

Chaminade University at Honolulu
Department of Nursing & Health Professions
HC200 Health Promotion & Education
Online Asynchronous
Credits: 3 Term: Fall 2025

Instructor Information



Instructor: Dr. Catherine Coker
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Office Location: 3140 Waialae Avenue - Honolulu, HI 96816
Office Hours: Online
Virtual Office: Online
Virtual Office Hours: By Appointment

Communication

The primary way to contact Dr. Coker is by email at catherine.coker@chaminade.edu. Typical response time is within 48 hours.

School & Department Information

School of Nursing & Health Professions

Office Location: 3140 Waialae Avenue - Honolulu, HI 96816
Phone: (808) 739-8572

If you have questions regarding the School of Nursing & Health Professions, reach out to your Instructor or Chaminade University Honolulu.

Course Description & Materials

Catalog Course Description

This course develops a deeper understanding of principles of health promotion, risk reduction, and health education across the lifespan. Students will use key indicators for health at various ages that provide the basis for assessing current health risks and health behaviors. Strategies to reduce health risks at every age are developed and evaluated within the context of current health knowledge.

Course Prerequisites: It is important to be proficient in computer skills including use of Word, PowerPoint, and Canvas.

Time Allocation

The unit of semester credit is defined as university-level credit that is awarded for the completion of coursework. One credit hour reflects the amount of work represented in the intended learning outcomes and verified by evidence of student achievement for those learning outcomes. Each credit hour earned at Chaminade University should result in 45 hours of engagement. This equates to one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks for one semester, 10 week term, or equivalent amount of work over a different amount of time. Direct instructor engagement and out-of-class work result in total student engagement time of 45 hours for one credit.

How This Course Meets the Credit Hour Policy

This is a three-credit hour course requiring 135 clock hours of student engagement, per the official CUH Credit Hour Policy. Students enrolled in this course are anticipated to spend 8 hours on the 8 individual assignments, 4 hours completing a nutrition project, 5 hours on the Health Promotion Project. There will be an additional minimum of 118 hours of work required beyond what is listed here (chapter readings, additional required readings, watching assigned videos, research topics for nutrition and health promotion project) average of 8.4 hrs per week.

Required Materials

Cottrell, R. R., Girvan, J. T., McKenzie, J. F., Seabert, D. M., & Stearns, P. N. (2018). Principles and Foundations of Health Promotion and Education (7th ed.). Pearson.

ISBN: 978-0134517650

Canvas (<https://chaminade.instructure.com>)

Canvas will be used as our learning management system for this course. Every Sunday, weekly course materials will be posted, including readings, discussion posts, and other assignments. In general, assignments will be due at midnight the following Sunday. Canvas will also be used to engage with classmates to share current events, feedback, and other comments.

Hardware Requirements: Canvas is accessible from both PC and Mac computers with a reliable internet connection. You will also need to be able to access audio and video files. Subsequently, you should have access to speakers or headphones that allow you to hear the audio.

Software Requirements: You will need to have some ability to listen to audio in an mp3 format, watch videos in mp4 format, stream online videos, and read .pdf files. There are a number of free software online that can be downloaded for free.

If you need assistance with locating software please feel free to contact the Chaminade Help Desk at helpdesk@chaminade.edu or (808) 735-4855.

Technical Assistance for Canvas Users:

- Search for help on specific topics or get tips in Canvas Students
- Live chat with Canvas Support for students
- Canvas Support Hotline for students: +1-833-209-6111
- Watch this video to get you started
- Online tutorials: click on “Students” role to access tutorials
- Contact the Chaminade IT Helpdesk for technical issues: helpdesk@chaminade.edu or call (808) 735-4855

Tutor and Writing Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua ‘Ike: Center for Student Learning in a variety of subjects (including, but are not limited to: biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check Kōkua ‘Ike’s website (<https://chaminade.edu/advising/kokua-ike/>) for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via TutorMe. Tutor Me can be accessed 24/7 from your Canvas account. Simply click Account – Notifications – TutorMe. For more information, please contact Kōkua ‘Ike at tutoring@chaminade.edu or 808-739-8305.

