

*Department of Epidemiology and Biostatistics
Syllabus*

Course Name: Informed Decision Making: Sex, Beer and Chocolate
Prefix & Number: PHC 4406
Section(s): 001
Semester: Fall, 2012

Course Description:	This class will encourage students to think about how everyday things may affect their health and safety. Are you a chocoholic or coffee addict? You may be surprised to find that chocolate and coffee are good for you. Are you cutting back on sleep to cram for exams? Do you know this may have long-term ill effects? Do you engage in extreme sports? In this class, we will talk about health benefits and consequences of these things and more.		
Credit hours:	3		
Pre-Requisites:			
Co-Requisites:			
Location:	COPH		
Instructor Information:	Instructor 1	Instructor 2	Instructor 3
	Thomas Mason	Skai Schwartz	
	COPH 1105	COPH 2110	
	Mondays 3:00-4:00PM	Thursdays 4:00-5:00PM	
	(813) 974 6675	(813) 974 6679	
	tmason@health.usf.edu	sschwart@health.usf.edu	
	Preferred method of contact: e-mail	Preferred method of contact: email	
Teaching Assistant Information:	TA 1	TA 2	TA 3
Required Materials:	HSC Bookstore http://usfhsc.bkstore.com .		
Recommended Materials:	N/A		
Course Format:	Blended, online and in-class.		

Learning Objectives:

Following this class, students will:

1. Become familiar with epidemiologic study designs, and how studies are conducted.
2. Be able to search original medical literature.
3. Learn some reputed health effects of dark chocolate including prevention of hypertension.
4. Learn some of the many reputed health effects of coffee and caffeine.
5. Understand the importance of sleep
6. Better assess proper nutrition and fad diets
7. Become familiar with injury complications of extreme sports
8. Learn consequences of alcohol intoxication and binge drinking
9. Learn consequences of unprotected sex
10. Better understand eating disorders including anorexia and bulimia

At the end of this class, students will be better able to distinguish between societal beliefs and evidence.

Assessment Strategies:

Grading Policy: Each student will have a numeric score (range 0-100) calculated based on papers, exams, and oral group presentation

Grading:

1. **There will be 9 Online Quizzes: 18 points (2 points apiece)**
2. **There will Papers: 20 points (10 points each)**
3. **There will be 2 Exams, (ie, a midterm and a final) : 50 points (25 points each)**
4. **There will be an Oral Group Presentation: 12 points**

The grade is computed as the total score

Quiz Score + Paper Score + Exam Score + Presentation Score

There is an extra-credit assignment. **Successful completion** will increase grade level by one step or half grade (Approximately 3 points). For example, a student who has a B- without extra credit will receive a B with extra credit. A student with a B+ without extra credit will receive an A- with extra credit. The extra credit is graded as all or none. Some students who turn in the extra credit assignment may not get credit for it. We suggest students begin the extra credit assignment early in the semester.

The extra credit is a "Paper #3." Please select any of the nine topics which you have NOT already submitted a paper on (for either paper 1 or paper 2). Please see the *Written Assignments* link in Blackboard for the specifics of the paper on the topic that you have chosen. 750 to 1000 words (about 2 to 2-1/2 pages double spaced. Times New Roman 11; do NOT change default margins.)

Additional Details.

Papers:

This course requires you to submit your paper to a plagiarism detection site that will be identified by your instructor. In order to comply with federal (FERPA) and state privacy laws, you (students) are not required to include personal identifying information such as your name, SSN, and/or U# in the body of the work (text) or use such information in the file naming convention prior to submitting. Please follow carefully your instructor's instructions regarding what identifying information to include. Your submission will be placed in the course grade center in your account that can be accessed by the instructor and attributed to you.

Papers are due on dates specified in the syllabus. **Late papers are not accepted.** Papers are to address a specific question or questions posed on a topic. The question(s) are given in class when each topic is covered. After the question(s) is given in class it will be posted in blackboard in course documents. The student MUST incorporate original articles from the peer-reviewed medical journals, but may also include information from additional sources. Since medical articles are difficult to read, students are encouraged to Google sources, including medical dictionaries and encyclopedias that may help them with comprehending the original articles.

