PubHlth 100: Public Health Programs for the Corporate World

Online class
Summer Session II

2011

Cover design by UCI student Fahrzad Alikoza, alumni PubHlth 199 & 198 Public Health for the Corporate World
### Instructor
Zuzana Bic, Dr.P.H., MUDr.  
E-mail: ZBic@uci.edu

### Contact Information
<table>
<thead>
<tr>
<th>Email: <a href="mailto:zbic@uci.edu">zbic@uci.edu</a></th>
<th>Office Hours: Monday &amp; Friday from 9:00 – 10:00 a.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office: N/A</td>
<td>Office Phone: 949-378-3065 or Skype “Dr.ZuzanaBic”</td>
</tr>
</tbody>
</table>

### Course Description
International perspectives on workplace health promotion. Strategies for developing programs to improve employee health and to decrease risks of chronic degenerative diseases. Case studies include assessment of employee health, program design, implementation, and evaluation. Emphasis on disease prevention. 4 units

### Course Summary
This is an online class. There are no meetings in the classroom. Audio-lectures, Power Point presentations, additional readings, web-links, study materials, assignments and exams are online. Communication with instructor is by e-mail, on the discussion board at the class website, over the phone and over Skype. All assignments are submitted, graded and returned at the class website.

### Course Prerequisites
1) **Official**: N/A  

2) **Non-Official**:  
   - Self-motivated and self-disciplined  
   - Able to learn without personal, face-to-face interaction of the instructor  
   - Able to follow written instructions  
   - Not easily frustrated when there are technical problems

### Textbook
**Required texts:**


4. LINKS: There will be links to other reading materials on the class website.

The package (textbooks 1 & 2 and the code for online access to chapters from textbook 3) can be ordered from the UCI bookstore (under the class PH 100 “Public Health Programs for the Corporate World”) or from the publishing house, [www.jbpub.com](http://www.jbpub.com).
### Email Info
- Check your uci.edu email on a regular & consistent basis!
- Configure your uci.edu account to forward your emails to your personal email account if you don’t usually check your uci.edu email over the summer.
- On all email correspondence, always include your first & last name, the class in which you’re enrolled (“PH 100” in either in the text of the message or in the subject line), and the original email(s) if a reference is necessary.
- Allow 24 hours for a response from your instructor.

### Questions
In an online course, the majority of our communication takes place in the course forums. However, when we have a need for communication that is private, whether personal, interpersonal, or professional, we will use individual email or telephone.

If you feel it is necessary to contact me, please follow these guidelines:

1. Check your syllabus. Can your question be answered by the syllabus or the textbook? Has someone already posted your question in the General Discussion forum? Look there first.
2. Use your UCI email account. Questions from private accounts will NOT be answered.
3. Phrase your email in a professional manner. Salutations such as: "Hey" or "Hi there" are not professional and emails containing such language will not be answered.
4. Type the name of the class and the subject of your email in the subject line.
5. Use complete sentences and correct punctuation and grammar in the body of your email
6. Sign your email with your full name and your student ID number

### Technical Problems
For all technical questions or problems e-mail: unex-online@uci.edu, M-F: 8 – 5 pm.
If you have any technical problems during the exams or during a submission please inform me immediately at zbic@uci.edu as well as unex-online@uci.edu.

**Internet connectivity:** Please ensure that you have a stable Internet connection when you are taking the quizzes and exams. Whenever possible, use a wired connection instead of a wireless connection. Connectivity issues that arise during a quiz may prevent you from completing the quiz or may cause scoring errors.

### Course Objectives
**UPON SUCCESSFUL COMPLETION OF THIS COURSE, STUDENTS WILL BE ABLE TO:**

1. Clarify and express ideas and opinions pertaining to workplace health promotion (Discussions).
2. Understand the role of public health by analyzing topics on public health, society and worksite, from current media/current research, and suggest/develop various types of public health programs/interventions for improving the health of employees (Reading Responses).
3. Assess, develop, synthesize and apply the concepts of public health programs for the corporate world (Presentation and Peer Review).
4. Gain a stronger understanding of the concepts of public health for health-related employee conditions (Quizzes).
5. Demonstrate a cognitive understanding of concepts pertaining to public health and the corporate world (Exams).
### Course Requirements

1. **Syllabus Quiz:** You’ll take a quiz that’s based on the syllabus.

2. **Lectures:** You’ll listen to audio/visual recordings of lectures each week.

3. **Discussions:** You’ll respond to questions that pertain to the lectures each week and share with your classmates in the Discussion Forum (where you will be assigned).

4. **Reading Responses:** You’ll choose from an assigned variety of reading materials and you will write a response that will include a short review and your thoughts and opinions each week.

