

SEMESTER AT SEA COURSE SYLLABUS

Colorado State University, Academic Partner

Voyage:	Fall 2018
Discipline:	Health + Exercise Science
Course Number and Title:	HES 345 Population Health and Disease Prevention
Division:	Upper
Faculty Name:	Brian D. Butki, Ph.D.
Semester Credit Hours:	3

Meeting: B Days, 1400-1520, Kino
Prerequisites: One (1) health course

COURSE DESCRIPTION

This course will acquaint the student with a basic understanding of individual health concerns, behaviors, and potential solutions across all six dimensions of wellness.

This course is designed to acquaint the student with the variables associated with population and public health and to provide ideas about how to address these issues. The health of populations has an intimately reciprocal relationship with human history and cultural development. When we study population health and disease prevention, we are studying patterns of disease in order to better understand the causes of disease as well as methods of prevention for these diseases. We know that the causes of disease vary throughout the world and across the life span, and we also know that we must adapt our disease prevention interventions to the demography and culture of the target populations. These interventions will vary at the individual, community and population levels. This class will help students explore different cultural influences, including psychological, sociological, political, religious, and economical factors that influence population and public health. We'll conclude with a practical project that includes programmatic and theoretical steps to "solving" a population health issue.

LEARNING OBJECTIVES

Upon completion of this course, students should be able to:

1. Define public health, demography, epidemiology, health promotion, disease prevention, health protection, health education, health, and wellness.
2. Understand the foundations of community and population health including its history, demography, and epidemiology.
3. Understand the basic measurements used in studying populations including prevalence, incidence, crude and age-adjusted rates, relative risk.
4. Understand study designs used in epidemiology and the strengths and weaknesses of each.

5. Understand the three levels of prevention used in public health.
6. Understand similarities and differences between individual, community & population disease prevention.
7. Understand community and population health issues across the life span including
 - Reproductive, infant and child health
 - Adolescent health
 - Adult health
 - Aging and health of older populations
8. Understand interventions aimed at
 - Social and mental health
 - Physical activity and recreation
 - Communicable disease control
 - Lifestyle including tobacco, obesity, alcohol misuse, drug abuse
9. Understand the importance of environmental health protection

REQUIRED TEXTBOOK

AUTHOR: McKenzie, J.F., & Pinger, R.R.
 TITLE: An Introduction to Community Health
 PUBLISHER: Jones and Bartlett
 ISBN #: 9781284108415
 DATE/EDITION: 2018 / 9th Edition

TOPICAL OUTLINE OF COURSE

Depart Hamburg, Germany – September 9

B1–September 12: **Foundations of Health** Chapter 1

B2– September 14: **US Health Care System
Socialized Medicine** Chapter 1

Barcelona, Spain – September 15-16

Valencia, Spain – September 17-18

B3– September 20: **US Health Care System
Socialized Medicine** Chapter 1

B4–September 22: **Demography and Epidemiology** Chapter 2

Study Day – September 23: No Class

B5–September 25: **Epidemiology and Health**

Tema, Ghana – September 27-28

Takoradi, Ghana – September 29-30		
B6–October 1:	Disease Transmission	Chapter 3
Community Programming – October 2: No Class		
B7–October 4:	Communicable Diseases	Chapter 4
B8– October 6:	EXAM 1	
Cape Town, South Africa – October 7-12		
B9–October 14:	Lifestyle Diseases "Idontcareitis"	Chapter 4
Study Day –October 16: No Class		
B10–October 17:	Cardiovascular Disease / Cancer	
Port Louis, Mauritius – October 19		
B11–October 20:	Mental Health	Chapter 11
Study Day –October 21: No Class		
B12–October 23:	Mental Health	Chapters 5 & 2
Cochin, India – October 25-30		
Reflection and Study–October 31: Global Studies Reflection		
B13– November 1:	Minorities and other populations	Chapter 10
B14–November 3:	Global Health	
Yangon, Myanmar – November 4-8		
B15–November 10:	Global Health	Chapter 8
Community Programming – November 11: No Class		
B16–November 13:	Environmental Health	Chapter 12
Ho Chi Minh City, Vietnam – November 14-18		
B17–November 20:	Environmental Health	Chapters 14-16

Study Day – November 21: No Class

B18– November 23: **EXAM 2**

Shanghai, China – November 24-29

B19–December 1: **Research and Current Problems** Chapters 13 & 14
Kobe, Japan – December 2-6

B20– December 8: **Programming Basics** TBA

B21–December 10: **Program Design and Theory**

B22–December 12: **Budgets and Planning**

B23–December 14: **Future Directions**

Honolulu, Hawaii – December 16

B24– December 17: **Putting it all Together / Public Health**

Study Day – December 18: No Class

A25–December 20: **Final Exam**

Arrive San Diego, California – December 23

FIELD WORK

Semester at Sea field experiences allow for an unparalleled opportunity to compare, contrast, and synthesize the different cultures and countries encountered over the course of the voyage. In addition to the one field class, students will complete independent field assignments that span multiple countries.

Field Class & Assignment

The field class for this course is on Thursday, September 27 in Tema, Ghana.

Field Class attendance is mandatory for all students enrolled in this course. Do not book individual travel plans or a Semester at Sea sponsored trip on the day of your field class. Field Classes constitute at least 20% of the contact hours for each course, and are developed and led by the instructor.

