

Multicultural Health - HEED 208 in-person, face to face class

Course Syllabus (general information about class and resources)

Spring 2022 section 30362, M, W 9:00 10:20 am in rm 1100

Welcome to Health Class:

I am looking forward to this class. Health should be one the BEST classes you will ever take! I will continually remind class that everything is connected and we are all connected: ethnicity, culture, gender, community, our environment...

I am here to help you succeed! Cuesta is also here to help you succeed!

COVID protocols can change. As of Jan 2022, masks are required indoors for all students. COVID updates will appear on my home page in canvas.

Instructor information:

Nancy Steinmaus, M.A. Exercise Physiology, ACSM ETT, NASM Certified Personal Trainer

Phone: 805-592-9911 **don't** leave a message on voice mail; **My OFFICE Rm 1317** near the classroom

Email: nsteinma@cuesta.edu Kinesiology Dept office is 1300, Kinesiology phone is 546-3100 x 3207

Student Hours:

Starting first week of classes **In person face to face office hours:**

- **M, W 8:35-8:45 am 1317 (office)**
- **M,W 10:20-10:50 starting in rm 1100 (classroom) and migrating to 1317 (office)**
- **T, Th 9:00-9:15 rm 1317 (office) then 9:15-9:30 am rm 1100 (classroom)**

Zoom (Virtual) Student hours Mon. and Wed. (starting Wed. first week of classes) 10:50-11:05

Online "Student Hour" Zoom link: <https://cccconfer.zoom.us/j/94204283237>

(phone-in options also available)

Required Text:

Spring 2022 you may apply for a text book voucher through cuesta (see my canvas home page, deadline Jan 21) If you DO this, you will need to opt out of CONNECT and "Purchase" an access code from bookstore. This has been very confusing for everyone and there seems to be uncertainties!

Normally...

"Purchase" CONNECT linked through canvas for this class and the e- book that comes with this is: Connect Core Concepts in Health, 16th ed, Insel et. al. Mc Graw Hill 2020. CONNCET houses both your e-text book, some of your HW, and most of

your quizzes and tests. Your student account is automatically billed (\$58.81) when you access CONNECT and the ebook. The McGraw Hill/CONNECT link is on the navigation bar in canvas for this class. If you additionally want a hard-copy, for an additional \$26.65, you can get that from the Cuesta B&N book store. (Some students like to have a hardcopy) Regardless, you need CONNECT and the e-book.

I do have hard copies of text book in library. However, you will still need CONNCET to take quizzes and access and turn in homework.

Course Catalogue Description:

Examines the major health problems facing non-dominant/minority ethnic groups related to acculturation, assimilation, and biological variations. Various health beliefs systems will be analyzed to promote prejudice reduction and understanding of cultural differences.

STUDENT LEARNING OUTCOMES:

- 1) Identify barriers that non-dominant groups face to access or receive health care in the U.S. today.
- 2) Compare and contrast nutrient analyses of various ethnic diets. (Such as demonstrate accurate analysis of ingredients on a food label and/or nutrition assessment. Examples: Identify saturated fats, trans-fats, salt and refined sugar.)
- 3) Describe lifestyle changes you have made or plan to make which promote personal health and mental well-being.
- 4) Identify lifestyle changes that will reduce risk of major chronic communicable diseases based upon your family health history, environment, and/or current lifestyle choices.
- 5) Evaluate contemporary media and societal institutions for discrimination and biased thinking processes related to multi-cultural health.
- 6) Analyze conflict in inter-group relations between diverse groups and cultures as it relates to multi-cultural health.
- 7) Explore various international health issues.

General course and academic information:

- I will communicate with you frequently via Canvas. You must check your account several times a week! This is critical.
- The course is divided into modules, each module is a week. See tentative chapter and topic time-line in canvas or as a handout.
- Each week there is reading, homework, attending class.
- There are 4 unit tests ("Take-home" tests) and one final that are taken within CONNECT.
- Attendance and participation are required. There is a strong correlation between attendance and success in this class.
- Lecture power points are posted in Canvas. The majority of power point slides closely follow the book. You may print out ahead or review later. Nancy does not think you need to print and since unit tests are untimed, you can refer to book.

- Late work or make-ups are at the discretion of instructor. Most assignments may be turned in late for 0.5-1% deduction/day. Exams may be turned in up to a week late for full credit. After a week, they lock out. I can unlock if a student reaches out to me because they need an extension.
- Cell phones, electronic media distractions, etc. - need to be powered down while in class unless instructor gives explicit permission. **Failure to do this affects your grade in class.** If you have extenuating circumstances, contact instructor.
- The drop without a “W” date is the day before the first census date (**Spring 2022, Jan. 30**). Students who drop after the “drop without a W date” will receive a W on their transcript. This W is the same as a substandard grade and will count towards how many times a student can repeat a class to alleviate a substandard grade. The last day to drop with a “W” is: **April 17. (Spring 2022)**

Course Requirements: Specific instructions will be discussed in class and also posted on Canvas for this class.