Please see the *Written Assignments* link in Blackboard for the specifics of the paper on the topic that you have chosen.

Each paper should be about 2000 words (about 5 pages double spaced. Times New Roman 11; do NOT

change default margins). The student may choose to turn in a shorter, more concise paper, and credit may be awarded to shorter papers if the instructors believe they are otherwise well researched and written. A student turning in 3-page paper, for example, must cover as much or more evidence in those three pages as his/her classmates cover in five pages. There will likely be less tolerance for unsubstantiated opinion and “fluff” in a short paper. **If, on the other hand, a student turns in a paper that is longer than 5 pages, the instructors will simply stop reading after 5 pages, and the grade will be based on the first five pages.**

During lectures, specific questions pertaining to the topic are posed. These are then posted on blackboard. The student must answer the questions on a topic that has been covered by the paper’s due date.

Papers must be submitted both in person and online through safe assign.

Rubric for papers:

	0 points	2 points	4 points	Total
Response answered the question(s)	Response did not answer the question(s)	Response addressed the question(s), but did not provide enough detail	Response answered the question(s) with strong research; included details	4
Answer based on student’s own synthesis of original peer-reviewed literature	No	Somewhat (based on 1 peer-reviewed article)	Mostly (based on 2-5+ peer-reviewed articles	4
	0 points	0.5 points	1.0 point	
Proper referencing style used	AMA style referencing was not used	AMA style referencing was used, but some errors were noted	AMA style referencing was used correctly in the narrative and reference section of the paper	1
	. 0 points	0.5 points	1.0 point	
Clarity of writing	Grammatical or spelling errors; poor sentence structure	Some grammatical errors or spelling errors noted; adequate sentence structure	Excellent paper; no grammatical or spelling errors noted	1
				10

Group Oral Presentations: The presentation is worth 12 points. You are randomly assigned to a group during week 3. Each group is given a specific topic on which to present.

Rubric for presentation:

	0 points	1.5 points	3 points	
Cohesiveness of whole group presentation/all students in group present	Disjoint individual presentations. Evident that group did not sufficiently meet.	Focus of presentation apparent but not all students contributed to theme. Not all students presented.	All students contributed to the overall theme of the presentation, creating a logical flow of information.	3
Originality	Only repeated material covered in class.	Multimedia used, but not original. Example: Simple reliance on YouTube.	All original preparation. Examples: home video, new marketing campaign materials.	3
	0 points	1 point	2 points	
Educational value	No substantive information provided	Presentation contains accurate information, but much of it is already to known by your classmates	Presentation provides new and accurate information that can verified	2
Likely to have an impact on behavior of the audience, based on class audience evaluations.	Class evaluation of presentation is fair/poor on average	Class evaluation of presentation is "good," on average	Class evaluation of presentation is very good or excellent.	2
Appropriate citation of literature, if applicable	Sources cited without reference	Sources cited with incomplete reference	Sources cited with complete reference	2
Total points				12

This course supports the following Epidemiology competencies.

Competency	Learning Objectives	Assessment Strategies
1. Identify and articulate the core functions of public health. a. Explain the basic principles of epidemiology. b. Assess social and behavioral interventions to improve health of populations. c. Identify the impact of the environment on health.	1a.: 1,2 1b: 3-10 1c: 3-10	1-4
2. Exhibit critical thinking and analytical abilities, including the capacities to engage in inductive and deductive thinking and quantitative reason, and to construct sound arguments. a. Identify topics pertaining to public health research. b.-abridged: [For a given research question], present data, and interpret and discuss findings. c. Demonstrate awareness about current public health topics including an analysis of the societal attitudes that generate differences on current public health topics.	2a. 2-10 2b. 2-10 2c. 2-10	2a. 1-4 2b. 2,4 2c. 2,4

