

Tentative course syllabus

APPH 1040: The Scientific Foundations of Health Barcelona Study Abroad Program Fall 2026

Instructor: Dr. David Garton

E-mail david.garton@gatech.edu

Required Text: **Access to Health** 16th Edition by Rebecca J. Donatelle (Pearson)
(available via GT Bookstore)

Course Website: Canvas (<http://canvas.gatech.edu/>)

Course Description: All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement, such as this course APPH 1040. This course will consist of lectures, in-class activities, quizzes and homework assignments and three exams.

Course Objectives: When you complete this course, you should be able to:

1. Identify the dimensions of health and the scientific basis upon which health guidelines are founded.
2. Evaluate and interpret health information on the internet.
3. Understand the relationship between diet, exercise, and weight management in achieving wellness.
4. Understand your own personality type and identify ways to foster a positive mental attitude in order to increase happiness and well-being in your life.
5. Understand the value of managing stress in achieving optimal wellness and identify tools to effectively cope with or eliminate the sources of stress.
6. Illustrate how lifestyle choices and habits formed today may influence your risk for developing a chronic disease in the future.
7. Assess your own risk for disease, identify modifiable behaviors (and barriers) for change and formulate a plan to implement scientifically-based recommendations to reduce that risk.
8. Understand the value of a healthy lifestyle, appreciate the application of wellness principles and be able to use the information from this class to make healthier choices now and throughout life.

Grading:

The course grade is comprised of the following:

Exam 1	15%
Exam 2	15%
Exam 3	15%
Final Exam	15%
In-class activities	20%
Personality Survey Assignment	10%
<u>Personal Reflection Assignment</u>	<u>10%</u>
Total	100%

Final Grade: A: $90 \leq \text{Grade}$ B: $80 \leq \text{Grade} < 90$ C: $70 \leq \text{Grade} < 80$ D: $60 \leq \text{Grade} < 70$ F: $\text{Grade} < 60$

Course Guidelines/Expectations/Policies

Course website: Canvas	<ul style="list-style-type: none">• Canvas (http://canvas.gatech.edu/) will be used for all course postings, including the course schedule, lecture outlines, grades, additional readings, etc.• Check the Canvas course page often for the latest information and/or announcements.
Personality Survey Assignment	<ul style="list-style-type: none">• Detailed instructions will be posted on Canvas.• Assignments must be submitted electronically through Canvas.• Please note that <u>when submitting your assignments on Canvas, it is your responsibility to ensure the document(s) uploaded successfully. Double-check your assignment submissions.</u>• <u>Please do not email any assignments.</u>• Please bring in paper copy to class on due date for in-class discussion or be able to access it during class.
In-class Assignments	<ul style="list-style-type: none">• Canvas will be used to access all quizzes and in-class assignments.• Read the instructions before starting the assignment.
Exams	<ul style="list-style-type: none">• Exams start on time. If you arrive late, you must still complete the exam within the class period or portion of the class period set aside for the exam.• No communicating of any type, verbal or nonverbal, is permitted during exams.• Please use the restroom before the exam begins.• Do not forget to write your name on the exam. Do not use nicknames. Please use the name that you are registered under.
Make up exams & late assignments	<ul style="list-style-type: none">• Makeup exams, makeup quizzes and late assignments without penalty are only allowed in extreme emergencies (e.g. hospitalizations).• Make up exams, make up quizzes and late assignments <u>without an appropriately documented excuse are subject to a 50% penalty per day.</u>
Emergencies	<p><u>In the event of an emergency, contact the instructor within 24 hours.</u></p>
Attendance Policy	<p>Attendance is necessary to earn “in class” activity points (20% of final grade). Unexcused absence from class results in a 5% reduction in final class average.</p>

