**UNIVERSITY OF WISCONSIN – STEVENS POINT**

SCHOOL OF HEALTH SCIENCES AND WELLNESS

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| **Course Title: HSW 105 – Recognition & Prevention of Common Diseases** | **Term: Fall 2023 Credits: 3** |
| **Instructor: Kevin Kirschbaum MS, CSCS** | **Email: kkirschb@uwsp.edu** |
| **Time: Tuesday & Thursday 1:00 PM – 1:50 PM (required)**  **Online Discussions & Weekly Quizzes** | **Office Hours: Email me to Schedule.**  **Location: Science Building A210** |

**Required Textbook: (available at text rental)**

Human Diseases: A Systemic Approach (8th ed.). By Zelman, Tompary, Raymond, Holdaway & Mulvihill. (2015). Pearson Publishing. ISBN: 978-0-13-515556-1.

**Course Description:**

This course examines significant disease categories such as infectious disease, cancer, stroke, and heart disease. Basic physiology, causes, risk factors, and prevention are explored within the context of public health.

**Prerequisites**: none

**Learning Competencies & Outcomes:**

Participants will:

1) Develop basic knowledge of common disorders at system levels.

2) Link the prevalence of more common disorders to congenital, environmental, and lifestyle factors.

3) Discuss common diseases regarding etiology, risk factors, and preventive efforts.

* 1. 4) Define patient-centered communication and display the ability:
     + 1. a. Establish a connection to garner trust and support
  2. b. Integrate the individual’s perspective.
  3. c. Demonstrate interest and empathy through interpersonal communication.
  4. d. Collaborate and advocate for equity, diversity, and inclusion.

**Chapter Learning Objectives:**

Chapter objectives appear at the beginning of each chapter in the textbook. You will be expected to demonstrate attainment of these objectives for each chapter in the classroom & in online groups.

**Grading Scale:**

The total point value places participants into grading categories listed below. Grades are based on actual achievement and are **NOT rounded:** Percentages provided are the total possible course points earned.

**A 94-100% A- 92-93%**

**B+ 89-91% B 86-88% B- 83-85%**

**C+ 81-82% С 75-80% С- 70-74%**

**D 65-69% F below 64%**

**Quiz: 130 Pts—Midterm & Final: 240 Pts--Canvas Case Study Discussion Posts: 135 Pts—Class Discussion: 130 Pts**

**Approximate Total: 635 Pts**

**Course Format:**

This course uses multiple methods of learning and assessment, focusing on active learner engagement.

To ensure your success in this course, several strategies are recommended:

1. Attend all classes! Topical discussions and activities taking place during class time reinforce learning, further explore course materials, and assist in developing test-taking strategies & abilities.
2. Complete all assigned readings & assigned activity preparation before the class they are covered. A class schedule is attached for this purpose. You are expected to participate in discussions in each class session actively.
3. Form study groups of three or more and meet weekly to support your individual study. Set defined objectives for each session to stay on task & focused during your time together. Learn about & use campus resources: the Teaching & Learning Center (TLC), and the Center for Inclusive Teaching & Learning (CITL) both located in the Library in SP and at your local branch campus.
4. Completely answer each learning objective at the beginning, and study questions at the end of each chapter in the text. Taking these steps can prepare you for questions about information you may not comprehend and raise further questions for class discussion.
5. Study key terms listed at the beginning of each chapter, especially if you have not yet taken a medical terminology course. Comprehension of definitions and key terms will make developing information about diseases much easier. Plan to use dictionaries & thesaurus supporting your learning and understanding of key concepts.

**Discussions:**

Students will read and develop opinions based on different topics and utilizing different sources – there will be opportunities to reflect on your personal feelings vs. the science and how you will respond as a future health care provider. Discussions will be held on Thursdays and on Canvas.

**Learning Inventories:**

There will be quizzes and exams throughout the semester. They will all be scheduled – no pop quizzes – and your midterm and final exam will be cumulative from the semester.

**Case Studies - Group Work and Discussions:**

Students will be divided into groups or work individually on case studies. The case studies will help you to learn about various diseases/illness in an investigatory format. At times they will be assigned to do prior to class (individual or a group). Other times, they will be part of group work and we will use class time to figure out with might be ailing our “patient”.

