

HED 330: Consumer Health

M/W/F 12:00 – 12:50

Pullium 37

Instructor: Denise Demers

Email: ddemers@siu.edu

Instructor Office: Pullium 108

Office Hours: Monday 1 – 3 pm

Tuesday 10a – 12p

OR BY APPOINTMENT

Faculty Advisor: Dr Kim Miller

Office Location: Pullium 307

Phone: 1-618-453-2777 (Main Office)

Course Description

This course is intended to provide students with a framework for evaluating consumer health information. The course also provides students with tools and resources to identify, evaluate, and validate product information used in the delivery of health care, health services, and other health behaviors.

Course Objectives

At the conclusion of this course, students will be able to:

- Define Consumer Health
- Examine consumer rights, responsibilities, and resources with regard to the American health care system, health fraud, and health insurance.
- Discuss consumer information about medications, complementary and alternative medicine, and dietary supplements.
- Examine consumer weight management products
- Examine and evaluate advertisements
- Discuss consumer protection
- Examine consumer decisions with regard to their individual health, including but not limited to mental health, dental health, sexual and reproductive health, fitness concepts, chronic diseases, and coping with death.

Extra Credit Assignments: Extra credit assignments are at the discretion of the Instructor.

Grading Scale (based on 500 total points): ***If any of the class assignments are unclear, it is the student's responsibility to discuss and clarify expectations as soon as possible.*** NOTE: NO CREDIT WILL BE GIVEN FOR ASSIGNMENTS RECEIVED AFTER THE DUE DATE.

SYLLABUS

Grading Scale: 900 final points

A	90-100%	(810-900)
B	80-89%	(720-809)
C	70-79%	(630-719)
D	60-69%	(540-629)
F	< 60%	(<540)

Course Requirements: (500pts)

Participation (150 points) 30 class periods @ 5pts/class	___/150
Assignments (240 pts)	___/300
• #1 (Consumer Bag)	___/30
• #2 (Quackery)	___/30
• #3 (Web Assignment)	___/60
• #4 (The American Healthcare System/Health Insurance)	___/60
• #5 (CAM)	___/30
• #6 (Weight Management – 25pts)	___/40
• #7 (Reflection Paper Dietary Supplements)	___/25
• #8 (Reflection Paper Consumer Protection)	___/25
Quizzes (FIVE pop up quizzes...10pts each)	___/50
Group Project #1 (Fitness Concept – 100pts)	___/100
Consumer Health Plan (200 pts)	___/200
Final Presentation (100pts)	___/100
TOTAL POINTS POSSIBLE for semester	___/900

Class Expectations:

Participation & Attendance Policy:

- Attendance is required and will be recorded daily. Being PRESENT and PREPARED with finished reading and active participation is expected from all students. A variety of instructional strategies will be incorporated/evaluated on a regular basis during class. If you are not present in class, you cannot participate fully. Absent students are responsible for getting class notes and handouts on their own.

Written Materials/Assignments:

- All written material must reflect professional standards of writing. All homework (unless specified by the instructor) must be typewritten in APA style (one inch margins, double space, pagination of multiple pages) with 12point font in black ink. **Any classwork and or homework done in pencil will not be accepted.** SIUC Writing Centers are available on campus to assist students with any written homework. Please staple your homework assignments if they are more than two pages long.

Quizzes:

- Throughout the semester, **FIVE** pop quizzes will be given on the reading assigned for that class period. Each quiz is worth 10 pts and cannot be made up (except for the circumstances listed below)

Make-up work:

- Students will be able to “make up” worksheets or activities covered in classes where they are absent if THE STUDENT contacts the INSTRUCTOR within one week of the due date, 10% reduction. No make-ups will be administered for pop quizzes except in cases of medically certified illness, documented death in the immediate family, military assignment, or other highly unusual event, to be determined by the instructor. If a student has an excused absence on the day of a quiz, class project, or other assignment, it is his/her responsibility to contact the instructor to determine a time to make-up the work.

