GOVERNORS STATE UNIVERSITY
COLLEGE OF HEALTH PROFESSIONS

SYLLABUS
SPRING/SUMMER 1987

INDEX NUMBER: S HLSC 305 W

COURSE TITLE: Contemporary Health Issues (Telecourse)

REFERENCE NUMBER: 54042

CREDIT HOURS: 3 Semester Hours

INSTRUCTOR: Dr. Elizabeth L. Brutvan
Division of Health & Human Services
College of Health Professions
Governors State University, University Park, IL 60466

OFFICE: Room F1103

TELEPHONE: 1-312-534-5000, Extension 2350

INSTRUCTIONAL MATERIALS REQUIRED:
Essentials of Life and Health, 3rd edition.
CPM/Random House.

STUDENT STUDY GUIDE:
The student study guide helps you to synthesize and integrate information presented in the text and television segments. It is your personal map to the course. The guide will help you by:

1. Pointing out learning objectives for each lesson, to provide you with a basis for knowing what you are expected to achieve upon satisfactory completion of each lesson.

2. Introducing the topic through the overview.

3. Indicating the reading assignment in the text, Essentials of Life and Health.

4. Indicating key terms for you to define.

5. Encouraging your active consideration of the issues through the think about section.

6. Providing a self-test that will help you measure your mastery of the content.
DESCRIPTION/RATIONALE:
Is the healthy American a myth or reality? How do emotions affect physical health? When does drug use become drug abuse? How safe is our food? What is the future of genetic counseling? How do we rationalize the benefits of technology versus the hazards it places on the environment? Is there a way to slow the rising cost of health care? CONTEMPORARY HEALTH ISSUES is an action-oriented course designed to identify and examine major health issues of our time. Advances in medical sciences and changes in life-styles over the past fifty years have altered the health concerns that confront this country's population. Today, large numbers of health problems are self-inflicted, the results of personal and social decisions, ignorance and apathy. This course is designed to counteract apathy and dispel myths and provide accurate information upon which to make decisions affecting individual and social health. National leaders representing a range of thought and documentary film footage illuminate this in-depth examination of CONTEMPORARY HEALTH ISSUES.

COURSE COMPETENCIES:
After completion of this course, the student will be able to:

1) Define the four theories of behavior and various theoretical approaches to disorder, presented in this course.

2) Identify substances commonly abused, their specific effects on the human body and the availability of treatment facilities and modes of therapy for treating substance-abuse individuals.

3) Define the psychological, sociological and biological aspects of human sexuality and reproduction.

4) Identify nutritional and physiological factors contributing to good health.

5) List causes and risk factors contributing to diseases presented in this course and define how body systems function to fight these diseases.
6) Identify the causes of the world's environmental crisis, and evaluate the threat of pollution and over population to human health and survival.

The Study Guide has an excellent format and if followed will lead you toward success in the course. I recommend the following additions:

1. Reading Assignments: Read the text carefully, highlighting or noting areas of confusion and interest.

2. Key Terms to Define: Write down the definitions and keep them to review and study later.

3. Program: After completing the procedure in the Study Guide, view the tape a second time. During this second viewing, you can use your newly gained knowledge to synthesize information and draw your own conclusions about material.

4. Notebook: Keep a notebook of questions, opinions, points of interest and areas of confusion that arise during the course from TV segments or your readings. Use it to help you study.

FINAL GRADE

The final course grade will be calculated according to the following formula:

Exam I ......................... $\frac{1}{2}$

Exam II ......................... $\frac{1}{2}$

Required papers will be used to determine borderline grades.

EXAMINATION PROCEDURES:

There are two scheduled examinations at the University Park campus:

Exam I 7:30 p.m., Wednesday, June 24, 1987

Exam II 7:30 p.m., Wednesday, August 7, 1987

Exam II will consist of 100 objective questions and will be comprehensive, based upon material presented in Lessons 15-29.

Please bring two sharp #2 pencils.
REQUIRED ASSIGNMENTS

GUIDELINES:

There are two (2) required written assignments in this course. Each assignment consists of a structured essay question. Assignments must be typed and double-spaced. Students are advised to carefully proofread their assignments for spelling and typographical errors before they turn them in to the instructor.

Do not enclose your paper in a plastic cover. Your assignment should contain a cover page with the following information:

Name
Social Security Number
Course Title
Date
Your Home Telephone Number
Your Home Address

Assignments submitted by the due date will be returned to you at the examination sessions. Papers received after the due date will be assessed a grade penalty. Students who do not turn in assigned papers will not receive a final course grade.

DESCRIPTION:

Read the following question carefully. Construct an essay response that answers all parts of the question. Your response should not be longer than five (5) typewritten pages. Your assignment should be received by the instructor on or before the due date. Please keep a xerox copy of any material sent by mail.

Assignment I: Due Friday, June 19, 1987

Emotional health is influenced by the interrelationships of personality and "environmental factors." Describe the personality of two imaginary people. Person "A" is an individual prone to reacting to stressful situations. Person "B" can be considered a "laid-back" individual who seems to be able to cope with a variety of situations. How might Person "A" and Person "B" respond to the identical stressful situation? What mechanisms can be employed in order to cope with anxiety?

Assignment II: Due Friday, August 7, 1987

In our culture certain drugs may be illegal but socially acceptable. Discuss the reasons why people engage in the use of cocaine and marijuana. In your opinion, should it be a crime to engage in the use of either of these two drugs? Should there be such a thing as "qualified use" of either of these two drugs?
Assignments will be evaluated according to following numerical criteria:

1. Paper is well written and organized.
2. Paper follows specific guidelines.
3. Assessment of the information is correct.
4. Analysis of the information is complete.

Papers received by the deadline date will be returned to the student at the scheduled evening exam session. Students who do not attend the scheduled examination will receive their graded projects by mail.

Papers may be mailed to the instructor or delivered to her office. Retain a photocopy of your paper when mailing your project to the instructor. It is the student’s responsibility to make sure that the instructor has received the paper before the project deadline.

It is expected that papers will be written in standard English. Students are urged to proofread their papers and correct all spelling and grammatical errors before submitting them to the instructor.

NOTIFICATION OF FINAL COURSE GRADES AND DISPOSITION OF STUDENT PROJECTS:

Students who wish to receive notification of their final course grade prior to the mailing of the official university grade report should give the instructor a self-addressed stamped post card. Grades will not be posted or given out over the telephone. Incompletes ("I") will not automatically be given. Students must submit a written request to the instructor stating the reason for the incomplete. In addition, 50% of the course work must be completed before an incomplete is granted.
Please follow the following sequence in your study guide. Exam I will cover teleclass #1-14. Exam II will cover Lessons 15-29.

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