PUBLIC HEALTH IN GHANA

As we examine the importance of public health practices, we will visit the Ghanaian Ministry of Health and Ghana Health Service headquarters in Accra. While there, we will meet with administrators to examine the practices and objectives of their offices, focusing on maternal and sexual health, prenatal and infant health, nutrition, and communicable disease prevention. We'll discuss financing and budgeting, prioritization of health concerns, needs assessments, and future directions. We'll also discuss successful and failed previous efforts to gain a better understanding of the difficulties and strategies of implementing a public health effort. Finally, we'll contrast this with the current health system in the US, which is reactive and focuses mainly on lifestyle diseases such as cancer and CVD. The experience will conclude with a student project, wherein the student will develop and describe a future public health project for Ghana, using past projects as models of success and failure.

Independent Field Assignments

Field assignments will center on the built environment. The term "built environment" refers to the design and construction of a community, specifically focusing on promotion of health behaviors (i.e., parks, bike paths, accessibility of clean water and healthy food). The design of a community has a very powerful influence on the health behaviors and choices of a population. Throughout the voyage, students will be encouraged to examine and journal about their perceptions and thoughts about the built environment in the communities that they visit. Students will choose 2-3 health focus areas (e.g., fitness, nutrition, nature, spirituality, mental health), and discuss how the community design is promoting or hindering the development of these wellness areas.

METHODS OF EVALUATION / GRADING SCALE

3 exams including the final (100 pts * 3)	300 pts
Quizzes (20 pts * 5)	100 pts
Field Experience	125 pts
Independent Field Assignment Journal	50 pts
Project	25 pts
Total	600 pts

The following Grading Scale is utilized for student evaluation. Pass/Fail is not an option for Semester at Sea coursework. Note that C-, D+ and D- grades are also not assigned on Semester at Sea in accordance with the grading system at Colorado State University (the SAS partner institution).

Pluses and minuses are awarded as follows on a 100% scale:

<u>Excellent</u>	<u>Good</u>	<u>Satisfactory/Poor</u>	<u>Failing</u>
97-100%: A+	87-89%: B+	77-79%: C+	Less than 60%: F
93-96%: A	83-86%: B	70-76%: C	
90-92%: A-	80-82%: B-	60-69%: D	

Exams. Exams will address the learning objectives, and will be derived from the notes as well as the textbook and any supplemental readings. Format will be determined by class members at a later date.

Quizzes/Activities. Throughout the semester, periodic “pop” quizzes will be administered. These quizzes will cover class material from lectures and readings. At least eight quizzes will be administered, only your best five will count.

Assignments: Out-of-class readings, activities, and other assignments may be given throughout the semester.

Project: Choose a community health problem that you believe is relevant and important. Research prevalence, incidence, and other important statistics, and discuss why this problem is important (using one of the justifications discussed in class). Review previous efforts to solve the problem, and explain why they did not work. Suggest a better solution. Maximum of five pages. Project will be graded on topic selection, justification methods, theoretical design and application, as well as description of evaluation and overall assessment. See grading rubric. Proper spelling and grammar are also important.

Note: Please remember – this is your class. I have developed a tentative schedule (see below), but I am always open to discussion about other important topics, including current events or happenings in the real world related to exercise science/kinesiology, sport/exercise psychology, or related topics.

ATTENDANCE/ENGAGEMENT IN THE ACADEMIC PROGRAM

Attendance in all Semester at Sea classes, including the Field Class, is mandatory. Students must inform their instructors prior to any unanticipated absence and take the initiative to make up missed work in a timely fashion. Instructors must make reasonable efforts to enable students to make up work which must be accomplished under the instructor’s supervision (e.g., examinations, laboratories). In the event of a conflict in regard to this policy, individuals may appeal using established CSU procedures.

LEARNING ACCOMMODATIONS

Semester at Sea provides academic accommodations for students with diagnosed learning disabilities, in accordance with ADA guidelines. Students who will need accommodations in a class, should contact ISE to discuss their individual needs. Any accommodation must be discussed in a timely manner prior to implementation.

A letter from the student’s home institution verifying the accommodations received on their home campus (dated within the last three years) is required before any accommodation is provided on the ship. Students must submit this verification of accommodations to academic@isevoyages.org as soon as possible, but no later than two months prior to the voyage.

STUDENT CONDUCT CODE

The foundation of a university is truth and knowledge, each of which relies in a fundamental manner upon academic integrity and is diminished significantly by academic misconduct. Academic integrity is conceptualized as doing and taking credit for one's own work. A pervasive attitude promoting academic integrity enhances the sense of community and adds value to the educational process. All within the University are affected by the cooperative commitment to academic integrity. All Semester at Sea courses adhere to this Academic Integrity Policy and Student Conduct Code.

Depending on the nature of the assignment or exam, the faculty member may require a written declaration of the following honor pledge: "I have not given, received, or used any unauthorized assistance on this exam/assignment."

RESERVE BOOKS FOR THE LIBRARY

None

FILM REQUESTS

Title of Film: Food, Inc
Distributor: Magnolia Home Entertainment

Title of Film: Fast Food Nation
Distributor: Fox Searchlight

Title of Film: Sicko
Distributor: Dog Eat Dog Films, Inc.

Title of Film: Fed Up
Distributor: The Weinstein Company

ELECTRONIC COURSE MATERIALS

NONE

ADDITIONAL RESOURCES

NONE