**Rowan University**

**School of Health Professions**

**Department of Health & Exercise Science**

**Syllabus of Record**

**\*MONDAY NIGHT**

Professo DiCicco, Ed D, CSCS

**Rowan University**

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HLTH 37.327 **Consumer Health Decisions**

**Required Texts**

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

ISBN-13: 978-0078028489

**Catalog Description**

This course examines the rights and responsibilities of a consumer faced with increasing amounts of information related to his or her overall well-being. It examines the major problem of health fraud and the components of scientific research. The role of advertising is explored, as well as sound principles for purchasing nutrition, fitness and other health-related products and services. Students learn important concepts related to health insurance and hospitals, traditional and alternative medical care and how to better manage the decisions they make.

**Course Policies**

Statement on Accommodations: Your academic success is important. If you have a documented disability that may have an impact upon your work in this class, please contact the instructor. Students must provide documentation of their disability to the Academic Success Center in order to receive official University services and accommodations. The Academic Success Center can be reached at 856-256-4234. The Center is located on the 3rd floor of Savitz Hall. The staff is available to answer questions regarding accommodations or assist you in your pursuit of accommodations.

Professional Behavior: Students are expected to display professional behavior at all times but especially while at work and in the classroom. Individuals should be respectful of one another, punctual, alert and attentive, prepared to participate, and listen while others are speaking. Cell phones, Blackberries, and other devices may be taken to classes but may NOT be seen or used unless permission is given by the instructor. Laptops should be used for class work only. If the use of these devices interferes with teaching and learning, students may be asked to leave such equipment at home. *Failing to conduct oneself in a professional manner may adversely affect a student's final grade for the class.*

Policy on Academic Integrity: Academic integrity is fundamental to education. Authentic learning and improvement demands leaders who have the utmost integrity. The Health & Exercise Science Department expects students to adhere to the highest standards in matters of academic honesty. Please visit the Provost’s website for the full academic integrity policy: <https://confluence.rowan.edu/display/POLICY/Academic+Integrity+Policy>

Policy on Incompletes:

Incompletes will be issued only under extreme extenuating circumstances and under the approval of the instructor and the department chairperson. Circumstances must be beyond the control of the student to be considered for an incomplete grade.

**Absences:**

* Attending class and participating in discussions/activities is **mandatory.** This includes all work done in class, such as group discussions and assignments.
* If you are absent when an assignment is due, you will receive a zero grade for that assignment
* If you are **absent when an assignment is done in class your** grade for that assignment will be a **“zero”.**
* You are allowed **ONE** absence in this course without penalty with the exceptions noted above.
* Two absences will **lower your final grade** (i.e. B+ becomes B).
* Three absencesare unacceptable and you **may fail the course or** have your grade lowered one full grade (i.e. B becomes a C).
* **Four absences** will result in an “F” grade as explained in the [department attendance policy](https://academics.rowan.edu/shp/departments/hes/about/2017-18-attendance-policy.pdf)
* **The above will be strictly enforced**

**Late Assignments:**

**Assignments are late if they are not turned in at the beginning (i.e. first FIVE minutes) of the class period for which they are due.** Assignments turned in after being collected by the instructor will receive **a 20% grade deduction**. **No assignments will be accepted after 8:15pm on the class period in which they are due**. *They will receive a zero grade.*

**Tardiness:**

Repeated tardiness (more than two) will result in a letter grade decrease. (i.e. B+ becomes a C+).

**Not attending a full class session:**

If you leave class early, your letter grade may be decreased a full letter grade (i.e. B becomes a C)

Additional Departmental Policies

Course Grade Policy

NO student may have a grade less than C- (less than C for Athletic Training Students), or an Incomplete in their core specialization courses at the time of application for field experiences, or for achieving other benchmarks as specified by the program.  Students who receive a grade of less than C- in an HES core specialization course will be referred to the Student Issues Committee regarding repeating a course

Repeating a Course Policy

The Rowan HES Department follows the University policy regarding repeating a course:

“In the event that a student must or voluntarily chooses to repeat a course, the grade received for the repeated course will constitute the final grade for that subject for cumulative G.P.A. purposes whether the grade is higher or lower than the grade received in the original course. The original grade, although not counted in the cumulative G.P.A., remains on the student's transcript. *Herein, the University stipulates that the same course may not be taken more than twice including withdrawals*. However, except for general education courses, further restrictions may be determined by the individual departments/colleges, only to meet standards recommended by accrediting bodies, statutory regulations, and/or professional societies. Appeals may be made through the normal appeals process.”

