

Health and Wellness in Underserved Populations
Department of Kinesiology and Health, Rutgers University
Spring Semester 2021

Course Number: 01:377:252 (3 Credits)

Day and Time: Monday & Thursday, 2:15 P.M. to 3:35 P.M.

Class Website: Canvas

Course information

Pre/co-requisites: None

Online learning site: Canvas <https://canvas.rutgers.edu/>

Online format: Asynchronous

Class lectures will be provided using Zoom

Technology Requirements for This Course

Online and Hybrid Course Technology Requirements

Online/Hybrid Courses require access to a reliable Internet service. Every student in this class will need to have access to a computer as well as high speed Internet. The students will also be required to have a Webcam, speakers and or headset as well as a microphone.

Computer Minimum Requirements: Hardware

- PC or Mac with a Fast Processor and Monitor
- Speakers
- Microphone
- Webcam
- Headset
- Internet Connection

– Students in this class should have access to high-speed broadband Internet connections. If a student is unsure as to the speed of their service providers internet, please go to the following link where you can perform a speed test.

<https://www.speedtest.net/>

Recommended Internet speeds:

Ping response is less than 100ms

Download speed is at least 10Mbps

Upload speed is at least 2Mbps

Please be cognizant of the following facts when using Internet services at home or a busy setting:

- Sharing an Internet service provider among multiple devices and family members or friends may impact connectivity and speed.
- Wi-Fi connections can be impaired by distance from your router and interference from other electronics, including microwaves.
- A Internet service providers signal and reliability may vary daily based on your geographical area's usage.

Email and Communication

All students in this class should have access to email services such as those provided by Rutgers University. Students in this class may use the Canvas system or the Rutgers University email system to reach the professor. However, the professor prefers his students use the Rutgers University email system as opposed to canvas if the matter is urgent. Canvas email will be used for all information/communication related to this course.

Instructor information

Instructor: Javier Robles, J.D.

Email: javier.robles@rutgers.edu

Virtual office hours: Wednesdays 9:30 AM to 11:00 AM

Virtual office hours format: Zoom

I will hold office hours virtually using either the Zoom format or the WebEx format.

If the student wishes to meet the professor at a time other than the designated office hours, please send an email with your request as well as a reason why you are unable to meet during office hours.

Required Course Materials

Books to choose from for final Paper:

- The Color of Law: A Forgotten History of How Our Government Segregated America By Richard Rothstein
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
- The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care' by T.R. Reid
- We Should All Be Feminists Paperback – January 1, 2015, by Chimamanda Ngozi Adichie
- Being Heumann: An Unrepentant Memoir of a Disability Rights Activist by Judith Heumann and Kristen Joiner
- The Immortal Life of Henrietta Lacks by Ms. Rebecca Skloot
- My Own Country: A Doctor's Story of a Town and Its People in the Age of AIDS (published in 1994) by Dr. Abraham Verghese

- A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction by Mr. Patrick Kennedy and Mr. Stephen Fried
- High-Hanging Fruit: Build Something Great by Going Where No One Else Will, by Mr. Mark Rampolla
- The End of Nature by Bill Mckibben
- Nobody by Marc Lamont Hill
- This Changes Everything: Capitalism Versus the Climate by Naomi Klein
- How Beautiful the Ordinary: Twelve Stories of Identity by Michael Cart and others.
- Nothing About Us Without Us: Disability Oppression and Empowerment by James I. Charlton
- Care Work: Dreaming Disability Justice Book by Leah Lakshmi Piepzna-Samarasinha
- *'Disability Visibility: First Person Stories from the 21st Century'* Edited by Alice Wong'
- Half the Sky: Turning Oppression Into Opportunity for Women Worldwide by Nicholas D. Kristof
- Evicted: Poverty and Profit in the American City Matthew Desmond
- No House to Call My Home: Love, Family, and Other Transgressions
Ryan Berg (Author)
- The Book of Unknown Americans: A novel Hardcover – Deckle Edge

Reading Material

All the class readings for the Underserved Populations class will be available on the canvas website modules section. If there are other readings besides those assigned on the website, you will be notified.

COURSE DESCRIPTION

Health and Wellness in Underserved Populations examines issues of health equity, health disparities and social justice in often underserved and marginalized communities.

