

**Department of Health, Nutrition and Exercise Sciences**  
**HNES 355 International Health**

Instructor: staff  
Phone: 231-7474  
Credits: 3  
Prerequisites: None  
Class Time: Fall 2008

**Catalog Description**

This course introduces students to the health affairs of major regions of the world, pressing health issues, their anticipated outcomes, and the identification of some of the best and most cost-effective ways of dealing with the many global health issues.

**General Education Categories:** Social and Behavioral Sciences  
Global Perspectives

**General Education Outcomes** (see end of document for specific outcome measures)

The General Education outcomes that students should expect to meet as a result of this course are:

Outcome #2 Locate and use information for making appropriate personal and professional decisions.

Outcome #3 Comprehend the concepts and perspectives needed to function in national and international societies.

**Course Objectives**

1. Students will be able to describe the scope of the interrelationship between health and international affairs globally.
2. Students will be able to integrate information in the professional literature into their personal understanding of their current interests and future job plans.
3. Students will comprehend the concepts and perspectives needed to assess crucial health information in current global affairs. For example, students will have to design a three-week student exploration trip to another country with the purpose of learning about a health problem there.
4. Students will make weekly on-line postings to demonstrate their ability to properly use information for making appropriate personal and professional decisions.
5. Students will demonstrate the ability to integrate what they learn about global health with their own professional ambitions.
6. Cultural values and distinctives will be presented so that students have to handle paradoxes and challenges to their personal views. They will demonstrate mastery through their written presentations and interaction with classmates.

**Text**

Critical Issues of Global Health. Koop, C. E., Person, C. E., & Schwarts, M. R. (2002). Jossey-Bass, ISBN:0-7879-6377-1.

## **Assignments**

Below are the assignments you must complete in this course.

On-line Discussion Entries	20 points (4 entries @ 5 pts each)
Exam	25 points
Assignments	30 points (3 assignments @ 10 points each)
Case Study Papers	25 points

Total points                      100 points

## **Grading Policies**

Grading is on the University approved letter grade system. The final grade will be based on percent earned of total number of points possible.

100 - 90% = A

89 - 80% = B

79 - 70% = C

69 - 60% = D

below 60% = F

To qualify for a passing grade you must get the required number of points, take all tests, and complete all assignments. Failure to complete any one part of the course may result in an “F” for the course.

## **Academic Dishonesty and Disabilities**

Any students with disabilities who need accommodation in this course are encouraged to speak with the instructor as soon as possible to make appropriate arrangements for these accommodations.

All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335: Code of Academic Responsibility and Conduct (<http://www.ndsu.nodak.edu/policy/335.htm>).

## **On-line Participation**

Personal discussion and reflection on readings submitted on-line.

## **Class Assignments**

These assignments will involve on-line presentation with student-based feedback and assessment. Students will share completed assignments with each other as a way of enhancing student interaction and learning.

Assignment #1 – Given the following report on an Avian flu outbreak in Indonesia, how would you communicate this issue to the general American public to help them understand the true seriousness of the problem, prepare appropriately as necessary, and avoid panic? Write this up as a press release to be sent to public leaders (pastors, school teachers, city officials, bureau of commerce, etc.).

Assignment #2 -- Survey student opinions on a current event related to global health. The purpose is to survey their level of awareness and their opinions on the topic. Select a current event related to global health that is currently in the media. Create a 4-5 question survey regarding student awareness about this event, their level of knowledge, and their personal opinions about it. Write up the results of the survey, including your own opinion on this event. Explain the differences in opinions and reasons for these differences. (GenEd Outcome #3)

Assignment #3 – What is the responsibility of the U.S. in international health issues? How might Americans relate to immigrants to the U.S.? Design a three-week student exploration trip to another country. The purpose of the trip is to learn about a health problem among a certain population within that country (e.g. HIV-AIDS among children in South Africa). Where will you go? What health problem will you explore and among what population? Why is this issue of interest to you? Why is it important in the world? What will you do after the trip to apply what you have learned? (GenEd Outcome #3)

Assignment #4 – List three jobs in international health you consider to be the most strategic in terms of reducing the burden of disease globally (see Koop, ch. 42)? Director of the WHO? Serve as a doctor in a poor village? Fund international health projects? What is one job in international health that is most suited to you or of most interest to you? (GenEd Outcome #2)

### **Exams**

There will be two exams in the course covering comprehension of the readings.

### **Case Study Paper**

Each student will be assigned a different country to research. The paper will be 7-8 pages long (10 pt font double-spaced, or 12 pt font single spaced) excluding references and cover. The paper should incorporate at least 10 references (minimize web-based and textbook references). Please use APA formatting for writing and referencing. Your paper will have the following parts:

1. Cover (your name, course name and number, topic, date)
2. Introduction
  - a. Selected country's history
  - b. Selected demographic, government, socioeconomic and health status information.
3. Review of research
  - a. Country's current health status as compared to other countries (how they compared and ranked with other countries)
  - b. Health related topics that must be covered: infectious diseases, chronic diseases, AIDS, men's health, women's health, children's health, environmental health and disease prevention
  - c. If information is available, also cover health promotion, health education and wellness
4. Conclusion
  - a. Overall summary of the health of the people

- b. Strengths and weaknesses of the country's health situation
    - c. Country's future health outlook based on current research findings
  5. Predictions (this section is only required of graduate students)
    - a. Your opinions on your assigned country's present and future health status
    - b. Initiatives the country might take to improve health for the future
  6. References

### **Topical Outline**

Sept 1 - Globalization, Public Health (Merson ch. 15)

Sept 8 - United States (ch 10), Mexico (ch 11) and Canada (ch. 12)

Sept 15 - Chronic Diseases (ch. 14), Tobacco Control (ch. 19), Aging (ch. 40)

Sept 22 - cont.

Sept 29 - China (ch. 7) and India (ch. 8)

Oct 6 - Review activity. **Exam 1.**

Oct 13 - Africa (ch. 2)

Oct 20 - Infectious Diseases (ch. 13), Tropical Disease (ch. 16)

Oct 27 - Maternal and child health (ch. 23), Women's Health (ch. 26)

Nov 3 - Undernutrition (ch. 27), Overnutrition (ch. 28)

Nov 10 - Review activity. **Exam 2.**

Nov 17 - Health Promotion (ch. 37)

Nov 24 - Careers in Public Health (ch. 42)

Dec 1 - Review activity. **Case Study Paper due.**