

KINE 5373 – Health & Human Behavior – Spring 2025

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***Please include you're a# and KINE 5373 in subject of ALL emails)

Office Hours: By Virtual APPT – email to schedule

Class Meeting: None / Asynchronous Web Course

Required Textbook:

Title: Health Psychology, 11th ed.

Author: Taylor

Publisher: McGraw-Hill Education

ISBN: 9781260834253

Important Note: For this course you will be required to purchase McGraw-Hill Education Connect® access to the required textbook. Please note that Connect works best on Google Chrome or Firefox. To gain access of Connect - Go to Blackboard (BB) week 1, LearnSmart Chapter 1 and you'll be prompted to sign in / create username; then pay for the text. If you use the SRSU bookstore they will give you a code that you can enter instead of paying. A print-upgrade option is available via Connect if you would like a print companion for the semester. This will be a full color binder-ready version of the text and can be mailed directly to you for an additional fee (including shipping and handling).

You may will also need to access the SRSU Library (in person or online) to locate and download peer-reviewed, scholarly articles. For assistance you may Ask the Library or contact the Graduate Student Center for help.

COURSE DESCRIPTION

This course will review behavioral and biomedical theory and research with regard to the contributions of psychological factors to the prevention, diagnosis, and treatment of disease and illness. This course presents both research design and the role of research in health behavior. Students will consider the effect of activity and exercise as they relate to illness and disease. The course also defines and explores adherence and psychoneuroimmunology, which examines behavior related to the diseases of cancer and hypertension, explores treatment recommendations, and reviews coping strategies for the patient and family. Prevention and wellness is presented in the context(s) of intentional and unintentional injuries. A discussion of health, life expectancy, and quality of life will conclude the course.

STUDENT LEARNING OUTCOMES

- A. Understand the role, responsibilities, and working environment of individuals who work in the health field.
- B. Appreciate research designs used to study issues related to health behavior.
- C. Understand the concepts of adherence and wellness.
- D. Examine the role of behavior as it relates to chronic illness.
- E. Comprehend the importance of health and quality of life in light of the increase in life expectancy.
- F. Apply the concepts presented in this course in your current or future profession.

PROGRAM LEARNING OUTCOMES & MARKETABLE SKILLS – HEALTH AND HUMAN PERFORMANCE (HHP)

This course is aligned with the following program learning outcomes & marketable skills:

Critical Thinking/Problem Solving: Exercise sound reasoning to analyze issues, make decisions, and overcome problems in fiscal management.

Communications: Articulate thoughts and ideas clearly and effectively in written and oral forms to persons inside and outside of the organization. The individual has public speaking skills; is able to express ideas to others; and can write/edit memos, letters, and complex technical reports clearly and effectively.

EXPECTATION OF STUDENTS

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

Being a successful student requires a balance in life. If you are dealing with an issue that affects your academic performance, please contact me so that we can figure out what you need to be successful in this class.

IMPORTANT: Please note that online courses require individual students' self-discipline to a significant degree. In many ways, taking online courses are more challenging than taking in-class courses! You need to be organized, motivated, and ready to self-teach and work. Only those who can manage these can be successful in this course.

ACADEMIC DISHONESTY OR MISCONDUCT

Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

DROP POLICY

Students are responsible to register and withdrawal from courses themselves, either through Banner (LoboOnline) or by contacting the University Registrar by published deadlines. For information regarding enrollment/registration changes please review the website at:

<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

LATE WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard or Connect. SmartBooks readings must be completed by the due date for credit – no late work will be accepted. Discussions/Responses/Assignments/Quizzes/Final Projects carry a 5% deduction per day late; up to 30% maximum deduction. If you have not turned in an assignment within 7 days of the due date, you must email the professor for grading consideration.

ALL COURSE REQUIREMENTS DEADLINE

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of **Friday of Finals Week** at 11:59pm to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per above policy.

METHODS OF EVALUATION

(SEE BELOW 'COURSE REQUIREMENTS' FOR MORE DETAILS)

Note: Satisfactory progress in the HHP program means a cumulative GPA of 3.0 in all core classes (e.g. everything leading up to the final practicum course). In most cases, this means a 'B' or better in each class is considered satisfactory progress.

Course Requirement	Points Possible	% of Total
Welcome Discussion & Syllabus Acknowledgement	50pts (25x2)	5%
Reflective Journals	60pts (4x15)	6%
Connect SmartBooks	150 (3x50)	15%
Discussions	240 (4x60)	24%
Assignments	400 (4x100)	40%
Final Project	100	10%
Total Points	1000	100%

Notes:

- Contact SRSU Blackboard support should you need technical assistance. See syllabus for contact info.

