

APPH 1040-A Syllabus

APPH 1040-A: Scientific Foundations of Health, Section A, 2 credits

Fall 2026

Instructor Information

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General Course Information

Description

All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement, such as this course APPH1040. This course will consist of lectures (including guest lectures), in-class activities, online quizzes and homework assignments and three exams. There is no final exam for this course.

Course Learning Outcomes

Upon successful completion of 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 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.

Required Course Materials:

Access to Health 16th Edition by Rebecca J. Donatelle (*You may use an E-text or a hard copy of the book*).

Grading Policy:

Exam 1	24%
Exam 2	24%
Exam 3	24%
Online Quizzes (3)	12%
<u>Written Assignments (2)</u>	<u>16%</u>
Total	100%

- Exams, Quizzes and Written Assignment due dates will be on the lecture schedule. If anything changes, it will be announced in class and via Canvas.
- Makeup exams, makeup quizzes and late assignments without penalty are only allowed in extreme emergencies (e.g. hospitalizations) and require documentation (Dean of Students' Notification).
- Make up exams, make up quizzes and late assignments without an appropriately documented excuse are subject to a 50% penalty per day.

Grades will be calculated on the following scale:

A: 89.5 – 100

B: 79.5 – 89.4

C: 69.5 – 79.4

D: 59.5 – 69.5

F: 0 – 59.4

Exams (72%)

- Exams will be administered under the “Quizzes” tab on Canvas
- Exam dates are on the Lecture Schedule
- Once you start the exam, you must complete it in one sitting.
- Exams will be available for a window from 7:00AM to 11:59PM on the day of the exam. You are encouraged to take the exam during class time.
- You will have 60 minutes for each exam. You must begin the exam before 10:59pm to have the full time on that day.
- No communicating of any type is permitted during exams.

Quizzes (12%)

- All quizzes will be administered through the “Quizzes” tab on Canvas
- Read the instructions before starting the quiz.
- Quizzes are timed, so be mindful of how you use your time during quiz

sessions.

- You need to complete the entire quiz in one session.
- Always check your internet connection status before you start the quiz session.
- It is your responsibility to have a reliable computer and reliable internet connection.

Written Assignments (16%)

- Detailed instructions will be posted on Canvas.
- Assignments must be submitted electronically through canvas.
- Please note that when submitting your assignments on Canvas, **it is your responsibility** to ensure the document(s) uploaded successfully. Double-check your assignment submissions.
- Please do not email any assignments.
- Please bring in paper copy to class on due date for in-class discussion or be able to access it during class.

Course Policies

Course website: Canvas

- Canvas (<http://canvas.gatech.edu/>) will be used for all course postings, including the course schedule, lecture outlines, grades, additional readings, extra credit announcements, etc.
- Check our course page often for the latest information and/or announcements.

Emergencies

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

School-Sponsored Events

- If you know you will miss a test, quiz or deadline because of your involvement in a school-sponsored event (e.g. athletic event, workshop, school-related trip, etc.) contact both the instructor and the TA at least 5 days in advance to make necessary arrangements to complete work missed.
- You may be asked to complete the work before your absence, but this will depend on the situation.

Piazza

- This term we will be using Piazza. Please enroll in Piazza and familiarize yourself with this platform. It is simple to use and will make communication more efficient with our large group of students.

- All you need to do is click on the “Piazza” link in Canvas on the left hand toolbar when you are in the course and it will take you to our class page.
- **Please post ALL your course related questions on Piazza.** The system is highly catered to getting help fast and efficiently from classmates, the TA, and myself. Rather than emailing questions to the teaching staff, post your questions on Piazza.
- We'll be conducting all class-related discussions here this term. The quicker you begin asking questions on Piazza (rather than via emails), the quicker you'll benefit from the collective knowledge of your classmates and instructors. If you are a top contributor, you can earn extra credit.

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.

Use of Generative Artificial Intelligence (AI) Tools:

You may use generative AI programs, e.g. ChatGPT, to help generate ideas and brainstorm. You should be aware that the material generated by these programs may be inaccurate, incomplete, biased or otherwise problematic. Also, using these tools may stifle your own independent thinking and creativity. Generative AI derives its output from previously created texts from other sources that the models were trained on yet doesn't cite sources. Per Georgia Tech's Honor Code, you may not submit any work generated by an AI program as your own. If you include material generated by an AI program, it should be cited like any other reference material (with due consideration for the quality of the reference, which may be poor).

