

**University of Texas in El Paso
Health Promotion Department**

**HSCI 4306 Health Concerns of Preadolescents and Adolescents
Fall 2009**

(Subject to Change)

Instructor: Adriana Rascon-Lopez, MS, RD/ LD, CHES
Class Time: TR 1:30-2:50
Office Hours: Monday 8:00-12 & 1:00-4:30PM; after class and/or by appointment
E-mail: WebCT

Course Description: This course addresses major health problems, health risks, transitions and lifestyle choices of pre-adolescents and adolescents (Prerequisite: Sophomore standing).

Some Health Issues to be covered in class:

- Stress
- STDs
- Dental Health
- Cigarette Smoking
- Substance Abuse
- Depression/suicide
- Sexual risk-taking: abstinence-only approach
- Sexual risk-taking: safe sex/contraception approach
- Eating Disorders
- Violence (at school, home, within dating relationships)
- Injury Prevention
- Physical Activity
- Bullying
- Sexual Harassment
- Nutrition

Required Text: Healthy Teens: Facing the Challenges of Young Lives by Alice R. McCarthy, Ph.D.

Grading: Grading will consist of one exam, a health promotion project, attendance, quizzes and reaction papers.

Exams: One final comprehensive exam.

Quizzes: Textbook chapters are to be read before coming to class and you will be quizzed during the first 15-20 minutes of class on the chapter to be covered in class.

Attendance: Please do your best to be on-time to class. A sign-in sheet will be distributed on random days and will be picked up at the end of the class. Class attendance is worth 5%.

Health Promotion Project: A resource booklet, with the major issues surrounding nutrition and exercise during adolescence will be developed as a class project. Students will be divided into groups, each of which will be in charge of a section of the resource booklet. Each student will be assigned a health topic according to the in class discussion group, and will design his/her own unique prevention program designed to address the assigned adolescent health issue. You will be given some class time to organize yourselves (see calendar).

The age group to be targeted will be 18 years old, females and males; this is the age at which some adolescents transition from high school into college.

A discussion group will be conducted in class to identify some topics of high importance to 18 years old, in relation to nutrition/exercise issues, such as, fast food, body image, diets, etc

Once the topics are identified, these will be assigned to the different teams, and each team will create a lesson plan for the assigned topic. The lesson will be presented in class, as if the class students were a group of 18 year old adolescents.

The lesson will include at a minimum: an introduction, an ice breaker, activities, and a conclusion. The students may use power point, videos, handouts, games, poster boards, etc

Nutrition Website: The group will design a nutrition website in WebCT under Homepages for 18 year old adolescents. The site can have pictures, messages, hyperlinks to other sites, and videos. If the student is having a hard time using the WebCT homepage option, power point may be used.

Evaluation of Grading:

Grading	Percentage
Exam 1	20%
Health Promotion Project	30%
Attendance	5%
Quizzes	25%
Nutrition Website	20%
Total	100%
Grading Scale	
A	89.5-100%
B	79.5-89.4%
C	69.5-79.4%
D	59.5-69.4%
F	59.4 – 0%

Missed Exams: Make-ups will not be given for any of the above unless the instructor deems that a student's absence is valid and excusable. Written explanation is required for having missed an exam and this will have a penalty of 10% of the possible points.

Assignments: In order to receive all points for assignments, quizzes, etc. work must be professional, creative and typed. Unacceptable assignments will have points deducted. Late work for take home assignments and/or projects may be accepted only, if the student had an emergency and documentation will be required. 10 % of possible points will be deducted for late work, for every class day that it was late. Reaction papers, assignments and quizzes will only be completed during class. No make-up work will be accepted, for in class assignments/quizzes, even if student was absent. Student is responsible for keeping up with WebCT messages and handouts. Student is responsible for keeping up with syllabus due dates and reading/work assignments and any changes announced via WebCT or in class.

Academic Integrity: Students are expected to abide by all of the rules for academic integrity, as specified by UTEP. Any violations will be reported to the appropriate individuals for disciplinary review.

Disability Needs: Any student who requires special arrangements in order to meet course requirements should contact the instructor to make necessary accommodations.

Fall 2009 Tentative Calendar:

Date	Discussion Topics	Reading/Work Assignments DUE Dates
August 25	Introduction to Course Syllabus Review	
August 27	Health Promotion Project Overview. Nutrition Website Project Overview. A Load Off the Teacher's Backs: Coordinated School Health Programs.	Appendix 1
September 1	Healthy Bodies Healthy Minds	Chapter 1
September 3	Healthy Bodies Healthy Minds The Michigan Model for Comprehensive School Health.	Chapter 1 Appendix 2
September 8	Teens Families and Schools Making the Grade: A Guide to School Drug Prevention.	Chapter 2 Appendix 3
September 10	Teens and Mental Health	Chapter 3
September 15	Work Session-Health Promotion Project	
September 17	Work Session-Health Promotion Project	
September 22	Teens and Mental Health	Chapter 3
September 24	Work Session Individual- Nutrition Website Project.	
September 29	Teen Sexuality	Chapter 4
October 1	Teens: An Active Lifestyle	Chapter 5
October 6	Teens: An Active Lifestyle	Chapter 5
October 8	Teens: Substance Abuse	Chapter 6
October 13	Teens: Substance Abuse	Chapter 6
October 15	Work Session Individual- Nutrition Website Project	TA via WebCT E-mail and in Office
October 20	Report Back on Progress of Nutrition Website- Present Draft To Class	
October 22	Teens and Sexual Harassment	Chapter 8
October 27	Teen Safety and Crime Prevention	Chapter 9
October 29	Work Session- Health Promotion Project	
November 3	Work Session- Health Promotion Project	
November 5	Present to class DRAFT of Lessons.	
November 10	Work Session Individual- Nutrition Website Project	TA via WebCT E-mail and in Office
November 12	Nutrition Websites Presentations	
November 17	Nutrition Websites Presentations	
November 19	Teams Present Health Promotion Lessons	
November 24	Teams Present Health Promotion Lessons	
December 1	Review Final Exam.	

December 1	Teams Present Health Promotion Lessons	
December 3	Final Exam.	