COURSE SYNOPSIS

This course will provide a broad overview of the unique health issues in underserved groups due to discrimination and health disparities. The course will examine health and equity on an individual, community and national level. The goal of the course is to provide students with an understanding of how certain individuals and groups are marginalized or underserved by political and economic systems, and how that contributes to poor health and social outcomes.

Students are tasked with critical examination of personal, social and institutional views of inequalities in the groups covered in the course. They will be introduced to these issues via a wide variety of perspectives: academic articles, invited speakers, field trips, research findings, social media, and class activities. Students are expected to work individually and in teams for

certain assignments. They should at all times think critically about the issues discussed, researched and read.

LEARNING OBJECTIVES

1. Understand key concepts in healthcare provision and policies.
2. Gain an understanding of barriers to healthcare and justice for underserved groups.
3. Learn about the history of programs and policies geared towards the poor.
4. Understand Adverse Childhood Experiences (ACEs) and how they impact underserved populations.
5. Understand the role of social determinants for health - specifically, the intersection of race, sex, class, ability, sexual orientation and culture.
6. Identify barriers to health and healthcare in institutions and individual decisions.
7. Demonstrate critical thinking skills related to community and individual health.
8. Understand the individual and economic cost of environmental and social justice issues.
9. Gain an understanding of the criminal justice system as it relates to incarceration and race.
10. Understand barriers to healthcare injustice for individuals with various disabilities.

COURSE SITE

This course is run through Canvas. All assignments, requirements, announcements, and readings are posted on this site. All students are **REQUIRED** to log in to access these functions from the beginning of the course until the end. Important updates, announcements and other useful information will be posted to the site on a regular basis. All written assignments must be submitted through the assignment function. No exceptions will be made. Hard copies will not be accepted.

COURSE REQUIREMENTS

Attendance and Participation

Every student in class is expected to have their cameras on during class. Students are expected to be available when called upon to answer questions or participate in class discussions. If your camera is not on you will be assumed to be absent from class. There is no exception to this policy. Please ensure that your camera is on and that you are available to participate in class.

Student perspectives and experience will be crucial to a vibrant and active semester. As such, students are expected to participate fully in class and class discussions. Attendance will be taken at each class or program. Students are expected to report their absence on the University reporting website <http://sims.rutgers.edu/ssra> to indicate the date and reason for your absence. An e-mail is then automatically sent to the instructor. Assignments due on the date of a missed class are still due and should be submitted through the Canvas Assignment function.

We will have a number of speakers on various topics. Everyone is expected to attend class and engage the speakers. Everyone is expected to participate fully and respect the time of our speakers, professor, and each other.

Participation is a huge percentage of this class. If you are not in attendance you are technically not participating for that day. Individuals lose participation points not just because they do not participate but also because they are not present in class.

Written Assignments

Formatting Written Papers and Citations for This Class

MLA Formatting to Be Used on All Papers in This Class

All papers submitted in this class must use the MLA format. The Rutgers University information when using the MLA format can be found here <https://libguides.rutgers.edu/mla> Any paper submitted without proper formatting will not be graded and will receive a zero.

Citations

Please read this carefully!

Any student that submits a paper without citations will receive an automatic zero. All papers in this class including the final paper must have at least five cited sources. These must be reputable sources. Wikipedia and other similar websites shall not be used as sources for your work. The sources must be from cited articles, reputable news agencies, books, or other similar sources. In addition, all papers in class are submitted through the Turn It in program which checks your paper for plagiarism and or lack of citation. A high score from this program will prompt your paper to be flagged. The University takes this issue seriously please ensure that you cite all your sources.

Grammar

Any paper that is submitted and has not been thoroughly revised by the student for issues of grammar, including spelling, sentence structure or logical sentences or paragraphs will lose points. Please ensure that before your paper is submitted and that it is grammatically correct and error-free. Once the paper is submitted the grade is the grade.

Final Paper

Length – 15 Page Minimum Not Including Cover Page.

Format – MLA

Final Paper – The final paper assignment is based on the book that the student chose the first two weeks of class. The book titles are listed in the syllabus under "Required Course Materials" all students must read one of these books for the semester. The student will use the book as the topic of their final paper. The students are expected to have a firm comprehension of the book authors' overall message, they should be able to link the class lectures, speakers, media and readings to the book which they have chosen. For more instructions see Canvas.