Learning Outcomes

Program Learning Outcomes (PLOs)

Upon completion of [degree program name], the student will be able to:

1. Utilize public health concepts to assess major health-related needs of diverse populations, addressing social determinants of health, and factors that contribute to morbidity and mortality through the design and development of interventions that promote health equity and reduce disparities.
2. Utilize evidence-based approaches to evaluate program outcomes and inform decision-making processes that prioritize service, justice, and peace in public health practice, while emphasizing the importance of using data and research to drive impactful, equitable, and sustainable public health interventions.

3. Analyze public health data using statistical, epidemiological and data visualization techniques, to generate products that support communication and decision-making related to public health interventions.
4. Investigate basic concepts of legal, ethical, economic, and regulatory dimensions of health care and public health policy, and the roles, influences, and responsibilities of the different agencies and branches of government.
5. Develop innovative sustainable public health strategies that address complex challenges, promote equity, and contribute to the achievement of the United Nations Sustainable Development Goals (SDGs), while fostering sustainable development practices locally and globally.

Course Learning Outcomes (CLOs)

Upon completion of [course, e.g., ICS 170], the student will be able to:

1. Assess the needs and identify existing resources within priority population(s) to better inform health education and health promotion strategies.
2. Implement health promotion strategies that embody the core principles of community public health and communicate known health risks of a priority population(s) that is culturally sensitive and increases awareness on disease prevention.
3. Develop a health education project or health evaluation plan that utilizes existing population health research data and create community health assessment/research goals with key stakeholders to achieve education/research objectives.
4. Integrate best practices of health education and health promotion in the planning and implementation of culturally sensitive health promotion programs. Effectively communicate known health risks for various age groups, mitigation of these risks should be reflected in the development of health promotion programs.

Marianist Values

This class represents one component of your education at Chaminade University of Honolulu. An education in the Marianist Tradition is marked by five principles and you should take every opportunity possible to reflect upon the role of these characteristics in your education and development:

1. Education for formation in faith.
2. Provide an integral, quality education.
3. Educate in family spirit.
4. Educate for service, justice and peace, and integrity of creation.
5. Educate for adaptation and change.

Native Hawaiian Values

Education is an integral value in both Marianist and Native Hawaiian culture. Both recognize the transformative effect of a well-rounded, value-centered education on society, particularly in seeking justice for the marginalized, the forgotten, and the oppressed, always with an eye toward God (Ke Akua). This is reflected in the 'Olelo No'eau (Hawaiian proverbs) and Marianist core beliefs:

1. Educate for Formation in Faith (Mana) E ola au i ke akua ('Olelo No'eau 364) May I live by God.
2. Provide an Integral, Quality Education (Na'auao) Lawe i ka ma'alea a kū'ono'ono ('Olelo No'eau 1957) Acquire skill and make it deep.
3. Educate in Family Spirit ('Ohana) 'Ike aku, 'ike mai, kōkua aku kōkua mai; pela iho la ka nohana 'ohana ('Olelo No'eau 1200) Recognize others, be recognized, help others, be helped; such is a family relationship.
4. Educate for Service, Justice and Peace (Aloha) Ka lama kū o ka no'eau ('Olelo No'eau 1430) Education is the standing torch of wisdom.
5. Educate for Adaptation and Change (Aina) 'A'ohe pau ka 'ike i ka hālau ho'okahi ('Olelo No'eau 203) All knowledge is not taught in the same school

Alignment of Course Learning Outcomes

	CLO 1	CLO 2	CLO 3	CLO 4
Marianist Values		X		X
PLOs	X	X	X	X
Native Hawaiian Values		X		X
Gen Ed Learning Outcomes (if applicable)				

Course Activities	
Presentation Quizzes x 8 (5 pts each)	40 points
Nutrition Project	30 points
Health Promotion Project	30 points
Total points	100 points

Discussions

The discussion threads will be used intermittently throughout the course. Expectation is to respond according to instructions and within timeframe/deadline noted in instructions.