Grading Scale and Criteria:	<p>Grading: 9 Online Quizzes: 18 points 2 Papers: 20 points (10 points each) 2 Exams: 50 points (25 points each) 1 Group Oral presentation 12 points</p> <p>Score = Total Quiz scores + Total Paper score + Total Exam Score + Group oral presentation score.</p> <p>Scoring Code:</p>																						
	<table border="1"> <tr> <td>Points</td> <td>97.0-100</td> <td>94.0-96.0</td> <td>90.0-93.0</td> <td>87.0-89.0</td> <td>84.0-86.0</td> <td>80.0-83.0</td> <td>77.0-79.0</td> </tr> <tr> <td>Grade</td> <td>A+</td> <td>A</td> <td>A-</td> <td>B+</td> <td>B</td> <td>B-</td> <td>C+</td> </tr> </table>							Points	97.0-100	94.0-96.0	90.0-93.0	87.0-89.0	84.0-86.0	80.0-83.0	77.0-79.0	Grade	A+	A	A-	B+	B	B-	C+
	Points	97.0-100	94.0-96.0	90.0-93.0	87.0-89.0	84.0-86.0	80.0-83.0	77.0-79.0															
	Grade	A+	A	A-	B+	B	B-	C+															
	<table border="1"> <tr> <td>Points</td> <td>74.0-76.0</td> <td>70.0-73.0</td> <td>67.0-69.0</td> <td>64.0-66.0</td> <td>60.0-63.0</td> <td><60.0</td> </tr> <tr> <td>Grade</td> <td>C</td> <td>C-</td> <td>D+</td> <td>D</td> <td>D-</td> <td>F</td> </tr> </table>							Points	74.0-76.0	70.0-73.0	67.0-69.0	64.0-66.0	60.0-63.0	<60.0	Grade	C	C-	D+	D	D-	F		
Points	74.0-76.0	70.0-73.0	67.0-69.0	64.0-66.0	60.0-63.0	<60.0																	
Grade	C	C-	D+	D	D-	F																	
<p>Successful completion of the extra credit assignment will increase the grade by one step (eg: from B- to B)</p>																							
COURSE POLICIES																							
Attendance:	<p>Students are expected to attend all in-class sessions. Students are required to attend all student group presentations. Roll will be taken at these times. Students may have up to 1 point subtracted from their total score for every group presentation missed. In addition, if a student is not present when their group presents, they may lose the entire 12 points.</p> <p>See Institutional Policies section for Emergency Preparedness for Academic Continuity.</p>																						
Permission to Use Lectures:	<p>All unauthorized recordings of class are prohibited. Recordings that accommodate individual student needs must be approved in advance and may be used for personal use during the semester only; redistribution is prohibited.</p>																						
Instructor Expectations:	<p>A primary goal of this course is to help students distinguish between opinions and evidence. Thus students are expected to interpret peer reviewed studies rather than use quick summary sites, blogs and advertisements in their papers.</p> <p>Students should do their best to read, interpret, synthesize and summarize their</p>																						

	<p>understanding of the medical literature. We understand that this is difficult but really want students to try their best. Simply cutting and pasting from sources is not acceptable and may result in a judgment of plagiarism. Students believed to have committed substantial plagiarism in their papers will receive a 0 score on the paper and may (at the discretion of the Professors) receive an automatic F in the class. In some cases the student's advisor and the academic Dean may be notified.</p>
Incomplete Policy:	<p>A student who for cause beyond their control is unable to complete the course requirements should make their case to the Professors. An Incomplete will be given at the Professors' discretion.</p> <p>COPH policy: http://publichealth.usf.edu/academicaffairs/academic_procedures.html</p>
Field Trip Policy:	N/A
Class Participation:	We encourage students to ask questions of us about course materials.