5. **Quizzes:** You’ll practice your knowledge in short quizzes (T/F or multiple choice) each week.

6. **Video Presentation (the actual Public Health Intervention for employee or employer) with Peer Review:** You will prepare a 10-minute presentation (topics will be uploaded on class website) with separate PowerPoints (a minimum of 10 slides, 24 font) and with a minimum of 150 words of your review (your reaction statement) of one of your classmate’s presentation assigned to you.

7. **Exams:** You’ll take a midterm and a final exam. Each exam will consist of 75 multiple-choice and true/false questions. Exam #1 will cover week 1-2 materials; Exam #2 will cover week 3-5 materials.

### Estimated Weekly Time Commitment

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Lectures</td>
<td>120 min</td>
<td>Note: Online classes are supposed to take the SAME amount of time as traditional classroom courses.</td>
</tr>
<tr>
<td>Discussions</td>
<td>120 min</td>
<td></td>
</tr>
<tr>
<td>Reading Responses</td>
<td>120 min</td>
<td></td>
</tr>
<tr>
<td>Quizzes</td>
<td>120 min</td>
<td></td>
</tr>
<tr>
<td>Video with Peer review</td>
<td>120 min</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td>Approximately 10 hours each week for assignments</td>
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### Due Dates

Write down these dates on your calendar; Do NOT rely on a reminder from your instructor!! Please note: all the due are in Pacific Daylight Time

- **Syllabus Quiz:** 11 PM August 7 (extra credit 1 point)

  Please note: The 1st discussion question is always due on Wednesday each week before 11:00 p.m.

  - **Week 1:** 11 PM August 7 (total: 2 discussions, 1 quiz, 1 reading-response)
  - **Week 2:** 11 PM August 14 (total: 2 discussions, 1 quiz, 1 reading-response)
  - **Week 3:** 11 PM August 21 (total: 2 discussions, 1 quiz, 1 reading-response + midterm on August 18)
  - **Week 4:** 11 PM August 28 (total: 2 discussion, 1 quiz, 1 reading-response) + video presentation on with peer review)
  - **Week 5:** 11 PM September 4 (total: 2 discussions, 1 quiz, 1 reading-response)
  - **Week 6:** 11 PM September 6 (total: final exam on September 6)

- **Midterm (Exam #1):** will be open online: week 3, Thursday, August 18, from 8:00-9:20 p.m.
- **Final (Exam #2):** will be open online: week 6, final week, September 6, from 8:00-10:00 p.m.

Note: The assignments for each week consist of the Discussions, Quizzes, Reading-Responses; for week 3 there is a midterm; for week 4 there is a video presentation (with peer review) and for week 6 there is a final exam. You may submit the assignments anytime during the week in which they’re DUE.
**Late Policy**
-1 point for every day if the work is submitted late. NO work is accepted after 3 days -- no exceptions.

**Grading System**

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
<th>Weekly Points</th>
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<tbody>
<tr>
<td>Discussion Forum (5%)</td>
<td>30</td>
<td>6</td>
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<tr>
<td>Reading responses (10%)</td>
<td>45</td>
<td>9</td>
</tr>
<tr>
<td>Video Presentation with peer review (20%)</td>
<td>45</td>
<td>40 for presentation and 5 points for review</td>
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<tr>
<td>Quizzes (3% of the grade)</td>
<td>10</td>
<td>2</td>
</tr>
<tr>
<td>Exams (62% of the grade)</td>
<td>170</td>
<td>85</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>300</td>
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**Grading Scale**

- A = 276 - 300
- B = 246-263
- C = 216 - 233
- D = 186 - 203
- A- = 270 - 275
- B- = 240-245
- C- = 210 - 215
- D- = 180 - 185
- B+ = 264 - 269
- C+ = 234-239
- D+ = 204 - 209
- F = 179 and below

**Lecture Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Book/Chapter/Supplement</th>
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<tbody>
<tr>
<td>1</td>
<td>Book1: Ch 1, Ch2, Ch3, Ch4 and Supplement 1 (book 2, 3, links)</td>
</tr>
<tr>
<td>2</td>
<td>Book1: Ch5, Ch6, Ch7, Ch8 and Supplement 2 (book 2, 3, links)</td>
</tr>
<tr>
<td>3</td>
<td>Book1: Ch 9, Ch10, Ch11, Ch 12 and Supplement 3 (book 2, 3, links)</td>
</tr>
<tr>
<td>4</td>
<td>Book1: Ch 13, Ch 14, Ch 15, Ch 16 and Supplement 4 (book 2, 3, links)</td>
</tr>
<tr>
<td>5</td>
<td>Book1: Ch 17, Ch 18, Ch 19, Ch 20, Ch 21 and Supplement 5 (book 2, 3, links)</td>
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**CODE OF CONDUCT:**
All participants in the course are bound by the University of California Code of Conduct, found at [http://www.ucop.edu/ucophome/coordrev/ucpolicies/aos/uc100.html](http://www.ucop.edu/ucophome/coordrev/ucpolicies/aos/uc100.html).

