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## CPH 178: Personal Health and Wellness

Spring 2020 | Tuesdays 5:00-7:30pm | IWK: Room 5  
Section 1 | 3 Credits

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**Instructor:** Daniel Sestiaga Jr., MPH  
**Phone:** 520-383-0108  
**Office:** IWK, Room 25

**Email:** [dsestiaga@tocc.edu](mailto:dsestiaga@tocc.edu)  
**Cell Phone:** 520-993-1988  
**Office Hours:** By Appointment

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### Course Description:

The CPH 178-Personal Health and Wellness provide a basic understanding of the processes of physical, mental, emotional, and social health for an individual, as well as the processes of community health that illustrate the structure and function of healthcare in the United States and in Indian Country.

Emerging topics in health promotion and health care on the Tohono O'odham Nation will also be covered. Guest speakers from the Nation's healthcare system will present on contemporary health issues in the community and describe the services and programs to address them.

This course will emphasize current sciences and public health theory, as well as the cultural, societal, and environmental factors that contribute to individual and population health.

### Course Objectives:

Upon completion of this course, students should have an understanding of:

1. Personal health and wellness concepts
2. Understand how personal well-being factors into the larger community, state, and national health
3. A thorough understanding of health issues relating to specific populations including, Native American and Indigenous
4. Understand how cultural, social and behavioral factors influence disease prevention and health promotion

### Student Learning Outcomes (SLOs):

1. Describe the concepts of health, wellness and primary prevention
2. Identify and examine the role of cultural, social and behavioral factors in disease prevention, and health promotion.
3. Analyze and assess the health status of a population and determinants of community health
4. Identify and examine health issues in indigenous populations
5. Identify the benefits of physical activity and the variety of options available to ensure a health active life-for individuals and communities (Week 7&8)

6. Describe complementary, alternative, and spiritual approaches to health and how they affect health outcomes. (Week 2)
7. Identify the symptoms, treatment of and prevention strategies for sexually transmitted infections, as well as identify pregnancy prevention and family planning methods and the fundamentals of reproduction and health pregnancy (Week 4 and 5)
8. Describe the types of addiction and barriers to treatment (Week 6)
9. Explain causes of infectious diseases, how they are spread and what can be done to minimize the likelihood of getting infectious diseases (Week 10)
10. Recognize the importance of the environment, including climate, agricultural hazards, food safety and air quality to health. (Week 13 & 14)

**Course Structure:**

This course will take place **Tuesdays from 5:00-7:30pm.**

The course will use a combination of pre-class readings, in-class lectures, guest speakers, take-home assignments, handout and online reading assignments, online quizzes, and a final presentation.

In general, each week will emphasize one to two public health topic(s) with related readings and activities.

**Texts and Materials:**

1. Health: The Basics, 13<sup>th</sup> ed., Donatelle, Rebecca J.
2. Handouts
3. Online Materials (via Canvas)
4. Online Websites

**Evaluation and Grading:**

<b>Assignments</b>	<b>Points</b>	<b>Total Points</b>
Weekly Quizzes (x14)	<b>10 (each week)</b>	<b>140</b>
Midterm Exam	<b>100</b>	<b>100</b>
Final Exam	<b>110</b>	<b>110</b>
Participation & Attendance (x14)	<b>5 (each week)</b>	<b>70</b>
Reflections	<b>80 (20x4)</b>	<b>80</b>
<b>Total Possible Points</b>		<b>500</b>

**Himdag Cultural Component:**

Tohono O'odham traditions and cultural beliefs will be discussed as relevant course topics, and only as appropriate to the Tohono O'odham Nation's traditional standards for sharing information as determined by the Himdag Committee.

This is a critical time in indigenous health and wellness. With the Tohono O'odham Nation now governing their health care services there are many opportunities for students to embrace these changes, learn from local experience and understand how the health landscape is changing across Indian Country. Additionally a strong partnership with community experts and health professionals from the TODHHS will be critical for guest presentations and internship or service

learning opportunities. Student identification of the resources and support systems will serve as the basis for understanding how the college operates at an institutional level. T-So:son (Core values) would be reviewed in introduction and incorporated in course implementation.

This course will provide insight to areas surrounding health care. This course will provide the fundamental skills needed for student success and address the need for community members to be represented in their own health system.

### **Policies and Expectations:**

Students are expected to come to class on time and ready to engage in discussion. Students must be prepared by completing all reading and assignments before class. Student must have the appropriate means to take notes using a laptop or pen/pencil and paper. Students must participate in class activities. Students are expected to complete and turn in all assignments on or before the due date. Throughout the duration of this course, students must respect themselves, others and the instructor.

**Attendance:** Class attendance is mandatory and roll will be taken. Missing class will affect your final grade for this class. If you are going to be absent, you must notify the instructor via email with valid justification ***prior*** to the start of class.