When/if you use AI platforms in your assignments, please write a note to clarify where in your process you used AI, include the prompt used to generate the material, and which platform(s) you used. In your assignments, we expect you to clearly attribute what text was generated by the AI tool (e.g., AI-generated text appears in a different colored font, quoted directly in the text, or use an in-text parenthetical citation). See this article for how to cite AI properly: How to cite ChatGPT <https://apastyle.apa.org/blog/how-to-cite-chatgpt>

Accommodations for Students with Disabilities

If you are a student with learning needs that require special accommodation, [contact the Office of Disability Services](#) (404-894-2563) as soon as possible to make an appointment to discuss your special needs and to obtain an accommodations letter. Please also e-mail me as soon as possible in order 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.

Student Well-Being

At Georgia Tech, we are committed to creating an environment that supports the well-being of all our students. Your health and well-being are fundamental to your success, both academically and personally. We understand that the pressures of college life can be challenging, and we encourage you to prioritize your wellness throughout the semester.

Listed below are resources to help support your wellness. Our faculty and staff are here to support and guide you to additional services, as needed.

- **STUDENT ENGAGEMENT AND WELL-BEING:** Student Engagement & Well-being is an educational organization that develops diverse student leaders who advance technology and improve the human condition, by enhancing engagement, promoting holistic wellness, and cultivating inclusive communities. A [comprehensive list](#) of wellness related resources has been compiled and maintained by the Office of the Vice President for Student Engagement and Well-being ([student-resource-guide \(gatech.edu\)](#))
- **CENTER FOR MENTAL HEALTH CARE & RESOURCES:** The Center for Mental Health Care & Resources educates students for life by providing a variety of services and programs that are consistent and consonant with the strategic plan goals of the Institution and the Division of Student Engagement & Well-Being. Services include testing and assessment, referral to support services, short-term individual counseling, group counseling, couples counseling, crisis intervention, as well as mental health workshops, and consultation for faculty and staff, family, and friends of Tech students.
- **STAR:** Students' Temporary Assistance and Resources (STAR) is an organization that provides stability for students to pursue a fulfilling college experience. It does this by facilitating collaboration between organizations offering student support and increasing campus awareness of these programs. The five points of the star are food, finances, clothing, housing, and connections.

Sensitive Topics 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.

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. Please limit use of devices during class. It is permissible for you to take notes on your laptop/tablet, but you must turn the sound off so that you do not disrupt another student's learning.

Hazardous Weather Procedures

Per the [Campus Procedures for Hazardous Weather](#), when on-campus activities are suspended, digital learning days may be implemented to provide a way for instruction to continue. In the event of an impact to class/activity sessions, instructors will post an announcement on Canvas with instructions. Here is the institute policy for [Digital Learning Days for Modified Campus Operations](#).

Extra Credit

- Students will have the opportunity to **earn a maximum of 4 extra credit percentage points**, which will be added to your final grade at the end of the course. For example, if you have an overall grade of 86%, then 4 points will be added to 86% (86% + 4% points = 90%), making your final grade 90%.
- Information for extra credit opportunities, including detailed instructions on how to receive credit, will be posted on Canvas in the "extra credit resources" folder.
- Submit your extra credit assignments as per instructions detailed. You may submit your extra credit assignments through canvas any time **before the due date** per the lecture schedule. After the deadline, extra credit assignments will not be accepted.
- For any physical proof of extra credit completion (such as racing bib, blood donation sticker, etc.), you may scan through printer or take picture with phone in order to submit electronically.
- **Extra credit cover page is required!** Include your name, ID#, and list of your submissions. No extra credit assignment will be accepted without the cover page.
 - In class extra credit opportunity. See syllabus for details.
 - If additional extra credit opportunities are available, they will be posted on Canvas.
 - Remember, whether the extra credit is outside of class or in-class, you can only earn a maximum of 4 percentage points. You are welcome to do more than 4 points worth of extra credit, but you will not receive any more than 4 points.
 - Note that you cannot do the exact same extra credit activity twice. For example, you cannot do 2 road races for extra credit as only one will be counted.
 - No student will be denied the opportunity to obtain full extra credit points for financial or logistical reasons. If this is a concern, please see the instructor.