Quizzes and Exams

There is one quiz and one exam. Students are expected to be on time for exams/quizzes and may not leave the room once the exam or quiz has begun. If you arrive to class 20 minutes after a quiz/exam has begun, you will not be allowed to take the quiz/exam. Make-up exams/quizzes will be given only in the case of emergencies with proper documentation. If you have to miss a quiz/exam it is essential that you notify the instructor before the scheduled exam/quiz. You are expected to re-schedule your exam/quiz within 48 hours of the missed quiz/exam.

Assessments will measure your understanding of class lectures, PowerPoints, speakers, films and readings. The format will be multiple-choice, fill in the blanks and true-false. Each question is worth 0.5 points with a perfect score being 10 points on the Quiz and 20 points on the Exam.

Exams (Midterm-20 Points/Class Quiz-10 Points)

This class will have a multiple-choice, true false, or fill-in the blank midterm exam and 1 quiz in the same format. Exams will be completed online using Canvas Quizzes. Each exam will be completed during class. Once you begin the midterm exam you will have 80 minutes to complete the 40 questions exam. Once you begin the quiz you will have 30 minutes to complete the 20 questions quiz.

The midterm exam is based on assigned readings and in-class discussions, class media, lectures, class speakers, etc.

Reading Quizzes (10 points/quiz)

There will be 1 quiz based on the readings assigned intermittently. They cover material from upcoming readings for the assigned month. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Online quizzes must be completed using Canvas Quiz during class on the assigned date. Each quiz's due date is outlined in the course schedule.

Canvas Discussion Boards

The Awaken Cinema Project

(15 Points: Each Film/Documentary That the Student Views and Discusses Is Worth 5 Points)

This project will introduce the student to social justice and/or health issues via film and documentaries. These films and documentaries may be uncomfortable to view and, in some cases, may offer viewpoints that will challenge our conception of justice. The chosen media is meant to do exactly that. To get students out of their comfort zone and critically think and examine these issues. The Awaken Cinema Project will offer you the opportunity to view movies and other media that have historical, social, or offers other significant social justice and/or health commentary. Students are to view the assigned media and in Canvas they are to offer their observations and thoughts as to how the selected media ties into class lectures and readings.

- Students must provide their relevant observations and overall views in the Canvas discussion section for this assignment.
- Students must provide commentary between 450 words and 600 words per media. You may feel free to go beyond this limit if you wish to.
- The student must comment on at least one other student's observations to get the full points. If the student does not comment on at least one other student observation

the max that that student may receive depending on their own observation is 3.5 points. Once the students make a comment on another student' observation that is at least 100 words then they will receive the other 1.5 for a total of five points for perfect observation for that particular film or documentary.

- Students will receive a grade based on their written discussions for this particular assignment.
- Important to remember the student must provide written observations in order to be graded for the Awaken Cinema portion of this class. The written discussion must be done by the assigned date and time written in the student schedule.
- Discussion submitted after the assigned date and time (11:59 PM) will receive a zero. Late is considered 12 AM after the date following the assigned date and time. Late is considered an entry into the discussion portion of that week's film/documentary feature after, 12 AM of the date the movie was assigned.

Point Breakdown for The Awakened Cinema Assignment

- Each assigned film/documentary is worth 5 points of your grade.
- There are 3 movies X 5 points each = 15 points
- Late assignments will receive a 0 grade for that particular film/documentary. The professor will not discuss work that was turned in late at the end of the semester. This is very important for students to understand.
- There are no exceptions to this grading policy.

Underserved Populations, History, Discussions and Dilemmas

Students will be tasked with reading and commenting on a preassigned article or study concerning underserved populations as discussed in class. The student must delve deep into the assigned article or study and provide a comprehensive discussion on the contents including, ethical issues, discrimination issues, historical issues of oppression or other relevant material. There will be 3 articles or studies assigned throughout the semesters and each student will be asked to discuss their observations in the class discussion board. Students must also comment on other students' observations.

Picture It

Beginning the second week of class, students are responsible for taking photographs and uploading them to the Canvas website for the 'Picture It' project. This semester-long project will allow students to begin seeing their environment in a different way. Students will be assigned a different topic each week and they must take two to three pictures based on that topic. Students will use a class Instagram account to post their pictures and must comment on at least three other classmates' photos and descriptors. During class, students will discuss their preferred photo and take questions from students and professor. At the end of the semester the student

will choose their favorite photo and that photo will be featured in a class photo show which will be opened to the public, department staff, and students' friends and family.