*(From the Policies and Procedures page of the Web page of the Office of the Provost,*

*(*<https://confluence.rowan.edu/display/POLICY/Repeating+a+Course+Policy>

**Student Dispositions**

* **Cell Phones/Texting in Class**: Under no circumstances is it acceptable to have cell phone out or in use during class unless permission is given by the instructor. Violations of this policy will result in a final **grade reduction of 15 points per violation.**
* **Computer Use in Class**: It is expected that at NO time during the class may the student use a computer for any reason unless **approved by the instructor.**
* **Distractions in Class**: In order to create a positive learning environment for all students, each student is asked to stay focused on course work without creating distractions, including but not limited to side conversions unrelated to class, sleeping in class, coming in late, leaving early, or moving in and out of the room during class.
* **Attire in Class and Program Related Functions**: While the HES department does not have a set dress code policy we do expect that inappropriate attire including but not limited to, clothing displaying drugs, alcohol, and/or violence, attire that does not cover under garments, and hats.
* *Failure to adhere to the above guidelines may negatively impact your grade to a significant degree*

**Additional Student Expectations:**

* Conduct in class must be worthy of a college student, i.e. attentive, respectful towards others, and quiet unless addressing the professor or contributing constructively to the class. Failure to adhere to these guidelines will result in points deducted from your final grade and/or dismissal/withdrawal from the class.
* Cheating and plagiarism will not be tolerated (see below).
* Texting or using any other electronic device during class time may result in a grade reduction which will negatively impact your grade.

Any questions concerning these policies, grades, etc. should be directed to me by meeting with me **AFTER** class.

**Academic Integrity**

Academic integrity is critical to the success of all students in the department of Health & Exercise Science. The department adheres to Rowan University academic integrity policy (Undergraduate Student Catalog**,** <https://confluence.rowan.edu/display/POLICY/Academic+Integrity+Policy> “Academic dishonesty, in any form, will not be tolerated. Students who commit an act of academic dishonesty are subject to disciplinary sanctions up to and including expulsion from the university” (p. 26).

**Academic Integrity Violations - Definitions**

**(**From theUndergraduate Catalog,,<https://sites.rowan.edu/academic-affairs/_docs/academic-integrity-violation-flow-chart---pdf.pdf>

**Cheating:** Cheating is an act of deception by which a person misrepresents his or her mastery of material on a test or other academic exercise.

***Examples*** of cheating include: copying from another person's work; allowing another person to copy your work; Using unauthorized materials such as a textbook or notebook during an examination or using technology to illicitly access unauthorized materials; using specifically prepared materials such as notes written on clothing or other unauthorized notes, formula lists, etc., during an examination; Collaborating with another person during an examination by giving or receiving information without permission.

**Plagiarism**: Plagiarism occurs when someone represents words, phrases, sentences, or data as one's own work. When submitting work that includes another’s words, phrases, sentences, or data, the source of that information must be acknowledged using complete, accurate and specific references. All statements taken directly from another must be acknowledged with quotation marks. All papers and presentations must include an acknowledgment of other’s work, such as a list of works cited or bibliography.

***Examples*** of plagiarism include: quoting, paraphrasing or even borrowing the syntax of another's words without acknowledging the source; using another's ideas, opinions or theories, even if they have been completely paraphrased in one's own words without acknowledging the source; incorporating facts, statistics or other similar material taken from a source, without acknowledging the source, unless the information is common knowledge; submitting a computer program as original work that duplicates some or much of the work of another, without citation.

**Fabrication**: Fabrication is deliberate use of invented information or the falsification of research or other findings with the intent to deceive.

***Examples*** of fabrication include: citation of information not taken from the source indicated; listing of sources in a bibliography or other report not used in that paper; fabricating data or source information in experiments, research project or other paper; misrepresenting oneself or providing misleading and false information in an attempt to access another user's computer account.

**Academic Misconduct**: Academic Misconduct includes the alteration of grades; involvement in the acquisition or distribution of unadministered tests, and the unauthorized submission of student work in more than one class.

***Examples*** of academic misconduct include: submitting written work to fulfill the requirements of more than one course without the explicit permission of both instructors changing, altering, falsifying or being accessory to the changing, altering or falsifying of a grade report or form\*; stealing, buying, selling, giving away or otherwise obtaining all or part of any unadministered test/examination\*; coercing any other person to obtain an unadministered test; substituting for another student or permitting any other person to substitute for oneself to take a test or examination; altering test answers and then claiming instructor incorrectly graded the examination; violating the Network and Computer Use Policy, also known as the "Acceptable Use Policy, Network and System Services" established by Information Resources is currently available for review at the Information Resources website.