The learning environment at the University of California, Irvine is one based on honesty and integrity. This environment can be maintained only if all participants recognize the importance of maintaining the highest ethical standards. It is critical for all concerned that all student work be the sole work of each individual student. The tests in this course are to be taken by you and you alone, without help. You may not print the tests. You are to take the tests without assistance from printed materials, the Internet, your cell phone, or any other way in which you could gather information. Doing so constitutes academic dishonesty. Please familiarize yourself with the [UCI Academic Honesty Policy](http://www.ucop.edu/ucophome/coordrev/ucpolicies/aos/uc100.html).

Anyone caught cheating or in any other way in violation of the university policy on academic honesty will receive an F in the class. There are no exceptions to this rule.
<table>
<thead>
<tr>
<th>DATE &amp; DAY</th>
<th>TOPIC</th>
<th>ASSIGNMENT / DUE</th>
<th>READINGS</th>
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<tbody>
<tr>
<td>WEEK 1: Monday, August 1</td>
<td>Lectures for week 1 Audio: with power points Syllabus: introduction to the course Chapter 1: Australia Chapter 2: Botswana Chapter 3: Brazil Chapter 4: Chile Supplement 1 Video clips</td>
<td>Due: August 7 #1: Syllabus Quiz #2: Discussions #3: Reading-Response #4: Quiz</td>
<td>Book 1: Chapter 1-4 Supplement 1: TBA: Links Readings for Response</td>
</tr>
<tr>
<td>WEEK 2: Monday, August 8</td>
<td>Lectures for week 2 Audio: with power points Chapter 5: China Chapter 6: Czech Republic Chapter 7: Denmark Chapter 8: Finland Supplement 2 Video Clips</td>
<td>Due: August 14 #1: Syllabus Quiz #2: Discussions #3: Reading-Response #4: Quiz</td>
<td>Book 1: Chapters 5-8 Supplement 2: TBA: Links Readings for Response</td>
</tr>
<tr>
<td>WEEK 3: Monday, August 15</td>
<td>Lecturer for week 3 Audio: with power points Chapter 9: Germany Chapter 10: Gulf cooperation Council Chapter 11: India Chapter 12: Israel Supplement 3 Video Clips</td>
<td>Due: August 21 #1: Syllabus Quiz #2: Discussions #3: Reading-Response #4: Quiz #5: Midterm on August 18 (1 hour and 20 minutes), 75 questions</td>
<td>Book 1: Chapters 9-12 Supplement 3: TBA: Links Readings for Response Study Guide for midterm: materials from week 1 and week 2.</td>
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<tr>
<td>DATE &amp; DAY</td>
<td>TOPIC</td>
<td>ASSIGNMENT / DUE</td>
<td>READINGS</td>
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<td>WEEK 4: Monday, August 22</td>
<td>Lectures for week 4 Audio: with power points</td>
<td><strong>Due: August 28</strong> #1:Syllabus Quiz #2:Discussions #3:Reading-Response #4:Quiz #5: Video Presentation and Peer Review</td>
<td>Book 1: Chapters 13-16 Supplement 4: TBA: Links Readings for Response Supplement 4 Video Clips</td>
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<tr>
<td>Week 5: Monday, August 29</td>
<td>Lectures for week 5 Audio: with power points</td>
<td><strong>Due: September 4</strong> #1:Syllabus Quiz #2:Discussions #3:Reading-Response #4:Quiz</td>
<td>Book 1: Chapters 17-21 Supplement 5: Links: Readings for Response: Supplement 5 Video Clips</td>
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<tr>
<td>Week 6: Monday, September 5</td>
<td>FINAL EXAM</td>
<td><strong>FINAL EXAM on September 6, 1 hour and 20 minutes, 75 questions</strong></td>
<td><strong>FINAL EXAM</strong></td>
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Stay Healthy!

Eat what you want to eat
after you eat what you should eat
Anon., 1918

Thy Food shell be thy medicine
--Hippocrates, 460-36- BC

No less than two hours a day should be
devoted to exercise,
and the weather shell be little regard,
I speak from experience,
having made this arrangement of my life
-- Thomas Jefferson, 1786

There is nothing either good or bad,
but thinking makes it so
--William Shakespeare

When a health is absent, wisdom cannot
reveal itself,
art cannot manifest, strength cannot fight,
wealth become useless,
and intelligence cannot be applied.
--Herophilus

Used by Students’ Public Health
Association at UCI