

HLED 150 Consumer & Environmental Health
Department of Physical Education Health & Recreation
Western Washington University
Spring 2015

Class Meeting MTWR (11:00 a.m. – 11:50 a.m.)
Location OM 483
Professor: Ying Li, Ph.D., CHES
Office: Ross Engineering Technology Building (ET) 273
Office Hours: MTWR 9:55-10:55am, M 1-3pm

Telephone: (360) 650-3513
E-mail: ying.li@wwu.edu (I will respond to all e-mails, sent Monday through Friday, within 48 hours. Please use the subject heading: HLED 150)

Course Category:

Analysis of media promotion of health products and services; health fraud; choosing health/medical care; investigation of environmental factors that affect human health; consumer and environmental protection agencies.

Course objectives:

Upon successful completion of this course students will be able to:

1. define consumer health and its importance in the health marketplace
2. develop skills for assertive health consumerism
3. discuss a variety of health issues from a consumer's standpoint
4. critique information that pertains to consumer health issues
5. Identify federal agencies designed to protect the consumer
6. Identify the nature and sources of health quackery and fraud
7. analyze the roles that advertising and media sources play in the U.S. health marketplace
8. explain different health care providers in terms of their training and specialties
9. explain the health insurance plan with details about premium, copayment, and deductibles
10. list the community resources for people without health insurance
11. discuss the implications of the health reform legislation
12. describe the relationship between human activities and the environment
13. discuss environmental processes that affect human health
14. describe the general process of waster water treatment
15. explore personal attitudes regarding environmental health
16. Exhibit research and presentation skills through participation in a group project

Course Evaluation:

- 3 Examinations: 35 points each
- Research project: 15 points

Exams are all non-cumulative and will be administered covering information based on the lectures (include guest speaker lectures), videos, field trip, student presentations and readings. Exams may include multiple choice, true-false, and matching. There will be no makeup exams. If you miss an exam (except the final) for an excused reason, you are allowed to replace it with your average score over the other two exams. You need to contact me before the exam in order to be excused and I request official documents to verify. Interviews and job-related absences are not considered to be emergencies or illnesses. If you fail to obtain permission before the exam, you will automatically receive zero for the missed exam. **Students who arrive to class on the exam day more than 15 minutes late will not be allowed to take the exam and will automatically receive zero for that exam.**

Ten health-related articles are carefully selected to provide extra information for the course. They serve as weekly health tips for students to be a better informed and educated health consumer. Students are required to read every article and participate in class discussion. You will be tested in the exam for the information covered in each article. All articles are available in Assignments folder on Blackboard.

- Article 1: Can geoengineering put the freeze on global warming? (published 2011)
- Article 2: Water shortage will fuel conflict: U.S. (published 2012)
- Article 3: Yellow dirt: The legacy of Navajo Uranium (published 2010)
- Article 4: GMO (published 2014)
- Article 5: Gynecologists defend hormone drug therapy (published 2010)
- Article 6: The device makers' shortcut (published 2014)
- Article 7: Salon safety (2015)
- Article 8: Cell phone use and cancer risks (published 2013)
- Article 9: Generic drugs proving resistant to damage suits (published 2012)
- Article 10: Dietary Supplements (publish 2015)

Research project: For this assignment, you will conduct a mini-research project about a consumer protection agency or one alternative medicine (you will pick one from a list). For each topic, you may choose to join a group (with 2 students). As a group, you need to conduct a 12-15 minute PowerPoint presentation and write 2-3 page report. The report should include information about which topic your group select, team members' names, when your group meets, who attend the meeting/s, the contribution from each member, and 2 multiple choice questions and 2 true/false questions based on your presentation (you also need to provide answers to each question). The report should be typed, stapled, double-spaced, and with 12-point font. **If you fail to participate and contribute to your group project (for example, not attending the meeting/s, turn in your part of work late, etc), you will be penalized by losing 5 points for this project.** Your group paper will be evaluated based on the completeness of information

requested. The paper is due on the day you present. No paper submitted through email will be accepted.

- For presentations on consumer protection agencies, you should cover the following questions: who they are; what mission the agency has; what the agency does for consumers; what resource from the agency is available for consumers; and how consumers could use the agency to be a good consumer. For presentations on alternative medicine, please cover the following questions: what it is; the use in U.S.; who provide that treatment (their trainings); any side effects and risks.
- When your group presents the PowerPoint summary of your research project, please keep it 12-15 minutes long. You need to take the presentation seriously as teaching a class on your topic. Your presentation will be evaluated based on the following criteria:
 - Voice, eye contact (do not read from notes), posture, confidence, convincing
 - Thorough knowledge of your topic
 - Present clearly/systematically
 - Effectiveness in using visual displays
 - Maintained interest of audience
 - Rehearsed, concise, well-planned.