**Anti-Plagiarism Tools**:

Rowan University has licensing agreements with online services to help prevent student plagiarism. As part of this course the instructor may be using such software at their discretion to determine the originality of your work. If your work is submitted to the on line service, it will be stored in their database. If you do not wish to use this service it will not negatively impact your grade; however the instructor may use other procedures to assess originality.

**Additional University Policies**

Be sure that you are aware of and that you read the following policies: attendance, student behavior, academic integrity, and disabilities. All policies are located on the RU web site <https://sites.rowan.edu/senate/policy_committees/academic_policiesprocedures.html> as well as in the Student Handbook

**Tentative Course Calendar NIGHT CLASS - *Students are required and expected to read each chapter before it is discussed in class and to take notes on any lectures given. Unless notified otherwise, you will have one or two quizzes every class: One on the current lecture, and one on last week's week lecture. Exams will be based on the chapter readings from the text, power points and the lecture notes.***

|  |  |  |  |
| --- | --- | --- | --- |
| **Date/Class Week No.** | **Topics** | **Activity/Assignment** | **No. of Presentations** |
| **Week 1**  **9/9** | * **Syllabus Review** * **Intro to the course** * **Group Project** * **Course Website Review/Blackboard** | **Lecture/Discussion** |  |
| **Week 2**  **9/16** | * **PowerPoint #1 Scientific Method** * **Types of Research & Research Designs** * **Group Formation & Topics** | **Lecture/Discussion** |  |
| **Week 3\***  **9/23** | * **Group Project Topic & Team Members Due** * **Research Designs** * **PowerPoint #2, Part I** * \***Quiz - Scientific Method & Types of Research** | **Lecture/Discussion** |  |
| **Week 4**  **9/30** | * **PowerPoint #2, Part II - Consumer Issues & Behavior** * **Review Quiz** | **Lecture/Discussion**  **\**Project Topic & Team***  ***Approved*** |  |
| **Week 5**  **10/7** | * **Consumer Issues and Behavior** * **Power Point #3 Fraud & Quackery** * **Presentation Schedule Posted via Website** | ***\*Project Presentation***  ***Schedule Finalized &***  ***Posted*** |  |
| **Week 6\***  **10//14** | * **Fraud & Quackery/ PowerPoint #4 Health Insurance** * **Exam- \*** * **Based on PowerPoints 1, 2 part I and 2 part II, & 3** | **Lecture/Discussion**  **Exam** |  |
| **Week 7**  **10/21** | * **Health Insurance** * **PowerPoint #5 – Medications** | **Lecture/Discussion** |  |
| **Week 8**  **10/28** | * **Medications** * **PowerPoint #6 Complementary and Alternative Medicines)** | **Lecture/Discussion** |  |
| **Week 9\***  **11/4** | * **Complementary & Alternative**   **Medicines- √Group Activity**   * **PowerPoint #7 - Dietary Supplements-**   √**Group Activity**   * **PPT Hard Copy of Presentations Due\*** | **Lecture/Discussion**  **Group Activity** |  |
| **Week 10\***  **11/11** | * **PowerPoint #8 - Nutrition & Weight Mgt.** * **Exam \*** * **Based on Powerpoints 4, 5, 6, & 7** | **Lecture**  **Exam** |  |
| **Week 11**  **11/18** | * **Nutrition/Weight Management -Group Activity** * **Presentations Begin** | **√Group Activity**  **Lecture/Discussion**  **Presentations** | **2** |
| **Week 12**  **11/25** | * **PowerPoint #9 Marketing/Advertising** * **Presentations** | **Lecture/Discussion**  **Presentations** | **3** |
| **Week 13**  **12/2** | * **Marketing/Advertising** * **PowerPoint #10 - Consumer Protection Activity** * **Presentations** | **Lecture/Discussion**  **√Group Activity**  **Presentations** | **3** |
| **Week 14 \***  **12/9** | * **Consumer Laws/Agencies** * **Presentations** | **Lecture/Discussion**  **Presentations**  **Exam**  **Presentations** | **3** |
| **Final Week**  **Date TBA\*\*** | * **Exam- \* - given during final exam period** * **Based on PowerPoints 8, 9 & 10** |  |  |