Students are instructed to obtain written permission from any person they take a picture of. Students who do not have a camera will be provided with one by the department. The final series of pictures, participation during in-class discussions, and picture show presentation will be evaluated based on the Picture It Rubric and is worth 10 points.

EVALUATION

Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total numbers of points for this class are 100 points. Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within 3 days of receiving the grade. Assignment grades are finalized after this 3-day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

| Letter Grade | Percent | Points Needed |
|--------------|---------|---------------|
| A | 90-100 | 90-100 |
| B+ | 85-89.9 | 85-89.9 |
| B | 80-84.9 | 80-84.9 |
| C+ | 75-79.9 | 75-79.9 |
| C | 70-74.9 | 70-74.9 |
| D | 60-69.9 | 60-69.9 |
| F | 0-59.9 | 0-59.9 |

| Assignment | POINTS |
|---------------|--------|
| Participation | 15 |
| Quiz | 10 |
| Mid-Term Exam | 25 |

| | |
|--|------------|
| Picture It | 15 |
| Awaken Cinema Project | 15 |
| Discussion: Underserved Populations, History, Discussions and Dilemmas | 10 |
| Final Paper | 15 |
| | |
| TOTAL POINTS | 100 |

COURSE POLICIES

Cell Phones/Devices

The use of cell phones, recorders, cameras and other electronic devices during the class is strictly prohibited unless the student receives permission from the instructor/guest speaker.

General Information and Requirements:

Each student is responsible for attending the lectures, reading articles, taking quizzes/exams and joining the class discussion. Students are expected to work cooperatively during the group projects.

Policies regarding course assignments, grading, and participation that are described in the syllabus shall be enforced as defined.

- Assignments are due as scheduled. **Late assignments will receive a zero. All assignments are to be submitted as Word or PDF documents via Canvas only (use the assignment page section), by the due date and time.** If you are unable to download or access the site, you may email a copy to the email above, but must resubmit on Canvas when you gain access.
- Students are **required to take exams on the designated exam dates.** Make-up exam arrangements must be done prior to the missed quiz/exam.
- Students are **expected to have completed the assigned daily readings prior to class.** There will be class discussions based on the assignments. Class discussion and participation is an essential component of this class.
- **Extra Credit is not provided.**

Academic Honor Code: As an academic community dedicated to the creation, dissemination, and application of knowledge, Rutgers University is committed to fostering an intellectual and ethical environment based on the principles of academic integrity. Academic integrity is essential to the success of the University's educational and research missions, and violations of academic integrity constitute serious offenses against the entire academic community. This academic integrity policy is designed to guide students as they prepare assignments, take examinations, and perform the work necessary to complete their degree requirements. The full honor code can be viewed at <http://academicintegrity.rutgers.edu/academic-integrity-policy/>.

Students with Disabilities

Americans with Disability Act Compliance: In accordance with the ADA, reasonable accommodations will be made for students with documented special needs. Students who require special assistance or accommodations should see the instructor during the first week of class. Students with disabilities requesting accommodations must follow the procedures outlined at <https://ods.rutgers.edu/students/registration-form>. Full disability policies and procedures are available at <https://ods.rutgers.edu>

UNIVERSITY RESOURCES

Disability Services

Phone: (848) 445-6800

Address: Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue,
Piscataway, NJ 08854

Website: <https://ods.rutgers.edu/>

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation:
<https://ods.rutgers.edu/students/documentation-guidelines>.

If the documentation supports your request for reasonable accommodations, your campus's disability services office will provide you with a Letter of Accommodations. **Share this letter with your instructors and discuss the accommodations with them as early in your courses as possible.** To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

Student-Wellness Services:

Just In Case Web App

<http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

Phone: (848) 932-7884

Address: 17 Senior Street, New Brunswick, NJ 08901;

Website: www.rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

Phone: (848) 932-1181

Address: 3 Bartlett Street, New Brunswick, NJ 08901

Website: www.vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty.

Scarlet Listeners

Phone: (732) 247-5555

Website: <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.