Grading Scale:

A = 94+ % A- = 90-93% B+ = 87-89 % B = 84-86% B- = 80-83% C+ = 77-79 %
C= 74 -76% C- = 70-73 % D+ = 67-69 % D = 64-66 % D- = 60-63 % F = less 60 %

Course Websites:

The syllabus, class announcements, course lectures, articles, and grade will be posted on Canvas, which can be found at <http://www.instructure.com> or you can find the Canvas icon once you have logged into myWestern.

Guest Speakers' lectures may not be posted on the course website.

Course policies:

Class attendance policy: You will learn from this class in direct proportion to what you contribute. You are responsible for coming to class on time and participating regularly. If you are compelled to miss a class, **you are responsible** for obtaining lecture notes and other distributed materials from a fellow classmate. I do not distribute extra notes neither do I give a repeat lecture.

Policy concerning accommodations for students with disabilities: Students with disabilities who need reasonable modifications to complete assignments successfully and otherwise satisfy course criteria are encouraged to meet with the instructor as early in the course as possible to identify and plan specific accommodations. Students must supply a letter from the Office of disability Resources for Students to assist in planning modifications.

Additional Policies: The instructors reserve the right to make changes as necessary to this syllabus. If changes are made, the instructors will announce it in class and through the announcement tool with the Blackboard.

Miscellaneous information:

Direction to waste water treatment plant: The plant is located at 200 McKenzie Street, This is in Fairhaven. The best way to get there is to take State Street into Fairhaven, take a right onto Harris, take Harris left on 4th and right onto McKenzie, the road will dead end in the parking lot of the Post Point Wastewater facility.

Getting from WWU to Fairhaven:

1. #108 Downtown
WWU (H.H.) - Downtown Station
10:28 - 10:35
2. Red GO LINE (#401)
Downtown Station - Fairhaven Transit Station (Amtrak/Greyhound)
10:40 - 10:51

OR

1. # 14 Fairhaven
WWU (H.H.) -- 12th & McKenzie (Haggen)
10:16 - 10:26
2. Walk from downtown Fairhaven to treatment plant

Getting back to WWU from Fairhaven:

1. Red GO LINE (#401)
Fairhaven Transit Station - Downtown Station
12:06-12:20
2. #107 WWU
Downtown Station - WWU (VU)
12:25 - 12:31

OR

1. Walk from treatment plant to downtown Fairhaven
2. # 14 Fairhaven/Downtown
12th & McKenzie (Haggen) - WWU (H.H.)
12:26 - 12:43

Tentative Course Outline			
Date		Topics	Reading Assignment
Mar31	T	Introduction to class	
Apr.1	W	Project sign up/Ecology	
Apr. 2	R	Ecology	Article 1
Apr. 6	M	Ecology	
Apr. 7	T	Video	
Apr. 8	W	Noise pollution	
Apr. 9	R	Indoor air quality	
Apr. 13	M	drinking water treatment field trip	
Apr. 14	T	drinking water treatment field trip	
Apr. 15	W	drinking water treatment field trip	Article 2
Apr. 16	R	drinking water treatment field trip	
Apr. 20	M	Water issue around the world	
Apr. 21	T	Guest speaker	
Apr. 22	W	Exam 1	
Apr. 23	R	Foodborne agents & illness	
Apr. 27	M	Meat (video)	
Apr. 28	T	Consumer health	Article 4
Apr. 29	W	Consumer health	
Apr. 30	R	Separating fact from fiction	
May 4	M	Frauds and quackery	Article 5
May 5	T	Health care delivery system	
May 6	W	Health care delivery system	
May 7	R	Health care delivery system	Article 6
May 11	M	Health care around the world	
May 12	T	Health Insurance	
May 13	W	Health Insurance	
May 14	R	Guest speaker	
May 18	M	Exam 2	Article 7
May 19	T	Cosmetics	
May 20	W	Student project presentation (agency)	
May 21	R	Student project presentation (agency)	
May 25	M	No Class (Memorial Day) Mental Health	Article 8
May 26	T	Responsible drug use	
May 27	W	Mental Health	
May 28	R	Student project presentation (CAM)	Article 9
Jun. 1	M	Student project presentation (CAM)	
Jun. 2	T	Dietary Supplements	
Jun. 3	W	Sexual Health (guest speaker)	Article 10
Jun. 4	R	Dental Care	
Jun. 8	M	Exam 3 (8:30-10:00am)	