



UNIVERSITY OF NEW YORK IN TIRANA
Course Syllabus- Fall 2007

Course: Contemporary health problems (3 credit hours)

Professor: Elona Gjebrea Hoxha

Lecture Hours: Thursday 17.00-20.00

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Catalog Description

This course studies Health in the broadest possible way not as an entity in itself. But as a process of discovering, using & protecting all the resources within the individual, family, community & environment. It presents Health as a subject that encompasses body, mind and spirit, providing a holistic approach.

Course Purpose

By providing the information and understanding you need to take care of your health and the course will help you to live more fully, more happily and more healthfully.

Textbook required:

An invitation to health, Dianne Hales, third edition, 2004, Thompson

Course Objectives: At the end of the module the students will be able to apply their critical thinking skills, research skills and technology applications on the contemporary health issues.

Content of the Course

The following chapters are selected:

- Chapter 1: Shaping our health
- Chapter 2: The Healthy Mind
- Chapter 3: Stress Management

- Chapter 4 Understanding Psychological Problems
- Chapter 5 The New Nutrition
- Chapter 6 Unhealthy eating Behaviour
- Chapter 7 The Joy of Fitness
- Chapter 9 Your Relationships and Roles
- Chapter 10: Sexual Identity, Health and Behaviour
- Chapter 11: Reproductive Choices
- Chapter 12: Addictive Behaviours
- Chapter 13: Drug Use, Misuse and Abuse
- Chapter 14: Responsible Drunking
- Chapter 15: Tobacco Use
- Chapter 18: Preventing Heart Problems
- Chapter 19 Lowering Your Risk of Cancer and other Major Diseases
- Chapter 21: Environmental Health

Course Requirements

Participation: Participation extends beyond mere attendance. Expect your instructor to keep track of how often you contribute to class discussion (as a whole), particularly during the panel discussion section. You may miss up to three classes without penalty - your first two absences count whether you have a good excuse or not. Each absence beyond the first three will cost you points off of your participation grade. The only exceptions to this rule are severe illness (doctor's note required) and UNYP approved trips/activities. Appropriate documentation for absences beyond the first three is

necessary the class day directly before or after the one you miss. In general: this class is intensive and interactive. Missing class could seriously affect your grade! Students are reminded not to approach the instructor for copies of the previous week's materials during immediately before, during, or immediately after class. Students are expected to collect materials from their classmates or see the instructor during consultation hours.

Exams: Two examinations will be taken, one (mid term) and a final exam covering all course content during the final examination period. Test format may combine a mixture of short answer, true/false, matching, sort answer, and one or two essay questions covering *all* readings, lecture, hand-out and class discussion content. Two quiz will be taken before and after the mid term examination.

General Requirements

Absence from tests will *not* be tolerated.

In the event of illness or emergency, contact your instructor IN ADVANCE to determine whether special arrangements are possible. The University's rules on academic dishonesty (e.g. cheating, plagiarism, submitting false information) will be strictly enforced. Please familiarize yourself with the STUDENT HONOUR CODE, or ask your instructor for clarification.

Criteria for Determination of Grade, including Evaluation Methods

| | |
|----------------------|-----|
| Participation | 10% |
| Quiz 1st | 10% |
| Quiz 2nd | 10% |
| Midterm | 30% |
| Final | 40% |

| Letter Grade | Percent (%) | Generally Accepted Meaning |
|---------------------|--------------------|-------------------------------------|
| A | 96-100 | Outstanding work |
| A- | 90-95 | |
| B+ | 87-89 | Good work, distinctly above average |
| B | 83-86 | |

| | | |
|----|-------|--|
| B- | 80-82 | Acceptable work |
| C+ | 77-79 | |
| C | 73-76 | |
| C- | 70-72 | |
| D+ | 67-69 | Work that is significantly below average |
| D | 63-66 | |
| D- | 60-62 | |
| F | 0-59 | Work that does not meet minimum standards for passing the course |

Technology Expectations: Power-point, excel, graphical displays etc. will be used during the lectures hours.

Note: In the case of learning difficulties please contact Mrs.Anxhela Gramo that works as coordinator of the Department of Psychology at the UNYT.