

APPH 1040 Scientific Foundations of Health

Summer 2026

Instructor: Dr. Adam J. Decker (<https://biosciences.gatech.edu/people/adam-decker>)
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Class Meets: T/R 12:30-3p.m.
Office Hrs: By appointment.

You have registered for the on-campus course. There will be no recorded lectures this summer. All exams will be taken in class.

Course Objectives:

1. To understand the dimensions of wellness and the scientific basis upon which these guidelines are founded.
2. To be able to critically analyze sources of health information and practically implement sound scientific information into everyday life to improve health.
3. To understand the physiological basis of disease and how risk reduction strategies influence disease development/treatment.
4. To understand the relationship between lifestyle choices and chronic disease.
5. To appreciate the importance of wellness as a lifetime pursuit.

Required Text: There is no required text for this course.

Grading:

There will be two in class exams during this very short semester. Makeup exams (without penalty) are only given in extreme emergencies (i.e. Hospitalizations) and REQUIRE the Dean of Students approval. **In the event of an emergency, notify the Dean of Students office immediately! Once I get approval from the Dean, the TA will schedule your makeup exam. BUZZ card required to take all tests.**

Exam 1	35%
Exam 2	35%
Assignment #1	10%
Assignment #2	10%
Participation and attendance	10%

Total Possible

100 %

Final Grade: A = ≥ 90 B = 80-89 C = 70-79 D = 60-69 F = < 60

Keep in mind that you earn your grade; I do not "give" it to you. I also reserve the right to deduct points from anyone's grade for being disruptive in class. Be on time and be attentive!!!!

- The best way to contact me is via email.
- If you know you will miss a test, or deadline because of your involvement in a school- sponsored (e.g. athletic event, workshop, school related trips, etc..) contact me at least 5 days in advance to make necessary arrangement to complete missed work. You may be asked to complete the work before your absence , but this will depend on the situation.

Students will also have the opportunity to earn extra credit added to the final grade. **All extra credit is due by July 30th**

1. Blood Profile Assessment—Have your blood drawn and cholesterol level analyzed. Instructions and forms will be posted online on tsquare. **Note: You must take signed forms with you to the Health Center!!!!**

Dates/Times: An online sign-up sheet will be provided by the instructor for students who wish to participate. **Do not contact Health Services for an appt.**
A folder will be created with further detail later in the semester

Location: Student Health Center (1st floor)

Fee: \$22.00 (the health center accepts a variety of payment options including buzzcard)

Instructions: Blood analysis requires a 10-12 hr. fast (nothing to eat or drink other than water).

(2) Complete a Fitness Assessment at the Campus Recreation Center. (**\$5 fee required**). Specific instructions will be posted on Canvas after the first day of class.

(3) Blood donation. Take part in a campus blood donation effort through GT MOVE (mobilizing opportunity for volunteer experience). Dates and specific instructions TBA.

(4) Psychology write-up (TBA later)

(5) Participate in a road race or intramural activity (For road race, turn in race number or copy of registration. If participating in an intramural, you must turn in the signed intramural form as well as a copy of the team roster with your name circled or highlighted. The roster is posted online through the CRC Intramural Office—**no roster, no credit! So make sure you print it off immediately. These are not kept online after the intramural has ended.**)

(6) Movie/video option at the end of the semester.

Other options will become available during the semester and will be announced in class.

Total extra credit points you may earn = 4 These are added to your final average.

ACADEMIC HONOR CODE

Cheating off of another person's test or quiz is unethical and unacceptable. Cheating off of anyone else's work is a direct violation of the GT Academic Honor Code, and will be dealt with accordingly.

Use of any previous semester course materials is allowed for this course; however, I remind you that while they may serve as examples for you, they are not guidelines for any tests, quizzes, or any other coursework that may be assigned during the semester.

I consider the following behaviors to be cheating:

- *using false excuse to delay taking test/quiz
- *learning what is on a test from someone who has already taken it
- *copying from another student on a test/quiz with or without their knowledge
- *helping someone else cheat on a test/quiz
- *using unauthorized notes on a test/quiz
- *using unauthorized electronic device to obtain information during test/quiz
- *working with others on an assignment when asked for individual work
- *paraphrasing/copying from written or internet source without footnoting it
- *fabricating/falsifying a bibliography
- *turning in work copied from/done by another
- *copying material almost word for word from a written source without citation
- *obtaining paper from term paper mill
- *fabricating or falsifying research data

List adapted from McCabe, Donald. "Cheating among college and university students: a North American Perspective," International Journal for Educational Integrity, 1.1 (2005).

For any questions involving these or any other Academic Honor Code issues, please consult me or www.honor.gatech.edu

CARE Center, Counseling Center, Stamps Health Services, and the Student Center

These uncertain times can be difficult, and many students may need help in dealing with stress and mental health. The **CARE Center** and the **Counseling Center**, and **Stamps Health Services** will offer both in-person and virtual appointments. Face-to-face appointments will require wearing a face covering and social distancing, with exceptions for medical examinations. Student Center services and operations are available on the **Student Center** website. For more information on these and other student services, contact the Vice President and Dean of Students or the **Division of Student Life**.

If you have been approved by ODS for an accommodation, I will work closely with you to understand your needs and make a good faith effort to investigate whether or not requested accommodations are possible for this course. If the accommodation request results in a fundamental alteration of the stated learning outcome of this course, ODS, academic advisors, and the school offering the course will work with you to find a suitable alternative that as far as possible preserves your progress toward graduation.