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Office Hours posted on door and will be verbally

Communicated on the first day of class

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**HPE-130**

**Consumer Health Decisions**

**Course Requirements & Means of Evaluation**

**Student Learning Outcomes:**

**Outcome #1:** Explain the scientific method and apply it to analyze the veracity of health-related product and service claims and/or effectiveness.

**Assessment:** This outcome will be assessed using exam questions designed to test the student’s knowledge in this area

**Outcome #2:** Explain the concepts of consumer health, health fraud, advertising principles and laws enacted to protect the consumer

**Assessment:** This outcome will be assessed using exam questions designed to test the student’s knowledge in this area

**Outcome #3:** Explain the concept of self-care and why it is important in American health care today.

**Assessment:** This outcome will be assessed using exam questions designed to test the student’s knowledge in this area

**Outcome #4:** Explain the current health insurance system in the USA and ways to maximize its effectiveness and efficiency.

**Assessment:** This outcome will be assessed using exam questions designed to test the student’s knowledge in this area

**Required Texts**

***Consumer Health: A Guide To Intelligent Decisions, Barrett, et. al., 9th Edition***

*ISBN-13: 978-0078028489*

**Make-Up and Extra Credit**

**There will be *NO* make-ups or extra credit work given to any student who misses an assignment or who is absent during an exam.**

**Attendance**

* You are permitted a total of 2 absences whether excused or unexcused. Regardless of your reasons for missing class you will lose 4 points from your final grade average beginning with your third absence and any subsequent absences. You will automatically **fail the course** once you have missed six or more classes. You will be sent an email to your college email address indicating your failure of the course due to violating the attendance policy. No other work will be accepted after that email is sent. You will receive an “F” for the course unless you drop it in accordance with college policy.
* 3 lates equal one absence. (Refer to the attendance policy above).

**GRADING**

**Exam #1**

Chapters 1 - 3 **20 pts.**

**Exam #2**

Chapters 4 - 7 **20 pts.**

**Exam #3**

Chapters 8 - 10 **20 pts.**

**In-Class Assignments 10 pts.**

**Group Project 30 pts. TOTAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_100 pts.**

**A = 90 - 100**

**B = 80 - 89**

**C = 70 - 79**

**D = 60 - 69**

**F = below 60**

**Group Project - Product Research Analysis**

**Consumer Health Decisions**

*Students will choose a topic from the list below. Students will work in groups one or two as explained by the instructor.* Each group will provide a **15-minute** presentation on a current health product/service chosen from the list below. Topics are first come, first serve. (Please note that each team member must speak for at least 7.5 minutes.

*Speaking for less than that (7.5 minutes) will affect that individual's grade for this assignment as it will be reduced by one point for every minute less than seven. An additional reduction may be given if the group total is less than fifteen as explained below.*

Groups will research their product using information from professional journals, professional websites, the NCCIH website, and other sources. Based on this information the students will assess the claims of their chosen topic marketed through advertisements, Internet, TV, radio, magazine, or other forms of media.

**Journal List:**

Journal of Nutrition

Journal of the Academy of Nutrition and Dietetics

Journal of Applied Nutrition

The American College of Sports Medicine Health and Fitness Journal

Journal of Strength and Conditioning Research

Personal Training Quarterly

Strength and Conditioning Journal

American Journal of Health Education

Health Education and Behavior

Health Promotion Practice

Link to other research sources <https://nccih.nih.gov/>

*These may be in the library or accessed online.*

**Topic List:**

1. Creatine Supplementation
2. Anabolic Steroid impact on strength
3. Glucosamine/Chondroitin to treat joint pain
4. Meditation - health benefits, disease prevention
5. Negative effects of using fluoride for brushing and rinsing teeth
6. Negative effects of vaccinations
7. Positive health benefits of massage therapy
8. Macrobiotic Diets impact on disease and health
9. Ketogenic Diet impact on disease and health
10. Ear Stapling to improve health
11. Cupping to improve healing
12. Acupuncture for treatment of disease and improvement of health
13. Oxygen as a cure for cancer
14. Blood doping
15. Acai Powder to improve health
16. Fish Oil supplements to decrease the risk of heart disease
17. Effectiveness of restricted breathing masks to improve performance
18. Benefits of Foam Rolling
19. Effectiveness of Caffeine on sport performance
20. Benefit and effectiveness of whey protein versus other types of protein on muscle growth and performance
21. Benefit of High Intensity Interval Training
22. Effectiveness of Nutritional Counseling on improving nutritional health and eating habits
23. Effectiveness of Diet Plans on health and weight management
24. Blue -Green Algae supplementation
25. Boron supplementation
26. Cranberry Juice as an effective aid t decreasing urinary tract infections
27. Dietary factors impact on treating, causing, and/or preventing Type 2 diabetes
28. Vegan diet's impact on health and disease
29. Mediterranean diet's impact on health and disease

*Other topics are possible with professor approval*

Refer to the Project Grade Sheet Document below for details on what is required and how this project is graded.