- **Attendance/Participation** is required. Missing a class or leaving class early (or arriving late) negatively impacts your education. Attendance is obtained by roll, sign-in sheet and/or submission of in-class work. Your participation grade is based on attendance, effort, and contributions in class. If you miss class, you are still responsible for class requirements. There are no excused absences, you are either in class or you are not. **HOWEVER**, there will be multiple opportunities to make up points lost if your absences are affecting your grade. If you are going to have multiple absences back to back, such as missing 2 weeks of class, contact instructor so you are not dropped from class. Nancy makes multiple attempts to reach out to students with participation lapses to help students get back on track. (100 points)
- **Homework (HW)** - There will be many small homework assignments throughout semester. HW will be announced in class and via Canvas. Most homework assessments must be “interpreted/scored” as per instructions and you must make written comments on most assessments. If you want full credit for HW, you must follow all directions given by instructor. A major HW assignment is a written personal fitness plan (50 points). That assignment has specific criteria and will be explained in class as well as posted in canvas. (150 points total all HW)
- **Personal Health Research Project** - You will complete a research project pertaining to your own health and wellness and relating it to world or multi-cultural issues. The project will last approximately 5 weeks and will be submitted as a typed research paper. Requirements will be provided and explained in class. Start thinking about a health area you want to work on. This is a unique opportunity to combine something important to you (your health) with an academic college class! (100 points)

- **Exams** - Exams will be multiple-choice and true/false, matching, and possibly short answer, and will be completed in canvas or CONNECT (CONNECT links to your textbook). Most exams will have no time limit but will have a deadline. Some exams you may take more than once to improve your grade. The **final** is a timed cumulative exam and is approximately 85 points. Nancy will have a review session (worth extra credit) for the final. The review will likely be run through the student success center. (200 points possible all exams combined)
- **Oral statement/group report/special project/reflection:** This end of semester assignment(s) will be explained in class and detailed requirement sheets will be provided. They require minimal time. At the end of semester, you will present a very short synopsis pertaining to a health topic related to multi-cultural health but that was not directly covered in class. Students are expected to make connections between their own diversity along with other aspects of diversity. If you if you have experiences or identify as part of a diverse or marginalized population, you can choose to incorporate into this assignment. More details and examples will be provided in class and via Canvas. **(50 points)**

Possible Points: 600

- Attendance/participation: 100
- Homework: 150
- Term Paper/Project: 100
- Exams/quizzes: 200
- oral report/reflection 50

Grading is by standard percentage: (+, - is at instructor discretion when extra credit is a determining factor in raising a grade and/or there are frequent attendance or missing assignment issues):

- 90% = A
- 80-89% = B
- 70-79% = C
- 58- 69% = D
- 57 and Below = F

- **Extra credit:** There will be extra credit offered through the semester. Instructor will announce options like attending a wellness expo, events related to class topics, or a mini-project like commitment to activism. Cuesta Cultural Center has frequent offerings that would count as extra credit. Extra credit is intended to provide an opportunity for students to expand their health and understanding of health and multi-culturalism. Further, it will mitigate point loss for absences due to illness or other extenuating circumstances. Offerings will have a deadline. Extra credit is at the discretion of instructor. Extra credit is not offered at the end of semester as a means of damage control for poor grades or attendance or missing assignments! However, instructor HAS allowed students to turn in extra credit near end of semester. Please reach out to instructor about this so she can work with you individually. Students may also earn 30 points of extra credit for enrolling in and passing a KINA activity class at Cuesta. Instructor will provide more details in class. Extra credit maxes out at 30 points except for some circumstances. Reach out to instructor. I have included a module specifically for a myriad extra credit offerings.

