<i>Gentle Vengeance</i>)	September 28, 2010 (T)
Book Critique Due (<i>Reviving Ophelia</i>)	October 12, 2010 (T)
Homecoming	October 15-16, 2010 (F, Sa)
Holiday (Veterans Day)	November 11, 2010 (R)
Holiday (Thanksgiving)	November 25-26, 2010 (R, F)
Philosophy Paper Due	December 2, 2010 (R)
Individual Class Presentations Due	(To Be Scheduled)
Class Field Trip Due	(Tentative)
Course Evaluation	December 2, 2010 (R)
Last Class (HSC 6037)	December 7, 2010 (T)
Classes End (UF)	December 8, 2010 (W)
Reading Days (UF)	December 9-10, 2010 (R, F)
Final Exams (UF)	December 11, 13-17, 2010 (Sa, M-F)
Final Examination (HSC 6037)	12:30pm-2:30pm, Friday, December 17, 2010
Commencements/UF	December 17-18, 2010 (F, Sa)

*Due dates may change.

G. GENERAL COURSE INFORMATION

Attendance. I expect you to attend class and participate in course activities. If you cannot attend class, please let me know in advance if possible, or as soon as feasible. University policy requires that classes meet at the published final examination period. Please do not make travel plans until you review the final examination schedule for this semester.

Accommodations. If you registered through the Disabilities Resource Program in the Dean of Students Office (392-1261), and you need specific accommodations for the course, I will gladly provide those accommodations. If you did not register formally, but you know you have behavioral or learning disabilities or other issues that might affect your performance in the course, tell me and I will help you.

Classroom Courtesy. You may leave the classroom at any time if necessary. Turn cell phones off or place them on vibrate or visual alert. No text messaging. Do not talk during films, guest presentations, or course lectures. University policy does not allow eating or drinking in any classroom. (You can drink water.)

Due Dates. Submit assignments on or before the due date. Work submitted late may not receive full credit. Keyboard all assignments, and double-space your work. I may need to keep the original document for my files, so keep a copy of the work you submit. If you have a problem with an assignment, talk with me about it. If you must miss a test, tell me in advance if possible, and I will arrange a make-up time for you.

Office Hours. My office hours are posted in the Department suite at FLG-5. You can schedule an appointment to make sure I am available. Contact me in the way that best suits you: in person, regular mail, email, telephone, or notes.

Personal Integrity. I expect and assume you will be honest with me in all aspects of your conduct regarding our course. In return, I will do the same with you. By formally registering for coursework at the University of Florida, you agreed to abide by the following statements. I agree to abide by the statements as well.

"I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University."

"All faculty, staff and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate."

"We, the members of the University of Florida, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."

Email Account. Obtain a personal *GatorLink* email account on the 5th floor (E520) of the Computer Science and Engineering (CSE) Building. Bring your UFID card.

Policy on Recommendations. I will consider preparing recommendations for graduate programs, professional schools, internships, scholarships, and jobs if you receive an A- or A grade in the course.

H. RESOURCES FOR PERSONAL AND CAREER COUNSELING

Career Resource Center, J. Wayne Rietz Union, 392-1601
Counseling and Wellness Center, 3190 Radio Road, 392-1575

I. GUIDING QUESTIONS

How do Health Educators view *optimal health* and related terms?
What theories explain the origins and effects of disease?
What biological and behavioral risk factors influence personal health status?
What lessons can health educators learn from studying the origin and history of the profession?
What characteristics and attributes define a discipline?
What characteristics and attributes define a profession?
Which disciplines contribute to forming the core foundations for the profession?
What unique roles and functions do Professional Health Educators fill in society?
How do Health Educators define *primary, secondary, and tertiary prevention*?
What areas of specialization exist within the profession?
What constitutes quality professional preparation in the profession?
How may Health Educators maintain quality control among practitioners and preparation programs?
What options for continuing education exist in the profession?
What organizations, agencies, resources, and services exist to support the profession?
How may educational theories and principles of learning be applied to the profession?
How may health educators apply theories of health behavior in program planning and evaluation?
How may the terms *philosophy* and *ethics* be defined?
What principles of ethical conduct guide research and practice in the profession?
How do you describe the ultimate goal of Health Education?
How do personal views of "philosophy and ethics" influence forming a professional philosophy?
What national and international changes currently influence the profession?
How do advances in information technology influence professional practice?
How will research in genetics and medical genomics affect the profession in the future?
What other critical issues does the profession face in the future?