

University of Maryland, College Park

Department of Public and Community Health

HLTH 430: Health Education in the Workplace

Instructor: Professor Robert H. Feldman, Ph.D.
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 Semester: **Fall 2005**
 Classroom/Time: HHP 0302/Wednesday, 4:00-6:30 p.m.

OFFICE HOURS
 Wednesday, 10:30-11:30; 2:30-3:30 pm
 Thursday, 10:30-11:30; 2:30-3:30 pm
 By appointment

Required Textbook	<i>O'Donnell, M.P. (Ed.). (2002). Health Promotion in the Workplace, (3rd ed.). Albany, N.Y.: Delmar [ISBN 0-7668-2866-2].</i>
Course Description	<i>The purpose of the course is to provide the student with an understanding of how to promote a healthy and safe workplace. The course will examine occupational stress, occupational safety and health, women's health, AIDS, violence, drugs, etc. The course will include, lectures, discussions, speakers and films.</i>
Course Objectives	<p><u>At the conclusion of this course, the student will be able to:</u></p> <ol style="list-style-type: none"> 1. list the major reasons why the workplace is a desirable setting for health promotion. 2. list the financial benefits of investing in worksite health promotion. 3. list the major ways of maximizing participation in worksite health promotion programs. 4. describe the major methods of evaluating the impact of worksite health promotion programs. 5. describe the major sources of stress at work. 6. describe the major types of worksite health programs. 7. describe the major reasons for and against drug testing in the workplace. 8. describe the role that labor unions play in the workplace. 9. describe the occupational safety and health rights of workers.

Course Policies

Accommodations for students with disabilities:

If you have a documented disability and wish to discuss academic accommodations for test taking or other needs, please talk to me as soon as possible. You will need documentation from Disability Support Service (314-7682.) If you intend to take any or all exams at DSS it is your responsibility to notify me as soon as possible.

Academic Integrity:

The University's code of academic integrity is designed to ensure that the principle of academic honesty is upheld. Any of the following acts, when committed by a student, shall constitute academic dishonesty:

- ✓ CHEATING : intentionally using or attempting to use unauthorized materials, information, or study aids in an academic exercise.
- ✓ FABRICATION: intentional and unauthorized falsification or invention of any information or citation in an academic exercise.
- ✓ FACILITATING ACADEMIC DISHONESTY: intentionally or knowingly helping or attempting to help another to violate any provision of this code.
- ✓ PLAGIARISM: intentionally or knowingly representing the words or ideas of another as one's own in any academic exercise.

For more information see:

<http://www.inform.umd.edu/CampusInfo/Departments/PRES/policies/iii100a.html>

Religious Observances:

The University System of Maryland policy provides that students *should not be penalized because of observances of their religious beliefs; students shall be given an opportunity, whenever feasible, to make up within a reasonable time any academic assignment that is missed due to individual participation in religious observances.* **It is the student's responsibility to inform the instructor in advance of any intended absences for religious observance.**

Course Outline and Assignments

1. Aug 31	Introduction to Worksite Health	Chapter 1
2. Sept 7	Financial Issues	Chapter 2
3. Sept 14	Program Development	Chapter 3
4. Sept 21	Program Evaluation	Chapter 5
5. Sept 28	Occupational Stress	Chapter 15
6. Oct 5	Occupational Health and Safety	
7. Oct 12	Yom Kippur	
8. Oct 19	Examination I	
9. Oct 26	Worksite Culture	Chapter 8
10. Nov 2	Tobacco Control	Chapter 13
11. Nov 9	Social Health	Chapter 17
12. Nov 16	Physical Activity	Chapter 10
13. Nov 23	Aging and Work	Chapter 19
14. Nov 30	Debates and Presentations	
15. Dec 7	Presentations	
16. Dec ??	Examination II	

Evaluation		Grading	
Examination I		480-500 points	A+
October 19, 2005	200 points	465-479 points	A
		450-464 points	A-
Examination II		430-449 points	B+
December ??, 2005	200 points	415-429 points	B
		400-414 points	B-
Class Project*		380-399 points	C+
December 7, 2005	100 points	365-379 points	C
		350-364 points	C-
Presentation (Extra Credit)**	25 points	330-349 points	D+
		315-329 points	D
Debate (Extra Credit)***	25 points	300-314 points	D-
		299 & below	F

*Class Project: Students with the guidance of the instructor will design the components of a comprehensive healthy workplace. Each student must choose a topic (**See page 5 – Health Workplace Topic**) and give the instructor her/his choice by **September 28, 2005**. Students can work separately or in groups of up to four students. Examples of components of the project include:

1. Programs that have addressed the issue
2. Programs that need to be developed (what is lacking)
3. Special populations/groups
4. Workplace policies

The written project is due by **December 7, 2005 (late submittals will be penalized)**.

*The written project should be approximately 2-3 pages in length with at least three references. At least one of the references should be a professional reference, i.e., a journal article, book or government source. If you use an internet reference, please give the complete web address. The textbook **cannot** be used as a reference.

*Note: Students are required to give a brief presentation of their project in class.

** Students who give a power point presentation, a skit, and/or present a poster will receive an additional 25 points added to their final grade.

**Debate: Students have the option of receiving extra credit for participating in a debate. Participation will earn students an additional 25 points added to their final grade average.

HEALTH EDUCATION IN THE WORKPLACE

Fall 2005

HEALTH WORKPLACE TOPICS

- Occupational health and safety
- Occupational stress
- Physical activity
- Women's health
- Drugs
- Smoking
- AIDS
- Nutrition
- Violence prevention
- Older workers
- Mental health

HEALTH EDUCATION IN THE WORKPLACE

Fall 2005

DEBATE TOPICS

1. Workers should be tested for drugs.
2. Workers should be tested for HIV/AIDS.
3. Unions are no longer relevant to the workplace.
4. Child care should be required in the workplace.
5. Smoking should be banned in the workplace.