Tentative Course Outline

subject to change (you will be notified)

Date	Day	Topic	Assignments/Readings/Quizzes
Week 1 Jan 13	Monday	Introductions Syllabus	
Jan 15	Wednesday	Group Project Selections Define Consumer – Dimensions of Health	Chapter 1
Jan 17	Friday	NO CLASS - Group Project Work	
Week 2 Jan 20	Monday	Dimensions of Health Being a good consumer	Chapter 1
Jan 22	Wednesday	Being a good consumer (Assignment #1 handout)	Chapter 1
Jan 24	Friday	NO CLASS – WORK DAY	Assignment #1
Week 3 Jan 27	Monday	Examine Consumer Bags Advertising	Chapter 9 Assignment #1 DUE
Jan 29	Wednesday	Advertising (Assignment #2 handout)	Chapter 9
Jan 31	Friday	NO CLASS – WORK DAY	Assignment #2
Week 4 Feb 3	Monday	Health Fraud Discuss Assignment #2	Chapter 3 Assignment #2 DUE
Feb 5	Wednesday	Advertising/Health Fraud/Websites (Assignment #3 handout)	Chapter 2
Feb 7	Friday	NO CLASS – WORK DAY	Assignment #3 Group Project
Week 5 Feb 10	Monday	The American Healthcare System (Assignment #5 handout)	Chapter 2
Feb 12	Wednesday	The American Healthcare System	Chapter 2 Assignment #3 DUE
Feb 14	Friday	NO CLASS – WORK DAY	Group Project
Week 6 Feb 17	Monday	Health Insurance	Chapter 4
Feb 19	Wednesday	Health Insurance	Chapter 4
Feb 21	Friday	NO CLASS – WORK DAY	Group Projects

SYLLABUS

Week 7 Feb 24	Monday	Group Projects	
Feb 26	Wednesday	Group Projects	
Feb 28	Friday	NO CLASS – WORK DAY	
Week 8 March 3	Monday	Medications	Chapter 5 Assignment #4 DUE
March 5	Wednesday	Discuss Consumer Plan Medications (Assignment #5 handout)	Chapter 5
March 7	Friday	NO CLASS – WORK DAY	Consumer Plan/Assignment #4
Week 9 March 10	Monday	SPRING BREAK	
March 12	Wednesday	SPRING BREAK	
March 14	Friday	SPRING BREAK	
Week 10 March 17	Monday	Complementary/Alternative Medicine (Assignment #5 reminder)	Chapter 6
March 19	Wednesday	Complementary/Alternative Medicine	Chapter 6 Assignment #5 DUE
March 21	Friday	NO CLASS – WORK DAY	Consumer Plan
Week 11 March 24	Monday	Weight Management (Assignment #6 handout)	Chapter 8
March 26	Wednesday	Weight Management	Chapter 8
March 28	Friday	NO CLASS – WORK DAY	Assignment #6/Consumer Plan
Week 12 March 31	Monday	Weight Management	Chapter 8 Assignment #5 DUE
April 2	Wednesday	Dietary Supplements (Assignment #7 handout)	Chapter 7 Assignment #6 DUE
April 4	Friday	NO CLASS – WORK DAY	Consumer Plan
Week 13 April 7	Monday	Dietary Supplements	Chapter 7 (Assignment #7 DUE)
April 9	Wednesday	Consumer Protection (Assignment #8 handout)	Chapter 10
April 11	Friday	NO CLASS – WORK DAY	Consumer Plans
Week 14 April 21	Monday	Consumer Protection	Chapter 10
April 23	Wednesday	Birth Control Options	Assignment #8 DUE CONSUMER PLANS DUE
April 25	Friday	NO CLASS – WORK DAY	
Week 15 April 28	Monday	Dental Health	
April 30	Wednesday	Environmental Health	
May 2	Friday	NO CLASS – WORK DAY	
FINAL MAY 7	Wednesday 12:50-2:50	Final Presentation	

"We emphasize student achievement and success because achievement and success are essential if we are to shape future leaders and transform lives."¹

<http://pvcaa.siu.edu/>

IMPORTANT DATES *

<u>Semester Class Begins</u>	01/13/2014
<u>Last day to add a class</u> (without instructor permission):	01/24/2014
<u>Last day to withdraw completely and receive a 100% refund:</u>	01/26/2014
<u>Last day to drop a course using SalukiNet:</u>	03/23/2014
<u>Last day to file diploma application</u> (for name to appear in Commencement program):	03/28/2014
<u>Final examinations:</u>	5/5 – 5/9/2014

* Note: For outreach, online, and short course drop/add dates, visit Registrar's Academic webpage <http://registrar.siu.edu/>