*“You are expected to arrive to class on time and be prepared to participate in each class period. **Four** unexcused absences may result in **withdrawal and a “W” or “Y”** will be recorded. You may request to be excused from class for religious observances and practices, for illness, for school or work-related travel or for personal or family emergency. If you will be absent or have been absent, please notify your instructor as soon as possible.”- (Approved by Faculty Senate, April 2014)*

**Missed Classes:** It is the student’s responsibility to contact the Instructor about missed classes, and request any handouts or special instructions. If a class is missed the student is still responsible for the information that was presented, as it will be reflected in subsequent assignments and/or quizzes.

**Tardiness:** It is important to be on time for class. Repeated tardiness will affect your final grade in the class. (Student Participation: 2 points max will be deducted for tardiness).

**Academic Integrity:** In order to adhere to the class moral and ethical policy, students will avoid the following:

1. Cheating: Includes, but not limited to the following: copying from another’s quiz; making a copy of the quizzes and giving it to someone or using a quiz if someone gives it to you
2. Inappropriate collaboration: Includes, by not limited to the following: group work when work is assigned to an individual student, having another person do your work
3. Plagiarism: Using another writer’s words or ideas without citing the author; not using proper citation including quotation marks and sources.

**Late Assignments:** Any late assignments turned in after the due date (specified time) will receive a **full letter** (-10 points) grade deduction for every day that it is late.

**Extra Credit:** Extra credit opportunities **may** be provided sparingly throughout the semester.

\*Students will be responsible for printing course lectures. They will **not** be provided in hardcopy. Only additional course materials will be given to students via hardcopy.

**Class Schedule and Assignments:**

**1. Online Quizzes**

- a. Your weekly quiz will need to be completed by **Sunday (11:59pm)** each week.
- b. In order to receive full points, each student must read assigned materials weekly and thoroughly.
- c. Students will have two (2) attempts to complete each quiz. The highest score will be recorded toward the final grade.
- d. While each quiz is open note/open book, it is recommended that material is read, as quizzes will challenge critical thinking and may not be easily found in the book/online.

**2. Reflections**

- a. Your personal thoughts and experiences as you are taking this course are critical to your understanding.
- b. As you reflect on certain topics, you will need to complete reflections that are of the following:
  - i. Address the Topic Discussion Question(s)
  - ii. APA Formatting
    1. Include Title Page (Do not include author's notes)
    2. Include Proper Header (s)
    3. Do not include abstract
    4. Please include any references used
  - iii. 1-2 pages in length
- c. Please be mindful of due dates as the reflections are due along with quizzes. They will be due on **Canvas by Sunday (11:59pm)**.
- d. *Please follow directions as instructor will be using turnitin.com as a way to minimize plagiarism.*

**3. Participation**

- a. Your participation in this course is crucial for its success. In class discussions, activities and presentations will need your input. In order to receive full credit, students must be prompt, prepared and fully engaged with topics, discussions and presenters.

**4. Midterm and Final Exams**

- a. Students must prepare for their exams from day one.
- b. Each exam will focus on halves of the course. They may or may not include cumulative topics.
- c. Each exam will be completed in class on specified date.
- d. Each exam will be a combination of Essay, Multiple Choice, True/False, Fill in the Blank and matching questions.

<b>Part 1:</b>		
<b>Week</b>	<b>Reading (Prior to Course Meeting)</b>	<b>Assignments Due</b>
<b>1: January 14, 2020</b> <i>-Introduction to Class</i> <i>-Why Health? &amp; Why Now?</i>	Chapter 1 -Your Health (Pgs. 1-23) - Health Equity (Pgs. 26-37) Social Determinants of Health	<b>Quiz #1</b>  <b>Behavior Change Contract (Due in class on 1/21/2020)</b>
<b>2: January 21, 2020</b> <i>-Psychosocial Health</i>	Chapter 2 -(Pgs. 38-60) Chapter 3 -(Pgs. 72-97) Chapter 4 -(Pgs. 99-116)	<b>Quiz #2</b>
<b>3: January 28, 2020</b> <i>Guest Presenter: Camillus Lopez</i>  <i>-Healthy Relationships &amp; Sexuality</i>	Chapter 2a-Spirituality -(Pgs. 61-71)  Chapter 6 -(Pgs. 142-177)	<b>Quiz #3</b>  <b>Reflection #1-Spirituality</b>
<b>4: February 4, 2020</b> <i>-Reproductive Choices</i>	Chapter 7 -(Pgs. 178-207)	<b>Quiz #4</b>
<b>5: February 11, 2020</b> <i>-Violence</i>	Chapter 5 -(Pgs. 118-140)	<b>Quiz #5</b>
<b>6: February 18, 2020</b> <i>-Addiction and Drug Abuse</i> <i>Alcohol and Tobacco</i>	Chapter 8 -(Pgs. 238-236) Chapter 9 -(Pgs. 328-267)	<b>Quiz #6</b>
<b>7: February 25, 2020</b> <i>-Nutrition and Healthy Weight</i>	Chapter 10 -(Pgs. 270-298) Chapter 11 -(Pgs. 300-323)	<b>Quiz #7</b>
<b>8: March 3, 2020</b> <i>-Body Image &amp; Personal Fitness</i>	Chapter 11 -(Pgs. 325-336) Chapter 12 -(Pgs. 337-361)	<b>Quiz #8</b>  <b>Reflection #2-Personal Wellness</b>
<b>9: March 10, 2020</b> <i>-Midterm Exam</i>	No Reading (Prepare for your Midterm)	<b>Midterm (Completed in Class)</b> <b>No Quiz</b>

