



Course Information

Course Title:	Cultural Aspects of Health and Illness
Course Prefix & Number:	HES 210
Section Number:	25329
Credit Hours:	3
Start Date:	January 17, 2023
End Date:	March 10, 2023

Course Format

Online – on your time

Instructor Information

Instructor:	Sara Najafi, MS, RD
Email:	sara.najafi@scottsdalecc.edu
Phone:	n/a
Office Location:	Held over zoom
Office Hours:	Appointments made by email

Course Description

Examines how culture influences health and illness, health care practices, barriers to health care, interactions with health care professionals, and health disparities in the U.S.

Prerequisites

None

Texts, Course Materials, and Technologies

No textbook for this class – All materials are provided in Canvas and include Academic Journals and Videos

Maricopa Systems

This course uses key Maricopa systems for course management and communication.

- Canvas Learning Management System
- Student Maricopa Gmail Account
- Maricopa Open Educational Resource Learning System (MOER)

View the [Accessibility Statements & Privacy Policies](#) of technologies used in this course.

Course Competencies

1. Evaluate the importance of the role culture plays in determining how different people perceive and shape their world. (I)
2. Identify cultural influences on one`s own beliefs and values toward health. (II)
3. Describe the impact of U.S. and non-U.S. cultural definitions of health, illness and disease on the individual`s health practices and response to healers. (I, II)
4. Compare and contrast healing and treatment methods of various cultures with those of the Western health care delivery system. (III)
5. Explore variations in family structure and dynamics across U.S. and non-U.S. cultures. (IV)
6. Identify cultural strengths and barriers that influence utilization of health care services. (V)
7. Explore cultural components of the aging process, and dying and death across cultures. (VI, VII, VIII, IX, X)
8. Identify strategies for delivery of culture-specific care based on the evaluation of cultural assessment data. (VI, VII, VIII, IX, X)

Course Policies

The following are policies specific to this course. Students are also responsible for the college policies included on the [Student Regulations](#) page of the Maricopa Community College District website.

The Nutrition Department has three primary expectations of students taking our courses. Regardless of the course, we expect the following:

1. Students are responsible for the college policies included in the college catalog and the [Student Handbook](#). Please read over these policies and familiarize yourself with them.
2. “Attend” class regularly. Your success in this class is strongly related to your being involved in classroom discussions, reviewing online materials, and completing activities/assignments.
3. Be prepared by reading the text. Students will be expected to incorporate concepts from the reading in classroom discussions, assignments, and of course quizzes. Students are expected to actively participate in class by completing assignments and replying to instructor posts as needed. This is a key to your learning and applying the material. Further, it is part of your grade.
4. Work hard in the class and submit all your assignments on time. Ask for help when needed. If you are having difficulty keeping up or need additional help, please talk to me! If you communicate with your instructor, he/she can better support you as best we can in completing this class with a good grade. We want you to learn something in the class and be successful in it too!

Instructor Expectations

In addition to the expectations above, there are also expectations that I hold personally as an instructor:

1. Written assignments - While the main intent of the class is not to improve your research and writing skills, I strongly believe that this should be a part in ALL of your college classes. Since this course is heavy in written assignment, there will be points dedicated to writing quality, formatting, and citations. You cannot get an A on an assignment if you are not paying attention to your writing style.
2. Copy and Paste- Copying and pasting information from websites, articles, etc is not an acceptable practice in the academic world. If I can tell that you are copying and pasting material without proper citations, you will lose points on the assignment. If the issue continues, you may be asked to leave the class.

Announcements:

Each week you should check the announcements section on Canvas for any updates on important course-related information.

Response Time:

You are encouraged to reach out to your instructor with questions or concerns about the class structure or content. The best method of contact is via the email provided above or Canvas inbox. Students can expect a response time of 1-2 business days max for the instructor to respond to messages sent via the Canvas Learning Management System or email. Students can expect assignments to be graded within a week of the assignment's due date. If this is ever not the case, please do not hesitate to send out a friendly reminder email.

Attendance Policy:

You are expected to attend class regularly by posting into the online discussion forums and completing assignments. This first week of class, if I do not receive the first assignment by the due date I will reach out to you to make sure you still want to be enrolled in the course. If you go more than two weeks without submitting work I will reach out to you as well. If I am unable to make contact and there are no postings/attendance at the end of a third week you may be dropped from the class. The key to success is good communication. Please contact me if something comes up.

Grading Standards & Late Policy

Category	Points	Frequency	Total
Syllabus Quiz	5	x1	5
Intro Assignment	10	x1	10
Weekly Discussion Posts and Replies	30	x3	330
	60	x4	
Journal Reviews	20	x5	100
Final Paper	200	x1	200
Total			645

Scale: A=90-100% B=80-89% C=70-79% D=60-69% F= <60%

- All assignments will be submitted through Canvas
- You can expect to receive fair and objective grading on all assignments
- Generally, assignments will be due by Sundays before 11:59pm (Phoenix, Arizona Time) unless otherwise specified. *The final is usually the exception since the course ends before the weekend.*
- Late assignments will be accepted with a 10% deduction for each 1-3 days past the due date.
- In the case of family, medical or other emergencies, extensions may be granted on a case-by-case basis. If you have difficulty meeting this deadline, please let me know.
- Failure to complete any assignments will result in grade of zero.
- **All assignments must be completed in order to receive a passing grade.** This is an 8-week course comprised predominantly of writing assignments so if some work is missed, a large portion of the curriculum is missed – that is why I require students to complete all the work in order to receive a passing grade.

Instructional Contact Hours (Seat Time)

This is a three (3) credit-hour course. Plan to spend at least three hours on course content or seat time (direct instruction) and six hours on homework weekly. Accelerated courses will require additional time per week.

Online Tutoring

SCC's tutors are available online to help with your courses. You may work with an SCC tutor remotely using Google Meet, your phone, or email. Visit the [SCC Tutoring & Learning Centers](#) page for detailed information on the five learning center's hours and procedures.

As much as possible, it is highly recommended that you utilize SCC tutors since they are more familiar with SCC coursework, instructor expectations, and assignments; however, if you need to work with a tutor outside regular hours, online and hybrid students now have access to a 24/7 online tutoring service called Brainfuse. Brainfuse provides online tutoring in a variety of academic subjects. Each student may utilize up to 6 hours of online tutoring through Brainfuse per semester, and has the option of requesting additional time if needed.

To access Brainfuse and begin working with a tutor:

1. Visit the [SCC Online Tutoring Services Through Brainfuse](#) page (<https://www.scottsdalecc.edu/students/tutoring/online-tutoring>)
2. Click the **Visit a tutor online** button
3. Enter your MEID and password
4. Choose your topic and subject
5. Click the **Connect** button

Please use your time effectively and be prepared with your questions before you connect to a tutor. Tutors and students communicate in real-time so whatever you type, draw, or share on the screen, the tutor sees, and vice versa. You may also want to have screenshots ready if applicable. All Brainfuse sessions are recorded for review later.

Students are responsible for the information contained in this syllabus, the Syllabus page in your Canvas course and the **College Policies & Student Services** page found in the First Steps module of your Canvas course. Students will be notified by the instructor of any changes in course requirements or policies.

Syllabus Acknowledgement

"I have read the syllabus and I understand the requirements for the HES 210 online course. It is my responsibility to abide by policies/procedures as described above. I will check announcement/class emails at least once weekly, complete course requirements by due dates posted, and be respectful of my own, my classmate's, and my instructor's time."