Course Calendar

Week	Date	Day	Location	Topic	Activity
1	28-Aug	Tuesday	In Class	Introduction / Medline - Peer Review Discussion	
	30-Aug	Thursday	In Class	Medline - Peer Review Discussion	Self-Quiz
2	4-Sep	Tuesday	In Class	Alcohol	
	6-Sep	Thursday	In Class	Alcohol	Self-Quiz
3	11-Sep	Tuesday	In Class	Sex	
	13-Sep	Thursday	In Class	Sex	Self Quiz
4	18-Sep	Tuesday	Online	X-treme Sports	Self-Quiz
	20-Sep	Thursday	Online	X-treme Sports	
5	25-Sep	Tuesday	Online	Body Image	Self-Quiz
	27-Sep	Thursday	Online	Body Image	
6	2-Oct	Tuesday	Online	Diet	Self-Quiz
	4-Oct	Thursday	Online	Diet	
7	9-Oct	Tuesday	In Class	Team Arrangement / Review for Midterm Exam	Paper 1 Due
	11-Oct	Thursday	In Class	Midterm Exam	
8	16-Oct	Tuesday	Online	Coffee	Self-Quiz
	18-Oct	Thursday	Online	Coffee	
9	23-Oct	Tuesday	Online	Chocolate	Self-Quiz
	25-Oct	Thursday	Online	Chocolate	
10	30-Oct	Tuesday	Online	Sleep	Self-Quiz
	1-Nov	Thursday	Online	Sleep	
11	6-Nov	Tuesday	Online	Tobacco	Self-Quiz
	8-Nov	Thursday	Online	Tobacco	
12	13-Nov	Tuesday	In Class	Discuss Presentations	Paper 2 Due
	15-Nov	Thursday	In Class	STUDENT PRESENTATIONS (Alcohol / Sex)	
13	20-Nov	Tuesday	In Class	STUDENT PRESENTATIONS (X-treme Sports/ Body Image)	
	22-Nov	Thursday	In Class	Thanksgiving Break – No Class	
14	27-Nov	Tuesday	In Class	STUDENT PRESENTATIONS (Diet / Coffee)	
	29-Nov	Thursday	In Class	STUDENT PRESENTATIONS (Chocolate/ Sleep) STUDENT PRESENTATIONS (Tobacco)	Extra Credit Paper
15	4-Dec	Tuesday	In Class	Review for Final Exam	
	6-Dec	Thursday	In Class	Review for Final Exam	
16	11-Dec	Tuesday	In Class	FINAL EXAM -TBD	

Exam Schedule

	Day Open	Date Open	Topics Covered	Points
Quiz 1	Thursday	6-Sep	Alcohol	2
Quiz 2	Thursday	13-Sep	Sex	2
Quiz 3	Thursday	20-Sep	X-treme Sports	2
Quiz 4	Thursday	25-Sep	Body Image	2
Quiz 5	Thursday	4-Oct	Diet	2
Midterm Exam	Thursday	11-Oct	See Above	25
Quiz 6	Thursday	18-Oct	Coffee	2
Quiz 7	Thursday	25-Oct	Chocolate	2
Quiz 8	Thursday	1-Nov	Sleep	2
Quiz 9	Thursday	8-Nov	Tobacco	2
Final Exam	Tuesday	11-Dec	See Above	25

Reference List

Materials are provided and referenced online. Papers and group projects should be based on the students own research.

Additional Course Information

N/A

INSTITUTIONAL POLICIES

The most recent version of the [Institutional Policies information](http://health.usf.edu/publichealth/forms.html) can be found on the Academic Affairs Forms page at <http://health.usf.edu/publichealth/forms.html>
(Fall 2010)

Student Handbook:	http://www.sa.usf.edu/handbook/
Student Conduct:	USF Student Rights/Responsibilities: http://www.sa.usf.edu/srr/page.asp?id=81 USF Student Code of Conduct: http://www.sa.usf.edu/srr/page.asp?id=88
Disruption of Academic Process/Academic Integrity of Students:	Disruption of the academic process and violations of the policies regarding academic integrity will not be tolerated. Review USF policies on Disruption of the Academic Process and the Academic Integrity of Students at: http://generalcounsel.usf.edu/regulations/pdfs/regulation-usf3.025.pdf
Academic Dishonesty/Plagiarism:	Plagiarism will not be tolerated and is grounds for failure. Review USF Academic Dishonesty and Disruption of Academic Process Policy at: Undergraduate:

<http://www.ugs.usf.edu/pdf/cat1011/2010-2011DRAFT.pdf#page=61>

Graduate:

http://www.grad.usf.edu/inc/linked-files/USF_Grad_Catalog_2010_2011.pdf#page=42

The University of South Florida has an account with an automated plagiarism detection service (*SafeAssign*), which allows instructors and students to submit student assignments to be checked for plagiarism. We (the instructors) reserve the right to 1) request that assignments be submitted as electronic files and 2) submit students' assignments to *SafeAssign*, or 3) request students to submit their assignments to *SafeAssign* through myUSF. Assignments are compared automatically with a database of journal articles, web articles, the internet and previously submitted papers. The instructor receives a report showing exactly how a student's paper was plagiarized.