PROJECT GRADE SHEET-

Consumer Health Decisions

Name(s)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Product or Treatment \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Product Website \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The presentation:

1. \_\_\_\_ **(1 pts.)** (Slide #1) State the Product Name and why you were interested in this product
2. \_\_\_\_ **(1 pts.)** (Slide #1) Clearly explain the benefit of using this product as explained in the advertisement

 of the product

1. \_\_\_\_ **(1 pts.)** (Slide #2) Clearly explain the key ingredient or theory that is claimed to produce these

 benefits?

1. \_\_\_\_ **(1 pts.)** (Slide #3) Provide examples of the marketing of this product. Include pictures and

 advertisements but do not show videos.

1. \_\_\_\_ **(10 pts.)** (Slides #4 and #5) **CLEARLY** cite and **explain**  **in DETAIL** at least ONE research study

 (from the professional journal list) on this product.

Include the number of subjects, ages, methods, and other study details as learned from the PowerPoint on research designs and the scientific method.

1. \_\_\_\_ **(10 pts.)** (Slide #6) Explain in detail how strongly and why you believe that this research is true or

not true. *Base your explanation on the information you learned in the first PowerPoint on research design and scientific methodology.*

1. \_\_\_\_ **(1 pts.)** (Slide #7) What are the possible side effects or dangers of using this product?
2. \_\_\_\_ **(1 pts.)** (Slide #8) What does it cost to buy this product?
3. \_\_\_\_ **(1 pts.)** (Slide #9) Explain why you would or would not recommend this product based on what you learned about it. Have you ever used this product? If so, explain why you may be

 biased for or against it.

1. \_\_\_\_ **(2 pts.)** Power point slides use color and graphics and the presenters exhibit energy &

 enthusiasm

1. \_\_\_\_ **(1pts.)** (Slide #10) Includes a list of references and an explanation of what each partner contributed

 to the project

**Total 30 pts.\***

***\*Each student will be graded individually based on the material they were to contribute to the project.***

*Students* ***will lose eight points*** *automatically for each of the following:*

* *Finishing the presentation before the 15- minute time requirement* ***(7.5 minutes per student)***
* ***Reading*** *(not explaining) the slides for the majority of the presentation*
* *Using reviews – DO NOT USE REVIEWS*
* *Not including the question followed by the answer in the slides*
* *You may lose additional points (up to 8) if your power point presentation is different from the one you handed in on the due date*

**PLAGIARISM & CHEATING**

**Plagiarism**

Any written assignment presented by a student in fulfillment of course requirements must reflect his/her own work unless credit is properly given to others. Failure to do so is plagiarism. Anyone who assists another in such academic dishonesty is equally responsible. The act of plagiarism will result in a grade of "F" in the course.

**Cheating**

Any student caught cheating will receive a grade of "F" in the course. Cheating consists of student actions including, but not limited to:

* Copying from extraneous materials, such as notebooks, textbooks, or other kinds of written materials (including the work of other students) or recorded materials unless specifically permitted by the instructor.
* Looking at another student's test, answers, or papers and copying them as your own work.

**Electronic Cheating**

Any student, who uses an electronic medium to violate authorial integrity, including plagiarism, invasion of privacy, unauthorized access, and copyright violation, will be open to disciplinary action, which includes a grade of "F" in the class.

**Non-Print Product Misrepresentation**

Students must identify any part of an assignment which uses the product of another and give credit for this work. Failure to do so is a form of stealing known as product misrepresentation. Anyone who represents the work of another as his or her own, or anyone who assists another in this act, will receive a grade of "F" in the course.

**PENALTY** - Any student caught in violation of the above will receive a grade of "F" in the course.

**Tardiness/Late Assignments** -

All assignments are due on the due date during the beginning of class. Anything turned in one

calendar day late will receive an automatic 25% grade reduction penalty. Assignments turned in more than one day late will receive a zero grade. All assignments must be turned in as a hard copy to me personally or placed in my mailbox. No email or electronic copies will be accepted. There are no exceptions to this policy.