

Syllabus APPH 1040 Section C

Scientific Foundations of Health

This syllabus is subject to change at any time during the semester.

Instructor: Julie Taube, MS, RDN, LD

Resources: No required readings/textbooks to be purchased in advance of this course.

Contact: Canvas

Office Hours for both Instructor and TA: By appointment

To meet students' requirements, needs, and comfort levels, meetings and office hours will be offered in-person, by phone/virtually. Email the professor or TA in Canvas to set up a time that is mutually convenient.

Course Website: Canvas

Course Description: All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement, such as this course. This course will consist of weekly lectures, individual homework assignments, and quizzes. There is no final exam for this course.

Course Goal: Students in this course will learn how human behavior, the environment, and genetics influence well-being.

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. Understand the relationship between diet, exercise, and weight management in achieving wellness.
3. Illustrate how lifestyle choices and habits formed today may influence your risk for developing a chronic disease in the future.
4. Identify ways to foster a positive mental attitude to increase happiness and well-being in your life and foster better relationships by recognizing personality differences and how to handle them.
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. Identify modifiable behaviors (and barriers) for change and formulate a plan to implement scientifically based recommendations to reduce that risk.
7. 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.

Grades are determined by your total points that include all assignments and quizzes. Please note that the total points may change slightly during the semester.

Grade	Lower Limit %	Upper Limit %
A	89.50%	100.00%
B	79.50%	89.40%
C	69.50%	79.4%
D	59.50%	69.40%
F	0.00%	59.40%

Grading Categories

<u>Category</u>	<u>% of Total</u>
Quizzes	40%
Assignments	55%
Participation	5%
<u>Total Points</u>	100%

Sensitive Topics Discussed in Class

Some topics discussed in the class may be of sensitive nature and/or a trigger for you, based on past and/or current experiences (e.g., nutrition, mental health, etc.). If you have a concern about the nature of a subject or an assignment, please contact the professor ASAP. We can discuss any concerns you have and make alternative arrangements for content/assignments, as needed.

Canvas

Course resources will be provided online. This semester, we will be using Canvas for course notes and communication outside of class. Details of the course including the class schedule (listing topics/speakers/quiz dates), assignment information, etc. will be posted to the course site. Check Canvas frequently so that you do not miss any readings, assignments or opportunities that could affect your grade.

Assignments

Assignments are your time to reflect on your personal wellbeing in the area that the assignment is being addressed so take time on them and demonstrate reflective thinking about your current situation. Be sure to be clear, concise, and well-organized in your thoughts.

- Assignments are to be done individually unless specified for assignment.
- Assignments will vary based on the week's content.
- Detailed instructions and criteria for grading will be posted on Canvas.
- All assignments will be submitted electronically via Canvas.

- Please note that when submitting your assignments on Canvas, it is your responsibility to ensure the document(s) upload successfully. Double-check your assignment submissions.
- Assignments should be submitted in PDF or WORD. Canvas does not accept PAGES. Please do not email any assignments directly to us.
- 10% will be deducted each day your assignment is late. After 10 calendar days, a grade of zero will be given.
- Please contact the professor or TA, if personal circumstances impact assignment due dates.

Quizzes

- Quizzes are located in Canvas at Assignments/Quizzes or in your weekly Module.
- The number of questions will vary based on number of topics covered for that quiz.
- Each quiz question will be worth one point.
- The time allotted for the quiz will vary based on the number of questions.
- No communication of any type, verbal or nonverbal, is permitted during quizzes.
- You will only have one opportunity to take quizzes.
- Quiz questions will come from the required readings and the lectures so please attend lecture and complete required readings.
- 10% will be deducted each day your quiz is late. After 10 calendar days, a grade of zero will be given.

Extensions, Late Assignments, & Re-Scheduled/Missed Quizzes

Make-up assignments and quizzes without penalty are allowed in emergencies and require documentation (Dean of Students' Notification/Athletic Department Notification).

Policies for late assignments without required documentation are as follows:

- 10% will be deducted each day your quiz is late. After 10 calendar days, a grade of zero will be given.
- Please contact the professor or TA, if personal circumstances impact assignment due dates.

Re-grading and Re-submission

Requests for regrading of a homework assignment or an exam may be submitted to the teaching assistant in writing within one week of the day the homework or exam is handed back to the class (regardless of whether or not you attend class that day). You must justify in writing the technical basis for the regrade. If the regrade request is accepted, your entire homework or exam may be regraded (in other words, your grade may decrease after regrading). Please do not assume that your grade will always go up after regrading.

Technology Requirements

- High-speed Internet connection
- Laptop or desktop computer with a minimum of a 2 GHz processor and 2 GB of RAM
- Windows for PC computers OR Mac iOS for Apple computers.
- Complete Microsoft Office Suite or comparable and ability to use Adobe PDF software (install, download, open and convert). Click here to download Microsoft Office through GATech.
- Mozilla Firefox, Chrome and/or Safari browsers (BEST FOR CANVAS)

Attendance

Class participation is a very important part of the learning process in this course. Attendance is 5% of the total course grade. Attendance is recorded each class meeting and contributes directly to the final grade.