NOTE: An institution may not release a paper to a plagiarism detection software without the student's prior consent unless all personally identifiable information has been removed, such as a student's name, social security number, student number, etc.. Note that a paper/essay is considered an educational record and an institution may not ask a student to waive their rights under FERPA for the purpose of submitting papers to a plagiarism detection software.

For more information about Plagiarism and *SafeAssign*, visit:

Plagiarism tutorial: <http://www.cte.usf.edu/plagiarism/plag.html>

SafeAssign:

http://media.c21te.usf.edu/pdf/student/bbstud_subsafeassgn.pdf

Cheating Statement:	<p>The USF College of Public Health expects students to maintain academic honesty in all courses. By virtue of being registered in an public health course, students agree to refrain from cheating. If cheating in any form (academic dishonesty) is detected, appropriate action will be taken. (Refer to USF Academic Dishonesty Policy).</p> <p>Undergraduate: http://www.ugs.usf.edu/pdf/cat1011/2010-2011DRAFT.pdf#page=61</p> <p>Graduate: http://www.grad.usf.edu/inc/linked-files/USF_Grad_Catalog_2010_2011.pdf#page=42</p>
Undergraduate Academic Policies and Procedures:	http://www.ugs.usf.edu/pdf/cat1011/2010-2011DRAFT.pdf#page=46
Special Accommodations:	<p>Students in need of academic accommodations for a disability may consult with the office of Services for Students with Disabilities to arrange appropriate accommodations. Students are required to give reasonable notice (typically 5 working days) prior to requesting an accommodation.</p> <p>Students with Disabilities Services: http://www.sds.usf.edu/</p> <p>Students: http://www.sds.usf.edu/students.asp</p> <p>Faculty: http://www.sds.usf.edu/faculty.asp</p>
Holidays and Religious Observances:	http://generalcounsel.usf.edu/policies-and-procedures/pdfs/policy-10-045.pdf
Emergency Preparedness:	<p>In the event of an emergency, it may be necessary for USF to suspend normal operations. During this time, USF may opt to continue delivery of instruction through methods that include but are not limited to: Blackboard, Elluminate, Skype, and email messaging and/or an alternate schedule. It's the responsibility of the student to monitor Blackboard site for each class for course specific communication, and the main USF, College, and department websites, emails, and MoBull messages for important general information.</p>
Student Grievance Procedure:	<p>Review USF Academic Grievance Policy at: http://generalcounsel.usf.edu/policies-and-procedures/pdfs/policy-10-002.pdf</p> <p>Undergraduate: http://www.ugs.usf.edu/pdf/cat1011/2010-2011DRAFT.pdf#page=56</p> <p>Graduate http://www.grad.usf.edu/inc/linked-files/USF_Grad_Catalog_2010_2011.pdf#page=50</p> <p>Student assistance is provided by Division of Student Affairs, Office of the Student Ombudsman. http://www.sa.usf.edu/ombudsman</p>

RESOURCES FOR STUDENTS	
Library Resources:	USF Library Resources and Services: http://www.lib.usf.edu/ Shimberg Health Sciences Library: http://health.usf.edu/library/ Shimberg Health Sciences Library Tutorials: http://library.hsc.usf.edu/ (follow links under 'Instructional Services' section)
Creating Citations & Using Refworks:	http://guides.lib.usf.edu/CitingSources
Netiquette <i>(online communication etiquette for online courses):</i>	http://eta.health.usf.edu/publichealth/standards/syllabus/Online_Netiquette.pdf
Plagiarism & Safe Assign:	See Academic Dishonesty/Plagiarism Section
USF Email Accounts:	http://health.usf.edu/publichealth/eta/pdf/MyUSF_Email.pdf
Blackboard Tutorials:	http://media.c21te.usf.edu/bbstudents.html
Illuminate Live Tutorials: <i>(for online courses)</i>	http://media.c21te.usf.edu/illuminatestudents.html