

**RUTGERS UNIVERSITY**  
**Introduction to Health Sciences**  
**50:499:101, SECTION 02**  
**COURSE SYLLABUS**  
**Fall 2019**

Instructor:	Dr. Charlotte N. Markey	Lecture:	Tues & Th 11:10-12:30
e-mail:	chmarkey@camden.rutgers.edu	Classroom:	CNS312B
Office Phone:	856.225.6332	Office hours:	Thurs 1:00-2:00pm
Office:	408 Armitage		and by appt.

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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, pain and pain management, social support and health, gender and health, public health, health policy, 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. This course has been supported by the *Open and Affordable Textbook Task Force*. Thus, 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 may want to 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	15%
Midterm	25%
Final Exam	35%
Applied HS presentation or paper	5%

#### 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 3 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 OR PAPER:**

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 most classes we will take some time to discuss how class material relates to research discussed in the media. Students can 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 assignment and a related hand out will be made available in class. If students prefer to not participate in an oral presentation, they may complete a brief paper (2 pages) that describes a real world health issue (taken from the news or another reliable source) and links between this issue and the topics discussed in class. Students who prefer to pursue the paper option should inform the instructor of this and submit their paper (hard copy) in class no later than Dec. 5<sup>th</sup>.

#### **NOTE RE: EXTRA CREDIT:**

There are a number of health-related presentations on campus this semester that I would love for you to attend. These are wonderful learning opportunities! I will announce these in class (the specifics regarding all of them are not yet settled). Two extra quiz points will be awarded for attendance at these if you check in with me at the talk.

#### **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 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, Maureen Camper, in the case of an emergency at 856-225-6136. 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) Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>. If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form at <https://webapps.rutgers.edu/student-ods/forms/registration> and see <https://success.camden.rutgers.edu/disability-services>.