**\*\*Final Exams 12/12- 12/18**

**Student Evaluation:**

**GRADING**

**Lecture Summaries*-***

*Each class you will be required* ***to write a one-to-two-page summary of the evening’s lecture.*** *This should be legible and contain an explanation of all major topics in the lecture. You can use your notes to complete this assignment.*

**In-class Activities-**

All in-class activities require the course textbook. **No electronic devices or any other type of resource will be permitted** to complete these activities. \**You will need your book for this class and you will need to bring it to every class session.*

***If you are not present when a lecture summary is due or an in-class activity is given, you will lose those points. You are not permitted to make-up a missed lecture summary or an in-class activity.***

**Lecture Summaries**...............................................................................................**100 pts.**

**Exam #1........................**..........................................................................................**40 pts.**

**Exam #2 ........................**.........................................................................................**40 pts.**

**Exam #3..........................**....................................................................................... **40 pts.**

**Group Project** ........................................................................................................**80 pts**

**In-Class Activities**...................................................................................................**50 pts**

**Student Dispositions**………………………………………………………………**50 pts**

TOTAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_400 pts**

***Plus adjustments based on Attendance (Refer to Attendance Section Above)***

**\*Make-Up Policy**

There will be ***NO* make-ups** given to any student who misses an assignment or who is absent during an exam. Exceptions for exams **only** will be considered if verifiable circumstances beyond your control (e.g. automobile accident, etc.) prevent you from completing your exam. In these cases, the professor must be notified within three days of the absence via email and **verifiable written documentation** must be provided. The student will take the exam at the end of the next class following the absence. *Failure to notify the instructor within three days, failure to provide verifiable written documentation, or failing to complete the exam at the next class will result in a zero grade.*

**\*Extra Credit**

Students can earn up to 25 points by completing the following extra credit assignment. It must be completed by the due date (refer to the course schedule for this date) and will be graded based on the information that follows.

**Read *"Complications: A Surgeon's Notes on an Imperfect Science" by Atul Gawande,* ISBN 0-312-42170-2**

Complete a paper answering the following questions using the guidelines listed in this section, below. Including the title page, this assignment should be between 8 and 10 typed pages. Include the questions as well as the answer.  **Type the questions and answers.  Follow formatting guidelines as explained below. All documents must be in Microsoft WORD format.**

1. Write a two-page synopsis of the book.

2. What part of the reading concerned you the most? Explain why.

3. Explain the flaws in the education of doctors/surgeons. How can this process be improved?

4. After reading this book, do you believe that medicine is more art or more science? Explain and support your answer.

5. As a consumer of medical services, how have your views on medicine and science changed after reading this book?

**Criteria for grading this project:**

* **Format errors will receive a 5 point deduction for each error and/or each time that an error appears.**
* **Each question is worth 20% points**
* **Each omitted question will receive a 25% point deduction**
* **Late assignments receive a grade of zero!!  Copying, cheating or plagiarizing on this assignment willresult in the student FAILING THE COURSE.**

**Formatting Guidelines:**  
All written assignments, if assigned, must contain a cover sheet with name, class, time, professor, and date.  
  
Typed documents must use 1" margins all around, and a number 12 font, and be double-spaced.

* If you fail to adhere to the above guidelines, your assignment will not be accepted resulting in a grade of "0”.

**A letter grade will be assigned according to the following guidelines:**

A = 94 - 100 **(374-400 points)**

A- = 90 - 93 **(358-373 points)**

B+ = 87-89 **(346-357 points)**

B = 84-86 **(334-345 points)**

B- = 80-83 **(318-333 points)**

C+ = 77-79 **(306-317 points)**

C = 74-76 **(294-305 points)**

C- = 70-73 **(278-293 points)**

D+ = 67-69 **(266-277 points)**

D = 64-66 **(254-265 points)**

D- = 60-63 **(238-253 points)**

F = below 60 **(below 238 pts)**

**Assignments:**

* **Students are required and expected to read each chapter before it is discussed in class and to take notes on all lectures. Exams will be based on the book readings, power points and the lecture notes.**

**Group Project - Product Research Analysis**

**Consumer Health Decisions**

*Students will work in groups of two.* 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.

* Students will analyze the product and product claims based on scientific research methods and research designs discussed in class and read in the textbook. Refer to chapter two in the text & power point presentation number one, on the course website.
* Students must cite and explain at least two research studies specific to their topic or the key ingredient in their topic. These must come directly from a professional journal. There is a list below.
* At least one other study must be presented and explained (for a total of three).
* The research must be analyzed in terms of research design, the scientific method and the accuracy/limitations of its results.