**Attendance:**

It is your responsibility to come to class. If you don’t, you are responsible for learning the information covered. I will not send it to you, nor will I let you make up any points earned in class that day via group work or discussion. You must be here to participate and learn. If you have a pre-approved excused absence – I will help to bring you up to speed with the information we covered.

**WHERE CAN YOU FIND ALL THE INFORMATION YOU NEED FOR ASSIGNMENTS?**

Please utilize CANVAS for information on assignments and course information. This syllabus is just an overview of what is to come for the semester.

***Guidelines for Success***

**Discussions ~ Participation Guidelines & Evaluation**

While course participation is not formally graded – there is an opportunity to gain more out of this course by being

present, engaged, and participating. A component of your grade will be based on quality contributions to the Discussion Board on Canvas. This is another place for you to show your voice in learning, which is sometimes more comfortable to students rather than speaking up in class. Quality participation in Canvas discussions is considered as thoughtful and concise contributions that demonstrate critical thinking related to the course material. Contributions of low quality or long-winded paragraphs of excerpts from course materials or other sources that show you can copy and paste – but not necessarily think through the information. Furthermore, class comments such as "I agree" or "Yes/No" will not contribute toward the frequency of your participation.

The rubric for written discussions will be available on Canvas – here is an overview:

**Excellent:** Actively participates in discussions. Frequently presents issues for discussion and actively responds to other students' comments. Comments demonstrate critical thinking and thorough comprehension of course content. Encourages feedback from other students.

**Good:** Reposts information from the course or resources to show understanding, but content demonstrating critical thinking is limited.

**Poor.** Minimal participation in discussions. Comments may resemble "I agree" or "Yes/No" responses. No demonstration of critical thinking.

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| **Date** | **Topics** | | **Learning Activities – Due at end of week** |
| *\*\*Set aside at least one day per week for additional online work. It will build off of the information we discussed on Tuesday & Thursday, or it will prepare you for the week ahead. The assignment listed for the week will be due at the end of the week – exceptions will be Discussions that require peer responses. See Canvas for updated due dates.* | | | |
| **WEEK 1**  Tues September 5  Thurs September 7  Online | Course Overview  CH. 1 Intro to Disease & Mechanisms of Disease  CH. 2 Immunity and Disease | | * **Pre-class reading: Chapters 1 & 2** * **Case Study Canvas Discussion Online (30)** |
| **WEEK 2**  Tues September 12  Thurs September 14  Online | CH 3 Infectious Diseases | | * **Pre-class reading: Chapters 3** * **TH: Classroom Discussion (10)** * **Quiz: Multiple Choice, True/False, Fill-Ins (30)** |
| **WEEK 3**  Tues September 19  Thurs September 21  Online | CH 4 Cancer | | * **Pre-class reading: Chapters 4** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 4**  Tues September 26  Thurs September 28  Online | CH 5 Heredity and Disease | | * **Pre-class reading: Chapters 5** * **TH: Classroom Discussion (10)** * **Quiz: Multiple Choice, True/False, Fill-Ins (20)** |
| **WEEK 5**  Tues October 3  Thurs October 5  Online | CH 6 Diseases and Disorders of the Cardiovascular System | | * **Pre-class reading: Chapters 6** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 6**  Tues October 10  Thurs October 12  Online | CH 7 Diseases and Disorders of the Blood | | * **Pre-class reading: Chapters 7** * **TH: Classroom Discussion (10)** * **Assignment Quiz: Multiple Choice, True/False, Fill-Ins (20)** |
| **WEEK 7**  Tues October 17  Thurs October19  Online | CH 8 Diseases and Disorders of the Respiratory System | | * **Pre-class reading: Chapters 8** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 8**  Tues October 24  Thurs October 26  Online  **MIDTERM** | CH 9 Diseases and Disorders of the Gastrointestinal System | | * **Pre-class reading: Chapters 9** * **COMPLETE MIDTERM (120)** |
| **WEEK 9**  Tues October 31  Thurs November 2  Online | CH 10 Diseases and Disorders of the Urinary System | | * **Pre-class reading: Chapters 10** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 10**  Tues November 7  Thurs November 9  Online | CH 11 Diseases and Disorders of the Reproductive System | | * **Pre-class reading: Chapters 11** * **TH: Classroom Discussion (10)** * **Assignment Quiz: Multiple Choice, True/False, Fill-Ins (20)** |
| **WEEK 11**  Tues November 14  Thurs November 16  Online | CH 12 Diseases and Disorders of the Endocrine System | | * **Pre-class reading: Chapters 12** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 12**  Tues November 21  Thurs November 23  Online | CH 13 Diseases and Disorders of the Nervous System | | * **Pre-class reading: Chapters 13** * **TH: Classroom Discussion (10)** * **Assignment Quiz: Multiple Choice, True/False, Fill-Ins (20)** |
| **WEEK 13**  Tues November 28  Thurs November 30  Online | CH 14 Diseases and Disorders of the Eye and Ear | | * **Pre-class reading: Chapters 14** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 14**  Tues December 5  Thurs December 7  Online | CH 15 Mental Disorders | | * **Pre-class reading: Chapters 15** * **TH: Classroom Discussion (10)** * **Assignment Quiz: Multiple Choice, True/False, Fill-Ins (20)** |
| **WEEK 15**  Tues December 12  Thurs December 14  Online | CH 16 Diseases and Disorders of the Musculoskeletal System | | * **Pre-class reading: Chapters 16** * **TH: Classroom Discussion (10)** * **Case Study Canvas Discussion Online (15)** |
| **WEEK 16** | | **Final Examination Week – Tuesday 12-19-2023, 8-10**  **Final (120)**  **Chapter 17 – Replacement Chapter for Improved Grade**  Diseases and Disorders of the Integumentary System | |