Emergencies

In the event of an emergency, contact both the instructor and GTA immediately via email (within 24 hours) and provide documentation of your emergency (usually Dean of Students' Notification).

Extended Absences

Life happens and your wellbeing is priority #1.

If you have missed or going to miss 2+ days of class due to an unexpected emergency (death in the family, medical issues, etc.) please fill out the Request Assistance Form. After completing the form, the Office of the Vice President of the Dean of Students will contact your professors providing the necessary documentation on your behalf. It is not necessary for you to email your professors directly regarding any emergencies you may have. For more information click here.

Note:

If you are missing class for institute excused reasons (i.e. conferences, seminars, athletics) please fill out the Institute Approved Absence Form. Submit the completed form to the Registrar's Office. Requests should be submitted at least 2 weeks prior to the event. For more information, click here.

Institute-Approved Absences

As per Georgia Tech policy, you are permitted to be absent from class to participate in athletic events, official field trips, and religious observances. For planning purposes, please provide me with written notice of your upcoming absence at least two weeks before the event, and ideally within the first two weeks of class. When I receive this notice, you and I will discuss opportunities to make up work you will miss in your absence.

Please see <http://catalog.gatech.edu/rules/4/> for more information about receiving official notice from the Registrar about the nature and timing of your upcoming Institute-approved absence.

Here to Help

Dean of Students Office, CARE Center, Counseling Center, Stamps Health Services, and the Student Center:

The CARE Center and the Counseling Center, Stamps Health Services, and the Dean of Students Office will offer both in-person and virtual appointments. Student Center services and operations are available on the Student Center website. For more information on these and other student services, contact the Dean of Students or the Division of Student Life.

If you are struggling for any reason, contact the Dean of Students at (404) 894-6367 for support or fill out this form. If you need immediate assistance outside of normal business hours, please call 404-894-2500 to be connected with the GA Tech Police who will get you the help you need. Here is a reference sheet of all the places at GA Tech that can assist you in any way.

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. For information on Georgia Tech's Academic Honor Code, please visit <http://www.catalog.gatech.edu/policies/honor-code/> or <http://www.catalog.gatech.edu/rules/18/>.

Any student suspected of cheating or plagiarizing 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.

Examples of cheating include but are not limited to:

- Copying from another student on a test/quiz/assignment with OR without their knowledge
- Helping someone else cheat on a test/quiz/assignment
- Using a false excuse to delay taking a test/quiz
- Turning in work copied from another
- Turning in work done by another
- Copying material almost word for word from a written source without citation

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

Be honest, do your own work and there won't be a problem.

Accommodations for Students with Disabilities

If you are a student with learning needs that require special accommodation, contact the Office of Disability Services at (404) 894-2563 or <https://disabilityservices.gatech.edu/>, as soon as possible, to make an appointment to discuss your special needs and to obtain an accommodations letter.

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. See <http://www.catalog.gatech.edu/rules/22/> for an articulation of 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.

Use of Mobile Devices, Laptops, etc. During Class

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.

For this reason, I ask you to turn off your mobile devices and close your laptops during class unless we specifically need them for polling or other purposes. If you would like to take notes during class on your laptop, this is allowed. Out of respect for your instructor and your classmates, please do not use your laptop during this class to complete work for another class.

Recording Classroom Activities

In order to preserve class integrity, student privacy, and a safe environment to express opinions, recording of our classes using digital, tape, or audio devices is not allowed. You are welcome (and even encouraged) to take notes and photos of the screens in class. This policy can be waived for students with accommodations upon explicit recommendation from the Office of Disability Services.

Freedom of Expression and Guidelines for Discussion

You are encouraged to share personal experiences and opinions with respect to the topics covered in this class. However, please keep in mind that our purpose in this class is to think critically about the issues. In an environment of mutual respect, we should be able to engage in well-rounded and constructive discussion that is beneficial to all of us.

Recommendations for a Successful Semester

- Pay attention to Canvas. Be sure your course notifications are on. Also check announcements frequently for upcoming course activities and due dates. Using your announcements will keep you on task and up-to-date with the course. Contact Professor Taube and/or your TA promptly when you have questions. For instructions how to enable course notifications, you can visit these links:
 - [Canvas Notification Preferences\(Links to an external site.\)](#)
 - [Canvas Notifications for a Single Course\(Links to an external site.\)](#)
- Read and review the syllabus and course lecture schedule. These contain all expectations, policies, weekly content that will be covered, and assignments. It is important to be clear on the expectations and responsibilities of the course. Contact Professor Taube with any questions or clarifications.
- Check your modules each week. All course information will be posted under the module.
- Most importantly, stay connected. Use your faculty, TAs, and classmates as an opportunity to build community. Professor Taube and your TA want to connect with you and provide as much support as possible.