<b>Spring Break: March 16-20, 2020</b>		
<b>Part 2:</b>		
<b>11: March 24, 2020 (ONLINE CLASS)</b> <i>-Cardiovascular Disease, Cancer, Diabetes</i>	Chapter 13 -(Pgs. 363-406)	<b>Quiz #9</b>
<b>12: March 31, 2020</b> <i>-Infectious Diseases &amp; Chronic Diseases</i>	Chapter 14 -(Pgs. 407-449)	<b>Quiz #10</b>
<b>13: April 7, 2020</b> <i>-Health Care Choices -Indian Health Services</i>	Chapter 15 -(Pgs. 450-477)	<b>Quiz #11 Reflection #3-Your Healthcare</b>
<b>14: April 14, 2020</b> <i>-Aging, Death and Dying</i>	Chapter 15 -(Pgs. 478-491)	<b>Quiz #12</b>
<b>15: April 21, 2020</b> <i>-Environmental Health Pt.1</i>	Chapter 16 -(Pgs. 492-507)	<b>Quiz #13 Reflection #4- Your Environment</b>
<b>16: April 28, 2020</b> <i>-Environmental Health</i>	Selected Articles, See Canvas	<b>Quiz #14</b>
<b>17: May 5, 2020</b> <i>-Final Exam</i>	No Reading (Prepare for your Final)	<b>Final Exam (Completed in Class)</b>

<b>The following URLs are important for any health student and college student to become familiar with</b>	
Indian Health Service	<a href="https://www.ihs.gov/">https://www.ihs.gov/</a>
Inter-Tribal Council of Arizona	<a href="http://itcaonline.com/">http://itcaonline.com/</a>
Inter-Tribal Council of Arizona Health Programs	<a href="http://itcaonline.com/?page_id=38">http://itcaonline.com/?page_id=38</a>
Tohono O'odham Nation	<a href="http://www.tonation-nsn.gov/">http://www.tonation-nsn.gov/</a>
Tohono O'odham Nation Health and Human Services	<a href="http://www.tonation-nsn.gov/health-human-services/">http://www.tonation-nsn.gov/health-human-services/</a>
Tohono O'odham Nation Health Care	<a href="http://www.tonhc.org/">http://www.tonhc.org/</a>
<b>**Purdue Online Writing Lab (Focus on APA)</b>	<a href="https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html">https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html</a>
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>
Pima County Health Department	<a href="http://webcms.pima.gov/government/health_department/">http://webcms.pima.gov/government/health_department/</a>

Native Health Phoenix	<a href="https://www.nativehealthphoenix.org/">https://www.nativehealthphoenix.org/</a>
National Indian Health Board	<a href="https://www.nihb.org/">https://www.nihb.org/</a>
TOCC Library	<a href="http://www1.youseemore.com/tocc/">http://www1.youseemore.com/tocc/</a>
<b>Career Websites</b>	
Exploring Health Careers	<a href="http://www.explorehealthcareers.org">http://www.explorehealthcareers.org</a>
Center for Health Careers	<a href="http://hcwp.org/services/health-resource-directory/">http://hcwp.org/services/health-resource-directory/</a>
Georgia Health Careers	<a href="http://sowega-ahec.org/wp-content/uploads/2017/05/HCM2016-18.pdf">http://sowega-ahec.org/wp-content/uploads/2017/05/HCM2016-18.pdf</a>
AMA American Medical Ass'n: Careers in Allied Health	<a href="https://www.ama-assn.org">https://www.ama-assn.org</a>
UCLA Career Center (careers listed at left border)	<a href="http://career.ucla.edu/gradschool/health/">http://career.ucla.edu/gradschool/health/</a>
Stanford, CA Health Careers	<a href="http://med.stanford.edu">http://med.stanford.edu</a>
Kansas Health Careers	<a href="http://wichita.kumc.edu/general-info.html">http://wichita.kumc.edu/general-info.html</a>
Fun Facts about Health Careers	<a href="https://www.gahec.org/about-us.php">https://www.gahec.org/about-us.php</a>
Health Professions.com	<a href="http://www.healthprofessions.com/careers/">http://www.healthprofessions.com/careers/</a>
University of Arizona Health Sciences Center	<a href="http://www.ahsc.arizona.edu/">http://www.ahsc.arizona.edu/</a>

**Disclaimer: This syllabus may be altered at the discretion of the instructor. This may include but not limited to course outline, topics, and assignments. Students will be notified if such changes occur.**