**Technology Support**

[**IT Service Desk**](https://www.uwsp.edu/infotech/Pages/ServiceDesk/default.aspx) - Students should direct all UWSP technology related questions and problems to the IT Service Desk. Use this link to access the IT Service Desk. You can also access the IT Service Desk by calling 715-346-4357 (HELP) or emailing [techhelp@uwsp.edu](mailto:%20techhelp@uwsp.edu).

[**Tech Essentials Training**](https://www.uwsp.edu/tlc/Pages/TechEssentials.aspx) – If you would like individual help on frequently used programs at UWSP (accesSPoint, Canvas, Office 365, Zoom, etc.) you can schedule an appointment using your Navigate app or emailing [tlctutor@uwsp.edu](mailto:tlctutor@uwsp.edu). Training is available via Zoom or in-person.

[**Office 2016/Office 365 (O365)/OneDrive**](https://www.uwsp.edu/infotech/Pages/SoftwareSupport/Office-365-OneDrive.aspx) - As a UWSP student you get access to these three Microsoft Suites. Use the link to learn more and start using the programs.

[**Zoom**](https://www.uwsp.edu/infotech/Pages/Tutorials/Zoom/Zoom.aspx)**-**Zoom is a synchronous web meeting tool. Click the link to access UWSP Zoom Support resources.

[**UWSP Accessibility Policy**](https://www.uwsp.edu/accessibility/Pages/default.aspx) - Use this link to access the UWSP Information and Communication Technology Accessibility Policy.

[**Learning Technology Privacy and Accessibility Statements**](https://www.uwsp.edu/online/Pages/Privacy-and-Accessibility-Links.aspx) - This website provides links to the Terms of Service, Privacy Policies, and Accessibility Policies for Canvas, D2L Brightspace, Blackboard Collaborate Ultra, and Kaltura.

[**UWSP Information Security Office**](https://www.uwsp.edu/infosecurity/Pages/default.aspx) - this website provides information regarding information security.

**You can protect your data and privacy by taking a few simple precautionary steps.**

1. Use different usernames and passwords for each service you use
2. Do not use your UWSP username and password for any other services
3. Use secure versions of websites whenever possible (HTTPS instead of HTTP)
4. Have updated antivirus software installed on your devices

**ChatGPT and AI**

One goal of this course is for you to work on developing the discipline-specific writing skills that you will need to be successful as a professional in this field. I want to acknowledge that recent buzz about ChatGPT and other generative AI tools poses some interesting questions about the need for developing these skills, and how such tools can be used in higher education. Given that this technology is still in its infancy and that my goal is for you to develop your skills as writers, the unauthorized use of ChatGPT or other AI writing tools is not permitted in this course. Students found to be using such tools will be considered as engaging in conduct aimed at making false representations of a student's academic performance and will be subject to disciplinary action as defined in the [UWSP Academic Misconduct Policies](https://www3.uwsp.edu/dos/Documents/UWSP14-Final2019.pdf).

