

**RUTGERS UNIVERSITY**  
**Introduction to Health Sciences**  
**50:499:101**  
**COURSE SYLLABUS**  
**Fall 2016**

Instructor:	Dr. Charlotte N. Markey	Lecture:	Tues 1:30-2:50pm
e-mail:	chmarkey@camden.rutgers.edu	Classroom:	FA108
Office Phone:	856.225.6332	Office hours:	Tues 3:00-4:00pm
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**COURSE DESCRIPTION AND OBJECTIVES:**

Welcome to Introduction to Health Sciences!

This course provides students with an overview of issues central to the health sciences and careers in the field of health. Issues to be addressed include: stress and coping, happiness and well-being, chronic illness and death, social support and health, the relationship between patients and health care providers, the health care system in the U.S. and around the world, and ethics in health care. Through the discussion of classic and cutting-edge research, students will develop an appreciation for the vast array of complex issues central to this emerging and applied field. Further, exposure to these topics will prepare students to make informed decisions about their future education and careers.

The learning objectives of this course are consistent with the goals of the department. Course activities are designed to assess these learning objectives. Upon successful completion of this course, you should be able to:

- Identify key theories, concepts, and methods in the study of health sciences.
- Critically analyze research in the field and distinguish it from popular (i.e., not empirically based) information about health.
- Effectively communicate ideas related to the health sciences (orally and in writing).
- Increase personal awareness of your own health-related attitudes and behaviors.

**COURSE READINGS:**

Each week we will cover a different topic in the field of health sciences. Readings (i.e., journal articles, book chapters, newspaper articles) for each week are on Sakai under "Resources" in folders labeled for each week of class. You do NOT need to purchase a book for this course. However, we will be reading a number of chapters from the below books. You should consider purchasing these books (they are inexpensive and available used on Amazon.com).

- 1) Gawande, A. (2014). *Being Mortal*. New York, New York: Metropolitan Books.
- 2) Lyubomirsky, S. (2008). *The How of Happiness: A New Approach to Getting the Life You Want*. New York, New York: Penguin Books.
- 3) Reid, T. R. (2010). *The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care*. New York, New York: Penguin Books.

You will have a more positive experience in this class if you always prepare for class by reading the assigned readings BEFORE class meets. Further, during most courses your knowledge of the readings due for class will be assessed via assignments and quizzes.

#### **GRADING:**

Grades will be computed as follows:

Attendance and Participation	20%
Weekly quizzes	10%
Midterm	30%
Final Exam	33%
Applied HS Paper/ Presentation	7%

#### **COURSE REQUIREMENTS:**

**1) ATTENDANCE AND CLASS PARTICIPATION:** Class attendance and participation is expected. Much of the learning that will take place this semester will be *in the classroom*. I will keep track of attendance via the worksheets and class exercises you complete. If you are not in class, there is no way to complete these assignments; make-ups will not be available. (It is possible that a few of these class assignments will need to be completed at home.) Thus, this component of your grade will be based on the following criteria: (1) Did you attend class? (2) Did you contribute to the intellectual climate in class (by listening to the professor and your classmates and participating in discussions and exercises)? and (3) Did you come to class prepared for assignments described on the class schedule (below)?

**2) Weekly Quizzes:** You will be evaluated on your reading of course materials and class attendance by completing quizzes on a (nearly) weekly basis. Most of these quizzes will be administered in class; some may be offered via the class sakai web page ([sakai.rutgers.edu](http://sakai.rutgers.edu)). Your lowest quiz grade will be dropped, thus no excuses for missing a quiz will be accepted. Quizzes are intended to help you prepare for exams and provide credit for classroom learning. Quizzes will typically consist of 5 items and will cover reading material assigned for the week or discussions from the previous class.

**3) MIDTERM AND FINAL EXAM:** Half way through the semester and at the end of this course, you will be evaluated on your understanding of the material by taking exams. The exams will be primarily multiple choice; they are intended to provide me with information about what you have learned as well as what you find interesting in the course. No make-up exams will be given unless arrangements are made **prior** to the exam or proof of necessary absenteeism (e.g., a Dr. note) is provided.

**4) APPLIED HEALTH SCIENCES PRESENTATION AND WORKSHEET:**

It is an important objective of this class to provide you with the skills necessary to become an informed consumer of health research as you will experience it in the real world. Thus, during each class we will take some time to discuss how class material relates to research discussed in the media. Students should each sign up for a day to bring in relevant information to class and present it to the class. Students are expected to find a media report that addresses the topic to be discussed in class that day (keep an eye on the schedule of topics). A video (e.g., youtube) may be used as well if you email a link of the video to the instructor by 10pm the night before the class you present. This presentation should be very brief (no more than 5 minutes) and relatively informal. However, students need to turn in a copy of their article with the assignment handout of discussion questions on the day they present. Additional information about this assignments and a related hand out will be made available in class.