Student and instructor etiquette:

We should expect to encounter widely varying ideas and beliefs among ourselves and in our journey through this class. It is important to have a positive and respectful attitude. I expect this of myself and my students, in and outside of the classroom. Further, we will be discussing many different aspects of your own health and multicultural aspects of health. Almost certainly, we will address topics or perspectives that will make some of us uncomfortable. I propose we embrace being uncomfortable at times, as it is likely learning cannot happen without this! You may be asked to share your thoughts, opinions, and experiences. Please be aware that if you are uncomfortable with an assignment or sharing, you may choose to NOT share and you may also contact me to explore alternatives. I will explain this further in class. — Nancy

Perspective: As your health teacher, I have boundless enthusiasm and expertise for this class! Health is one of the most valuable classes you will ever take! Health encompasses all parts of YOU and threads us together in the ever-more-global world. What an amazing opportunity we all have in this class to learn and grow

and expand ourselves. To really LEARN, we must challenge our mind-set. -
Nancy

Other Student needed resources:

MS office 365 <https://www.microsoft.com/en-us/education/products/office>

confer zoom (if needed)

file:///C:/Users/nstei/Downloads/ZoomMeeting_StudentGuide.pdf

adobe reader <https://get.adobe.com/reader/>

"CONNECT" student accounts will be billed once they access CONNECT in the McGraw Hill/connect link in canvas. "Course Material First Day Access" link is on the left menu bar near the top. That is initially how you access your electronic textbook.

PPT Powerpoint free version

Disability Statement: If you are a student with a verified disability, please make an appointment to discuss with me (instructor) your needs for accommodation as soon as possible. You should also contact DSPS located Room 3300, 546-3148 DSPS https://www.cuesta.edu/student/studentservices/dsps/dsps_services.html

If you are a Veteran, please contact Cuesta College's VA 546-3142. The Veteran Center is in room 6903. The Vet. Center hours are Mon.- Thurs. 9:00am to 4:00pm.

<https://www.cuesta.edu/student/studentservices/veterans/index.html>

College life can compound other issues in one's life. If you are feeling overwhelmed and feel you need help to maintain your personal balance -please contact our counseling center (mental health center) at 546-3138.

<https://www.cuesta.edu/student/resources/healthcenter/mentalhealth/index.html>

Tutorial services are provided to students and can be found at the following link: [Tutorial Services](#)

Library services: For a list and reference to library services, including learning research and assistance, please follow the link: <https://www.cuesta.edu/library/>

Canvas: For issues related to accessing Cuesta's LMS Site (canvas) or other technical issues, students may email: support@my.cuesta.edu • Sample technical issues statement: If the Cuesta server goes down or the power is out, the campus LMS will also be down and you will not be able to access your online course. When this happens, you should email your instructor from your student email (not from within the LMS) for more information or instructions.

Netiquette (Online Professionalism) and Online Course Participation*

- Use respectful and appropriate language in your forum discussions.
- Please do not use texting language, lol.
- Emoticons are acceptable ways to show emotion.
- Avoid CAPS as they come across like YOU'RE SCREAMING.
- You are expected to read all forum posts.
- You are to respond to the appropriate number of posts for each forum.
- All messages are public, so be careful and courteous when you post.
- Make your posts and replies thorough.
- Complete sentences and thoughts are mandatory for forum posts.
- Use a person's name when you reply to their post.
- Use mycuesta.edu email for private communication.

Academic Honesty: Nancy ASSUMES honesty is the norm. Academic honesty is essential to the academic community. Students who violate these principles by acting in academically dishonest ways are subject to disciplinary procedures. Here are some strategies to maintain honesty if academic struggles occur: reach out to your instructor, access Cuesta tutoring center, access Cuesta mental health services, examine your time management...

Below are some examples of academically dishonest behavior.

http://www.cuesta.edu/student/documents/catatog/catalog_2013-14/catalog_2013-14.pdf

If you are unclear about a specific situation, ask your instructor. Examples of Academic Dishonesty:

- Copying from another student's exam
- Giving answers during a test to another student.
- Using notes or electronic devices during an exam when prohibited.
- Taking a test for someone else, Submitting another student's work as your own, e.g. copying a computer file that contains another student's own work, copying discussion/forum post of another student's work/assignments.
- Knowingly allowing another student to copy/use your computer file(s) as his or her own work.
- Completing an assignment for another student, signing in for attendance for another student.
- Plagiarizing or "kidnapping" other people's thoughts, words, speeches or artistic works by not acknowledging them through proper documentation.

At the discretion of the instructor, students caught being academically dishonest may receive a failing grade on the assignments in question, be dropped from the class, or be failed in the course. Beyond this, the student may be subject to disciplinary action as determined by the Vice President of Student Services or designee. An appeals process is available to the student through the office of the Vice President of Student Services. It is recommended that the faculty member report any acts of academic dishonesty to the Vice President of Student Services or designee.

Nancy assumes honesty is how students will conduct themselves.

Some strategies to help eliminate student cheating include: TIME management (this is huge); using free Cuesta tutoring, reaching out to instructor or meeting with instructor, prioritizing academics and school...