SPRING SEMESTER HOLIDAYS

Martin Luther King, Jr.'s Birthday 01/20/2014

Spring Vacation 03/08—03/16/2014

WITHDRAWAL POLICY ~ Undergraduate only

Students who officially register for a session may not withdraw merely by the stopping of attendance. An official withdrawal form needs to be initiated by the student and processed by the University. For the proper procedures to follow when dropping courses and when withdrawing from the University, please visit <http://registrar.siu.edu/pdf/ugradcatalog1314.pdf>

INCOMPLETE POLICY~ Undergraduate only

An INC is assigned when, for reasons beyond their control, students engaged in passing work are unable to complete all class assignments. An INC must be changed to a completed grade within one semester following the term in which the course was taken, or graduation, whichever occurs first. Should the student fail to complete the course within the time period designated, that is, by no later than the end of the semester following the term in which the course was taken, or graduation, whichever occurs first, the incomplete will be converted to a grade of F and the grade will be computed in the student's grade point average. For more information please visit:

<http://registrar.siu.edu/grades/incomplete.html>

REPEAT POLICY

An undergraduate student may, for the purpose of raising a grade, enroll in a course for credit no more than two times (two total enrollments) unless otherwise noted in the course description. For students receiving a letter grade of A,B,C,D, or F, the course repetition must occur at Southern Illinois University Carbondale. Only the most recent (last) grade will be calculated in the overall GPA and count toward hours earned. See full policy at

<http://registrar.siu.edu/pdf/ugradcatalog1314.pdf>

GRADUATE POLICIES

Graduate policies often vary from Undergraduate policies. To view the applicable policies for graduate students, please visit

<http://gradschool.siu.edu/about-us/grad-catalog/index.html>

DISABILITY POLICY

Disability Support Services provides the required academic and programmatic support services to students with permanent and temporary disabilities. DSS provides centralized coordination and referral services. To utilize DSS services, students must come to the DSS to open cases. The process involves interviews, reviews of student-supplied documentation, and completion of Disability Accommodation Agreements.

<http://disabilityservices.siu.edu/>

STUDENT CONDUCT CODE

http://policies.siu.edu/other_policies/chapter3/conduct.html

SALUKI CARES

The purpose of Saluki Cares is to develop, facilitate and coordinate a university-wide program of care and support for students in any type of distress—physical, emotional, financial, or personal. By working closely with faculty, staff, students and their families, SIU will continue to display a culture of care and demonstrate to our students and their families that they are an important part of the community. For information on Saluki Cares: (618) 453-5714, or siucares@siu.edu,

<http://salukicare.siu.edu/index.html>

EMERGENCY PROCEDURES

Southern Illinois University Carbondale is committed to providing a safe and healthy environment for study and work. We ask that you become familiar with the **SIU Emergency Response Plan** and **Building Emergency Response Team (BERT)** programs. Emergency response information is available on posters in buildings on campus, available on BERT's website at www.bert.siu.edu, Department of Safety's website at www.dps.siu.edu (disaster drop down) and the Emergency Response Guideline pamphlet. Instructors will provide guidance and direction to students in the classroom in the event of an emergency affecting your location. *It is important that you follow these instructions and stay with your instructor during an evacuation or sheltering emergency.*

INCLUSIVE EXCELLENCE

SIU contains people from all walks of life, from many different cultures and sub-cultures, and representing all strata of society, nationalities, ethnicities, lifestyles, and affiliations. Learning from and working with people who differ is an important part of education as well as an essential preparation for any career. For more information please visit: <http://www.inclusiveexcellence.siu.edu/>

MORRIS LIBRARY HOURS

<http://www.lib.siu.edu/about>

LEARNING AND SUPPORT SERVICES

Help is within reach. Learning support services offers free tutoring on campus and math labs. To find more information please visit the Center for Learning and Support Services website:

Tutoring : <http://tutoring.siu.edu/>

Math Labs http://tutoring.siu.edu/math_tutoring/index.html

WRITING CENTER

The Writing Center offers free tutoring services to all SIU students and faculty. To find a Center or Schedule an appointment please visit <http://write.siu.edu/>

AFFIRMATIVE ACTION & EQUAL OPPORTUNITY

Our office's main focus is to ensure that the university complies with federal and state equity policies and handles reporting and investigating of discrimination cases. For more information visit:

<http://diversity.siu.edu/#>

Additional Resources Available:

SALUKINET: <https://salukinet.siu.edu/cp/home/displaylogin>

ADVISEMENT: <http://advisement.siu.edu/>

PROVOST & VICE CHANCELLOR: <http://pvcaa.siu.edu/>

SIU ONLINE: <http://online.siu.edu/>