TENTATIVE COURSE CALENDAR

Week	SmartBook Reading Chapters	Assessments
Unit 0: "Welcome" March 10-16	NA	<ul style="list-style-type: none"> • Intro Discussion • Syllabus Acknowledgement
Unit 1: Mar 10-23*	Part 1 & 2: Chapters 1-5	<ul style="list-style-type: none"> • Discussion 1 • Assignment #1 • Journal 1
Unit 2: Mar 24-6 Apr	Part 1 & 2: Chapters 6-10	<ul style="list-style-type: none"> • Discussion 2 • Assignment #2 • Journal 2
Unit 3: Apr 7-20	Chapter 11-15	<ul style="list-style-type: none"> • Discussion 3 • Assignment #3 • Journal #3
Unit 4: Apr 21-4 May	<i>Review / Start Final Project</i>	<ul style="list-style-type: none"> • Discussion 3 • Assignment #3 • Journal #4
Final Unit 5: May 5-7	<p><i>Complete Final Project</i></p> <p><i>***Recommend copy/save all discussions from yourself and others, and all submitted work so you can have this material for your COMP exam at the end of the program.</i></p>	<ul style="list-style-type: none"> • Final Project

COURSE REQUIREMENTS

Welcome Discussion & Syllabus Acknowledgement – 2x25pts; 50pts total

Answer discussion prompts; and complete syllabus 'quiz' to provide students opportunity to review and acknowledge syllabus content, including University policies.

Journals – 4x15pts each; 60pts in total

Written activity for students to provide self-reflection of course learning objectives, gradable items, and career applications. **Journals may also serve as a trigger to release subsequent unit course content.**

Connect SmartBook -150 points total; 7-11 points per chapter

SmartBook is an interactive reading program provided through McGraw-Hill Connect. These modules will guide you through each individual chapter asking questions to assess your knowledge along the way. These assignments will cover information that will be on each of the chapter quizzes, as well as, information contained within your labs.

Discussions – 240pts total -60 points each; 50 points for post / 10 points for 'responses'

There will be a set of discussion prompts to choose from within the week in which an assignment is due. To create a thread, you click on the hyperlink to the discussion and then click on create new thread. Put a short title and the week number in the subject line (e.g. Macronutrient aspects to sports nutrition-Week 3). Please only respond directly in the message area, no attachments unless requested. 'Response' = "Applied"

Under each discussion post you must read and respond to one of your classmate's original discussion post. Each response is worth up to 10 points. Responses are due 48hrs after the original discussion due date. The response must be at least 100 words and more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. Specifically, an "applied" response would discuss the content in a new way – including but not limited to: adding to the discussion with further information you find (cite your source), describing application to sports, health or performance, as well as providing constructive criticism / a different viewpoint. Responses should be professional/academic responses and not chat room or informal language. To respond to another's post, click on their post and then choose reply. Title the subject of your response with your "Last name" and "response to Authors Last Name Week 3 post" (eg. Smith's response to William's Week 3 post).

Assignments-400 points total; 100 points per assignment

The assignments assigned will provide a real-world / practical application of the course content. There will be assignments throughout the semester that will focus on specific topics covered in the text. Assignments will be provided through the McGraw Hill Connect platform.

Final Project-100 points total

This Final Project will require in depth application of knowledge gained throughout the course in relation to the Student Learn Outcomes stated previously in the syllabus. For detailed instructions on this assignment refer to Week 8 in Blackboard.

LEARNER SUPPORT

SRSU GRADUATE CENTER

The Graduate Student Center, located in BAB 104, provides resources and services for all SRSU graduate students. There is a computer lab with desktop computers and a networked printer/copier/scanner; laptop computers which can be checked out; a projector and screen for rehearsing student presentations; and a conference room for group study. Both Alpine and distance education students can receive writing and other assistance by calling 432-837-8524.

BLACKBOARD

Navigating Blackboard and this course is essential to your success as a student. If you have problems submitting assignments, contact the support staff listed below.

Mon-Fri 9:00 am - 6:00 pm

Sandy Bogus: sbogus@sulross.edu

Phone: 432-837-8523

Sat-Sun 11:00 am - 6:00 pm

Rusty Klein: rklein@sulross.edu

Phone: 432-837-8595

MCGRAW HILL CONNECT

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

SRSU DISABILITY SERVICES

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432- 837-8178; fax is 432-837-8724.