Module Assignments

Module Assignments are to be completed by Sunday 11:59PM in the week that they are assigned. Expectation is to read the Grading Rubric for Assignment grading details, read the assignment description, and to submit the finished work online per instructions provided. Use APA Writing Guidelines to cite sources and to format writing assignments accordingly - APA Guideline is provided in module assignment descriptions.

Individual Projects

Individual Projects are completed per Course Overview schedule. Descriptions of the individual projects are found in the project module sections. Review the Grading Rubric for project details that will be graded, review the project description, and use the APA writing guidelines to construct the writing portion off the projects accordingly.

Course Policies

Attendance

The following attendance policy is from the 2020-2021 Academic Catalog.

Students are expected to attend regularly all courses for which they are registered. Student should notify their instructors when illness or other extenuating circumstances prevents them from attending class and make arrangements to complete missed assignments. Notification may be done by emailing the instructor's Chaminade email address, calling the instructor's campus extension, or by leaving a message with the instructor's division office. It is the instructor's

prerogative to modify deadlines of course requirements accordingly. Any student who stops attending a course without officially withdrawing may receive a failing grade. Students with disabilities who have obtained accommodations from the Chaminade University of Honolulu ADA Coordinator may be considered for an exception when the accommodation does not materially alter the attainment of the learning outcomes. Federal regulations require continued attendance for continuing payment of financial aid. When illness or personal reasons necessitate continued absence, the student should communicate first with the instructor to review the options. Anyone who stops attending a course without official withdrawal may receive a failing grade or be withdrawn by the instructor at the instructor's discretion.

Late Work

All assignments are mandatory and must be completed by the scheduled due dates. Failure to do so will result in a "0" for the assignment. Faculty may offer extensions for assignments with evidence of extenuating circumstances and only if requested in advance of the deadline. If you are having trouble with calendaring, preparing assignments in a time manner, etc. please contact your faculty as soon as possible. Following deadlines and keeping organized are skills that are critical when entering a professional environment.

Instructor and Student Communication

Questions for this course can be emailed to the instructor. Online and phone conferences can be arranged. Response time will take place up to 24-48 hours.

Changes to the Syllabus

While the provisions of this syllabus are as accurate and complete as possible, your instructor reserves the right to change any provision herein at any time. Every effort will be made to keep you advised of such changes, and information about such changes will be available from your instructor.

Grades of Incomplete

Grades of Incomplete must be reviewed and approved by both the Course Coordinator and the Dean of Nursing and Health Professions. See the university "Grade of Incomplete" policy in the student handbook.

Final Grades

Final grades are submitted to [Self-Service](#):

A = 90% and above

B = 80-89%

C = 70-79%

D = 60-69%

F = 59% and below

Important Information

Academic Honesty

Academic honesty is an essential aspect of all learning, scholarship, and research. It is one of the values regarded most highly by academic communities throughout the world. Violations of the principle of academic honesty are extremely serious and will not be tolerated.

Students are responsible for promoting academic honesty at Chaminade by not participating in any act of dishonesty and by reporting any incidence of academic dishonesty to an instructor or to a University official. Academic dishonesty may include theft of records or examinations, alteration of grades, and plagiarism, in addition to more obvious dishonesty.

Questions of academic dishonesty in a particular class are first reviewed by the instructor, who must make a report with recommendations to the Dean of the Academic Division. Punishment for academic dishonesty will be determined by the instructor and the Dean of Academic Division and may include an “F” grade for the work in question, an “F” grade for the course, suspension, or dismissal from the University.

For the most up to date information, please refer to the [Academic Honesty Policy](#) on the Chaminade University Catalog website.

Title IX and Nondiscrimination Statement

Chaminade University of Honolulu is committed to providing a learning, working and living environment that promotes the dignity of all people, inclusivity and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking. As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator.

