

## **Contemporary Health Issues**

01:377:225, 3 credits, Section 01

Semester: Spring 2024

Department of Kinesiology and Health

Rutgers University

### **Course information**

Pre/co-requisites: None

Learning site: Canvas <https://canvas.rutgers.edu>

Format: In person

Schedule: Monday and Wednesday, 2-3:20 PM

Location: Loree 115

### **Instructor information**

Instructor: Andrea Spaeth

Email: [andrea.spaeth@rutgers.edu](mailto:andrea.spaeth@rutgers.edu)

Office hours: By appointment, via Zoom or In Person

### **Required Course Materials**

Readings will be posted as PDF files on Canvas under corresponding module.

### **Course Description**

The purpose of this course is to expose students to current public health issues from a variety of perspectives. This will be coupled with exploration strategies designed to advance individual, familial and community health.

This course partially fulfills the elective requirement for Exercise Science and Sport Management majors.

### **Course Learning Objectives**

By the conclusion of this course, student-learners will:

- Identify and gain a better understanding of current health challenges.
- Examine the importance of emotional, social, and physical well-being and how these are interrelated and connected to our environment.
- Recognize health disparities and the role of systemic bias in health.

### **Grading Policy**

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers points for this class are 300.

- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right

Letter Grade	Percent	Points Needed
A	90-100	270-300
B+	85-89.9	255-269
B	80-84.9	240-254
C+	75-79.9	225-239
C	70-74.9	210-224
D	60-69.9	180-209
F	0-59.9	0-179

## Assignments

### *Exams (50 points/exam)*

There will be four exams based on assigned readings and in-class lecture/discussions. Exam format will be a combination of true or false, multiple choice, matching, and short answer questions. Exams will be completed in class on paper. Exams are not cumulative.

### *Oral Presentation (50 points)*

Students will be assigned an academic journal article related to a course topic and must present the information to the class using a 10-minute PowerPoint presentation.

### *Written Assignment (50 points)*

The paper will be a mixture of factual information from cited academic articles as well as self-reflection of what has shaped your health and what you want to change in the future to improve health. All submitted papers should be in 3-5 pages and include a references page with 3 references in APA format. Papers should have 1" margins, use 12 pt Times New Roman font. Papers should be submitted using Canvas by 11:59 PM EST on the assigned date as a .doc, .docx or PDF.

## Course Policies and Procedures

### Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found:

<http://academicintegrity.rutgers.edu/academic-integrity-policy/>.Links to an external site.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. Use of AI to complete assignments is not allowed and will be considered a violation of academic integrity policies. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

*Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference). You are not allowed to use your own work for multiple assignments in the same or different courses.*

### Expectations

- Engage with all class material
- Complete all assignments on time
- Actively participate in all class activities
- Follow the honor code when completing all assignments and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

### Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

### Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel
- Religious
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, It will be up to the prerogative of the instructor whether or not the student will be allowed to take the make-up or receive an extension.

## Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

Service	Description	Contact Information
<b>Student Accommodations</b>	If you are a student in need of accommodations, please register with the <b>Office of Disability Services</b> in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 <a href="https://ods.rutgers.edu/">https://ods.rutgers.edu/</a>
<b>Just In Case Web App</b>	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	<a href="http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/">http://health.rutgers.edu/medical-counseling-services/counseling/caps-next-step/</a>
<b>Counseling, ADAP &amp; Psychiatric Services (CAPS)</b>	CAPS is a university mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 <a href="http://www.rhscaps.rutgers.edu/">www.rhscaps.rutgers.edu/</a> Medical Services: <a href="http://health.rutgers.edu/medical-counseling-services/medical/">http://health.rutgers.edu/medical-counseling-services/medical/</a> Counseling Services: <a href="http://health.rutgers.edu/medical-counseling-services/counseling/">http://health.rutgers.edu/medical-counseling-services/counseling/</a>
<b>Violence Prevention &amp; Victim Assistance (VPVA)</b>	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 <a href="http://www.vpva.rutgers.edu/">www.vpva.rutgers.edu/</a>
<b>Scarlet Listeners</b>	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 <a href="mailto:scarlet.listeners@gmail.com">scarlet.listeners@gmail.com</a> <a href="https://scarletlisteners.wixsite.com/scarletlisteners">https://scarletlisteners.wixsite.com/scarletlisteners</a>
<b>Academic Support</b>	School of Arts and Sciences Academic Advising for personal, career, and educational goals.  Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: <a href="https://sasundergrad.rutgers.edu/">https://sasundergrad.rutgers.edu/</a>  Dept. of Kinesiology & Health: Lin Williams   <a href="mailto:lin.williams@rutgers.edu">lin.williams@rutgers.edu</a> Loree Gym, Room 148 Becky DeMarco   <a href="mailto:becky.demarco@rutgers.edu">becky.demarco@rutgers.edu</a> <a href="https://kines.rutgers.edu/academics/academic-advising">https://kines.rutgers.edu/academics/academic-advising</a>

## COURSE OVERVIEW

Week	Day	Date	Topic	Reading (articles on Canvas)
1	Wednesday	1/17	Introduction to course	Syllabus
<i>Unit 1: Mental Health and Addiction</i>				
2	Monday	1/22	Social media and mental health	Read all articles in module
	Wednesday	1/24	Addiction to technology	Read all articles in module
3	Monday	1/29	Opioid Crisis	Read all articles in module
	Wednesday	1/31	Prescription Drug Abuse	Read all articles in module
4	Monday	2/5	Psychedelics	Read all articles in module
	Wednesday	2/7	<b>Student Presentations</b>	
5	Monday	2/12	<b>Exam 1</b>	
<i>Unit 2: Chronic and Infectious Diseases</i>				
5	Wednesday	2/14	Cardiometabolic Diseases	Read all articles in module
6	Monday	2/19	Cancer	Read all articles in module
	Wednesday	2/21	Neurodegenerative Diseases	Read all articles in module
7	Monday	2/26	Infectious Diseases	Read all articles in module
	Wednesday	2/28	Antibiotic resistance	Read all articles in module
8	Monday	3/4.	<b>Student Presentations</b>	
	Wednesday	3/6	<b>Exam 2</b>	
9	Monday	3/11	<i>Spring Break</i>	---
	Wednesday	3/13	<i>Spring Break</i>	---

Unit 3: Social Issues				
10	Monday	3/18	Motor Vehicle Safety	Read all articles in module
	Wednesday	3/20	Gun Violence	Read all articles in module
11	Monday	3/25	Office work and sitting disease	Read all articles in module
	Wednesday	3/27	Underestimating sleep	Read all articles in module
12	Monday	4/1	Health Disparities	Read all articles in module
	Wednesday	4/3	<b>Student Presentations</b>	---
13	Monday	4/8	<b>Exam 3</b>	---
	Wednesday	4/10	Climate Change Primer	Read all articles in module
Unit 4: Climate Change				
14	Monday	4/15	Impact of Heat, Water, and Air Quality	Read all articles in module
	Wednesday	4/17	Climate and Human Physiology	Read all articles in module
15	Monday	4/22	Moving Forward	Read all articles in module
	Wednesday	4/24	<b>Student Presentations</b>	---
16	Monday	4/29	<b>Exam 4</b>	---
<i>This class does not meet during the Final Exam Period</i>				