**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*

The power-point and group presentation must address and/or include answers to the following:

1. State the Product Name
2. Explain the claimed benefit of using this product
3. Explain the key ingredient or theory behind the use of this product?
4. Provide examples of the marketing of this product. Include pictures and advertisements but do not show videos.
5. Cite and explain ***in detail four*** studies (**two per student**) on this product, including at least two from the professional journal list
6. Explain in detail the strengths and weakness of the research studies. *Base this analysis on the information you learned in the first PowerPoint on research design and the scientific method.*
7. What are the possible side effects or dangers of using this product?
8. What is the cost of the product and how does it compare to alternatives or similar products?
9. Why you would or would not recommend this product based on what you learned? Have you ever used this product? If so, are you biased for or against it?

**Guidelines for Power Point slides.** You can add more, if needed but **must have the minimums** as listed below:

Slide #1 - Product Name

Slide #2 - Claimed Benefit of using this product

Slide #3 - Key ingredient or theory behind the use of this product?

Slide #4 - Examples of the marketing of this product. Include pictures and advertisements but do

not show videos.

Slide #5-7 - Cite and **explain in detail** **four** studies (***two per student***) on this product, including at least two from the

professional journal list

Slide #8 - Explain in detail the strengths and weakness of the research studies. *Base this analysis on the information*

*you learned in the first PowerPoint on research design and the scientific method.*

Slide #9 - Possible side effects or dangers of using this product?

Slide #10 -Cost of the product and how it compares to alternatives or similar products?

Slide #11- Why you would or would not recommend this product based on what you learned? Have

you ever used this product? If so, are you biased for or against it?

Slide #12 - List of references

Slide #13 - Explanation of what each partner contributed to the project

**Criteria for Project Grading**

***Please note the criteria for grading this assignment as listed below:***

*Use the criteria below as a guideline in creating your presentation. Please note that* ***no videos are permitted*** *for this assignment. The instructor will give you a schedule of when you will be required to present your work to the class.* ***Do not use reviews, or read from the slides.***

Product or Treatment \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Product Website (if applicable)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The presentation:

1. \_\_\_\_ **(2 pts.)** State the Product Name
2. \_\_\_\_ **(3 pts.)** Clearly explain the claimed benefit of using this product
3. \_\_\_\_ **(5 pts.)** Clearly explain the key ingredient or theory behind the use of this product?
4. \_\_\_\_ **(5 pts.)** Provide examples of the marketing of this product. Include pictures and advertisements but do not show videos.
5. \_\_\_\_ **(20 pts.)** Cite and explain **in detail** **FOUR** studies on this product (two per student), including **at least**

**two from the professional journal list**

1. \_\_\_\_ **(20pts.)** Explain in detail the strengths and weakness of the research studies. *Base this analysis on the information you learned in the first PowerPoint on research design and the scientific method.*
2. \_\_\_\_ **(5 pts.)** What are the possible side effects or dangers of using this product?
3. \_\_\_\_ **(5 pts.)** What is the cost of the product and how does it compare to alternatives or similar products?
4. \_\_\_\_ **(5 pts.)** Why you would or would not recommend this product based on what you learned? Have you ever used this product? If so, are you biased for or against it?
5. \_\_\_\_ **(5 pts.)** Power point slides use color and graphics and the presenters exhibit energy & enthusiasm
6. \_\_\_\_**( 5 pts.)** Includes a list of references and an explanation of what each partner contributed to the project

**Total 80 pts.\***

***\*Each student will be graded individually based on the material they were to contribute to the project. Each student must present two research studies in their portion of the presentation.***

*Students* ***will lose 30 points*** *automatically for each of the following:*

* *Finishing the presentation before the 15 minute time requirement* ***(7.5 minutes per student)***
* *Reading the slides for the majority of the presentation*
* *Using reviews*
* *Not including the question followed by the answer in the slides*

A hard copy of your complete power point presentation is due before your actual presentation date. These dates will be discussed in class. **If your power point presentation is different from the one you handed-in, up to thirty (30) points will be deducted** from your final grade for this project.

A hard copy of your complete power point presentation is due before your actual presentation date. These dates will be discussed in class. If your power point presentation is different from the one you handed-in, 10 to 50 points will be deducted from your final grade for this project.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My signature above indicates that I have read and reviewed the course syllabus and understand the course policies as well as how my course grade will be determined.