**GENERAL COURSE POLICIES:**

- 1) This class will be most rewarding for you if you are an active participant in class and view this experience as a collaborative enterprise. To this end, throughout the semester you are encouraged to communicate with your professor (during class and during office hours) and are expected to keep up with all readings and assignments.
- 2) Additional information about this class, and a copy of the syllabus is available on the instructor's web page (<http://www.CharlotteMarkey.com>) and the course Sakai web page ([sakai.rutgers.edu](http://sakai.rutgers.edu)). Being unaware of course requirements and expectations is not an excuse for failing to complete any of the assignments in this course.
- 3) If you are in class, you will be expected to be attentive, participate, stay the entire class time, and be prepared for any activities and exams scheduled for that day. You will be asked to leave class if you do any of the following:
  - ~Talk on your cell phone (turn phones off!)
  - ~Text on your cell phone
  - ~Open your lap top computer or tablet
  - ~Pass notes to classmates
  - ~Sleep

You attendance in this course is voluntary. If you do not wish to be in class or prefer to do any of these activities instead of being in class, then you should leave.

- 4) If you miss a class, you are expected to obtain class notes from a classmate and to stay on top of any of the activities/ discussions missed. It is your responsibility to become informed of any announcements made in class. Further, while class worksheets/ exercises/ quizzes will not be accepted late, it will increase your understanding of class material (and help you to prepare for exams) if you complete them.
- 5) ***Power point slides presented in class will not be available*** except in class (i.e., these will NOT be posted on the web). If you miss class, you should obtain notes from a classmate and read the assigned readings.
- 6) No make-up exams will be given unless arrangements are made **prior** to an exam or proof of necessary absenteeism (e.g., a Dr. note) is provided. If you expectantly miss an exam due to exceptional circumstances (e.g., a serious car accident), it is your responsibility to contact the instructor within 24 hours of the exam to discuss the possibility of a make-up exam. You may also contact the department secretary, Jackie Dunn, in the case of an emergency at 856-225-6520. Any make-up exam is likely to differ from the exam the rest of the class takes and will typically be in essay format.
- 7) Academic dishonesty will NOT be tolerated. Academic dishonesty includes (but is not limited to) cheating on exams and plagiarism. Students caught participate in academic dishonesty will receive a score of zero on the relevant assignment. In addition, instances of academic dishonesty will be referred to the Scholastic Conduct Committee. Sanctions for academic dishonesty range from failing an assignment to failing a course or expulsion from the University. For additional information about Rutgers' policies concerning academic dishonesty refer to:  
<http://academicintegrity.rutgers.edu/>.
- 8) For disability accommodations, please call the Disability Services Coordinator Timothy Pure, Rutgers-Camden Learning Center, ARM 3<sup>rd</sup> floor, (856) 225-6442, [tpure@camden.rutgers.edu](mailto:tpure@camden.rutgers.edu) (web: <http://learn.camden.rutgers.edu/disability-services>). Students who require special accommodations should also contact the instructor within the first few days of class.

## Course Schedule

The following is a *tentative* schedule for this course. Dates may change slightly depending on our *actual* progress in covering the material. You should consider reading EVERYTHING in the folder on Sakai for the topic covered in class each week. However, only the below readings are REQUIRED.

DATE	TOPIC	READINGS DUE
Sept 6 Sept 8	What is health? Personality and health	Frakt, 2015; Offit, 2014 (Ch 1) North, 2015; Kern et al., 2013
Sept 13 Sept 15	Stress and coping	Skinner & Zimmer-Gembeck, 2015; Tugend, 2014 <i>Speaker: Dr. Jamie Dunaev (9/13)</i>
Sept 20 Sept 22	Happiness and well-being	Lyubomirsky, 2008
Sept 27 Sept 29	Behavioral health	Brody, 2015; Polivy & Herman, 2002
Oct 4 Oct 6	Chronic health issues	Gawande, 2014 (Ch 2 & Ch 6); Thernstrom, 2010 (Introduction) <i>Speaker: William Passold (10/4)</i>
Oct 11 Oct 13	Social support Relationships and health	Bakalar, 2016; Thompson, 2009; August et al., 2015
Oct 18 Oct 20	Stigma, prejudice and health; midterm review MIDTERM	Brown, 2010 (NYT); Hatzenbuehler, et al., 2013
Oct 25 Oct 27	Patients and health care professionals	Mead & Bower, 2010; Ofri, 2015
Nov 1 Nov 3	Well-being among health care providers Careers in health sciences	Chen, 2012; Shanafelt et al., 2012  Adams, 2014; Bureau of Labor Statistics, 2015; U.S. News, 2015 (skim all of this – could help you get a job!) <i>Speaker: Cheryl Hallman (11/3)</i>
Nov 8 Nov 10	Public health	Conly, 2013; Reid, 2010 (Ch 11) <i>Speaker Dr. Rob Simmons (11/8)</i> <i>Speaker: Dr. Dan Hart (11/10)</i>
Nov 15  Nov 17	Public health  Media and health	Tavernise, 2015 Bleakley et al., 2009; Harris et al., 2009 <i>Speaker: Dr. Jamie Dunaev (11/17)</i>
Nov 22	Health care; Affordable Care Act	Reid, 2010 (Ch 2, Ch 3, Appendix)
Nov 29 Dec 1	ACA; Contemporary issues in health sciences	Reid, 2010 (Afterward); Krugman, 2015
Dec 6 Dec 8	Ethics in Health Sciences Wrap-up	Reid, 2010 (Ch 9); Singer 2009 <i>Speaker: Dr. Eric Chwang (12/6)</i>
Dec 13	Review for final	
Dec 22	FINAL EXAM	Information will be made available once provided (11:30 is most likely time slot)