Nondiscrimination Policy & Notice of Nondiscrimination

Chaminade University of Honolulu does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment. Inquiries about Title IX may be referred to the University’s Title IX Coordinator, the U.S. Department of Education’s Office for Civil Rights,

or both and contact information may be found at the [Chaminade University Title IX Office Contact Information and Confidential Resources website](#). On-campus Confidential Resources may also be found here at [CAMPUS CONFIDENTIAL RESOURCES](#).

The University's Nondiscrimination Policy and Grievance Procedures can be located on the University webpage at: <https://chaminade.edu/compliance/title-ix-nondiscrimination-policies-procedures/>.

To report information about conduct that may constitute sex discrimination or make a complaint of sex discrimination under Title IX, please refer to the [Campus Incident Report form](#). Chaminade University of Honolulu prohibits sex discrimination in any education program or activity that it operates. The NOTICE of NONDISCRIMINATION can be found here: [Notice of Nondiscrimination](#).

CUH Alert Emergency Notification

To get the latest emergency communication from Chaminade University, students' cell numbers will be connected to Chaminade's emergency notification text system. When you log in to the Chaminade portal, you will be asked to provide some emergency contact information. If you provide a cellphone number, you will receive a text from our emergency notification system asking you to confirm your number. You must respond to that message to complete your registration and get emergency notifications on your phone.

Assessment for Student Work

With the goal of continuing to improve the quality of educational services offered to students, Chaminade University conducts assessments of student achievement of course, program, and institutional learning outcomes. Student work is used anonymously as the basis of these assessments, and the work you do in this course may be used in these assessment efforts.

Student with Disabilities Statement

Chaminade University of Honolulu offers accommodations for all actively enrolled students with disabilities in compliance with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, and the ADA Amendments Act (2008).

Students are responsible for contacting Kokua Ike: Center for Student Learning to schedule an appointment. Verification of their disability will be requested through appropriate documentation and once received it will take up to approximately 2–3 weeks to review them. Appropriate paperwork will be completed by the student before notification will be sent out to their instructors. Accommodation paperwork will not be automatically sent out to instructors

each semester, as the student is responsible to notify Kōkua Ike via email at ada@chaminade.edu each semester if changes or notifications are needed.

Kōkua 'Ike: Tutoring & Learning Services

Chaminade is proud to offer free, one-on-one tutoring and writing assistance to all students. Tutoring and writing help is available on campus at Kōkua 'Ike: Center for Student Learning in a variety of subjects (including, but are not limited to biology, chemistry, math, nursing, English, etc.) from trained Peer and Professional Tutors. Please check [Kōkua 'Ike's](#) website for the latest times, list of drop-in hours, and information on scheduling an appointment. Free online tutoring is also available via TutorMe. Tutor Me can be accessed 24/7 from your Canvas account. Simply click on Account > TutorMe. For more information, please contact Kōkua 'Ike at tutoring@chaminade.edu or 808-739-8305.

Assignments, Projects & Due Dates

Wk of	Theme	Info	Due Dates
8/19	Introduction Discussion	Introduction to Classmates	8/25/24
8/19	Welcome to HC200	Discussion	8/25/24
8/26	Module 1	Individual Assignment	9/01/24
9/02	Module 2	Individual Assignment	9/08/24
9/16	Module 3	Individual Assignment	9/22/24
9/23	Module 3	Nutrition Project	9/29/24
9/30	Module 4	Individual Assignment	10/06/24
10/07	Module 5	Career Goals Discussion	10/13/24
10/14	Module 6	Individual Assignment	10/20/24
10/28	Module 7	Individual Assignment	11/03/24
11/04	Module 8	Course Review Discussion	11/10/24
11/04	Module 8	Community of Practice Assignment	11/10/24
11/11	Module 8	Individual Assignment	11/17/24
11/18	Module 9	Health Promotion Project	11/24/24
11/25	Module 9	Individual Assignment	12/01/24