**Emergency Procedures**

**Medical emergency - call 9-1-1** or use campus phone [list location in room or nearest your classroom]. Offer assistance if trained and willing to do so. Guide emergency responders to victim.

**Tornado warning -** **proceed to the lowest level interior room** without window exposure at [list primary location for shelter closest to classroom,].   See [UWSP Evacuation Floor Plans](http://www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans.aspx) for floor plans showing severe weather shelters on campus.  Avoid wide-span structures (gyms, pools or large classrooms).

**Fire alarm -** **evacuate the building** in a calm manner. Meet at [state logical location to meet 200 yards away from building]. Notify instructor or emergency response personnel of any missing individuals.

**Active Shooter – RUN. HIDE. FIGHT.** If trapped, hide, lock doors, turn off lights, spread out and remain quiet. Call 9-1-1 when it is safe to do so.  Follow instructions of emergency responders.

See UW-Stevens Point Emergency Procedures at [UW-Stevens Point Emergency Procedures](https://www3.uwsp.edu/emergency/Pages/emergency-procedures.aspx) for details on all emergency response at UW-Stevens Point

# **Online Mental Health Resources**

The [UWSP Counseling Center](https://www.uwsp.edu/counseling/Pages/default.aspx) offers several mental health resources for students, please see the resources below.

* [Mantra Health](https://app.mantrahealth.com/register): Teletherapy & Telepsychiatry
  + Diverse therapists
  + After-hours availability
  + Medication evaluations & prescriptions
* [You@UWSP:](https://you.uwsp.edu/) Self-help & Well-being Platform
* Didi Hirsch Mental Health Services: 24/7 Mental Health Support
  + Call or text: 888-531-2142
  + [Start a Chat Session](https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=2036&pid=813&cc=en-US)
  + Crisis care is available

# Academic Support

[UWSP Online-Online Student Support](https://www.uwsp.edu/online/Pages/Student-Support.aspx) - The UWSP Online-Student Support page is the go-to resource for online students. On the page you will find technology instruction sheets, support videos, and more.

[UWSP Online Student Readiness Self-Assessment](https://www.uwsp.edu/online/Pages/Online%20Student%20Orientation.aspx) - This self-paced tool is a great starting point for online students who want to assess and build their online learning skills. Use this link to access the tool.

[UWSP Office of the Dean of Students](https://www.uwsp.edu/dos/Pages/default.aspx) - The Office of the Dean of Students provides direct care to students who may need additional support, connection to resources, or help navigating questions or concerns.

[Off Campus Access to Library Resources](https://common-cartridge-viewer.netlify.app/$WIKI_REFERENCE$/pages/off-campus-access-to-library-resources) - Students can access library journals, databases, ebooks, and streaming videos from off campus.

[Text Rental Information for Online Students](https://uwsp.bncollege.com/shop/uw-stevens/page/textbook-rentals) - Visit the UWSP Bookstore text rental site for more information.

[Tutoring-Learning Center (TLC) at UWSP](https://www.uwsp.edu/tlc/Pages/default.aspx)- The TLC provides multiple services forall UWSP students – Stevens Point, Marshfield, Wausau, and online. Tutoring offices are located on the Stevens Point, Wausau, and Marshfield campuses and many services are also available online. Services include writing support, STEM tutoring, world languages tutoring, academic coaching, independent writing courses, academic success courses, Foundations of Reading Test (FoRT) preparation, technology essentials training, and English as a Second Language (ESL) support.

[Disability Resource Center (DRC)](https://www.uwsp.edu/drc) - If you are a student who requires accommodations due to a disability, please inform the instructor and contact the Disability Resource Center by calling (715) 346-3365 or emailing [drc@uwsp.edu](mailto:drc@uwsp.edu).

[Academic and Career Advising Center (ACAC)](https://www.uwsp.edu/ACAC/Pages/default.aspx) - ACAC can provide students support with course registration, major and career exploration, career development, resumes, job searches and more**.**