Office of Disability Services	<ul style="list-style-type: none"> • Georgia Tech offers accommodations to students with disabilities. If you need a classroom accommodation, please let me know at the beginning of the semester.
Classroom behavior	<ul style="list-style-type: none"> • Cell phone is prohibited in class with the exception of class-related activity only. Please turn off your phone or silence it before class starts and keep it in your pocket or backpack. • Personal conversations during class are disruptive to students around. Please refrain from such conversations. • Laptops and tablets may be used in class for APPH1040 class-related activity only. • Any type of video and/or sound recording REQUIRES the explicit permission of the instructor/lecturer. • As research on learning shows, unexpected noises and movement automatically divert and capture people's attention, which means you are affecting everyone's learning experience if your cell phone, laptop, etc. makes noise or is visually distracting during class. It is permissible for you to take notes on a tablet (not a laptop; the screen distracts students around you), but you must turn the sound off so that you do not disrupt other students' learning. • No consumption of food within the classroom is permitted, unless there is a legitimate medical need. • Beverages (water, tea, soda, etc) are permitted but only with a securely covered container that prevents spills.
Honor Code	<ul style="list-style-type: none"> • Students in this class are expected to abide by the Georgia Tech Honor Code http://www.honor.gatech.edu and avoid any instances of academic misconduct. • Cheating on ANY assignments will not be tolerated and will result in severe penalties. This includes saying you completed an assignment or extra credit activity when in fact you did not. • Unless specifically identified as group work; quizzes, tests, homework, etc. are to be completed alone.
Tips for doing well in this course	<ul style="list-style-type: none"> • FOLLOW INSTRUCTIONS • Complete reading assignments (chapter assignments and additional readings) <u>before class</u>. • Study for tests by reviewing the assigned readings (chapters and other reading assignments) and review lecture notes.

Class Syllabus

<u>Date</u>	<u>Topic/Assignment</u>
Wednesday, Oct 14	Course introduction
Thursday, Oct 15	Chapter 1, Accessing Health
Friday, Oct 16	Finish Chapter 1, begin Chapter 2, Psychological Health
Monday, Oct 19	Finish Chapter 2, begin Chapter 4, Improving your sleep Visit & view https://www.sleepfoundation.org/sleep-hygiene before class Personality surveys assignment due
Tuesday, Oct 20	Finish Chapter 4 (bring nutrition label to class)
Wednesday, Oct 21	Exam 1 (Chapters 1, 2 & 4) Begin Chapter 5, Nutrition
Tuesday, Oct 27	Continue Chapter 5
Thursday, Oct 29	Finish Chapter 5, begin Chapter 6, Maintaining a healthy weight
Monday, Nov 2	Continue Chapter 6
Tuesday, Nov 3	Finish Chapter 6
Wednesday, Nov 4	Exam 2, Chapters 5 & 6 Begin Chapter 7, Personal Fitness
Monday, Nov 9	Continue Chapter 7
Tuesday, Nov 10	Finish Chapter 7
Wednesday, Nov 11	Begin Chapter 3, Managing Stress
Monday, Nov 16	Continue Chapter 3
Tuesday, Nov 17	Finish Chapter 3
Wednesday, Nov 18	Exam 3 (Chapters 3 & 7)
Monday, Nov 23	Final Exam (comprehensive)

ACADEMIC INTEGRITY

Georgia Tech aims to cultivate a community based on trust, academic integrity, and honor. Students are expected to act according to the highest ethical standards. Review Georgia Tech's Honor Code and the student Code of Conduct. Any student suspected of cheating or plagiarism on a quiz, exam, or assignment will be reported to the Office of Student Integrity, who will investigate the incident and identify the appropriate penalty for violations.

STUDENTS WITH LEARNING NEEDS AND SPECIAL ACCOMMODATIONS

If you are a student with learning needs that require special accommodation, contact the Office of Disability Services ([404-894-2563](tel:404-894-2563)) as soon as possible to make an appointment to discuss your special needs and to obtain a letter of accommodation. Please also email me as soon as possible to set up a time to discuss your learning needs.

STUDENT-FACULTY EXPECTATIONS AGREEMENT

At Georgia Tech, we believe that it is important to strive for an atmosphere of mutual respect, acknowledgement, and responsibility between faculty members and the student body. The [Student-Faculty Expectations](#) articulate some basic expectations that you can have of me and that I have of you. In the end, simple respect for knowledge, hard work, and cordial interactions will help build the environment we seek. Therefore, I encourage you to remain committed to the ideals of Georgia Tech while in this class.

Class Syllabus