



# LAMAR UNIVERSITY

## SYLLABUS

Lamar University, a Member of The Texas State University System, is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award Associate, Baccalaureate, Masters, and Doctorate degrees (for more information go to <http://www.lamar.edu>).

<b>Course Title:</b>	<b>Capstone II</b>
<b>Course Number:</b>	<b>HLTH 5191</b>
<b>Course Section:</b>	<b>48F</b>
<b>Department:</b>	<b>Health and Kinesiology</b>
<b>Professor:</b>	<b>Dr. Praphul Joshi</b>
<b>Office Hours:</b>	
<b>Contact Information:</b>	<b>LU email: <a href="mailto:pjoshi@lamar.edu">pjoshi@lamar.edu</a> Office: 220 HHPA Phone: 409-880-8944</b>

## PERSONAL INTRODUCTION

Welcome to Lamar University. My name is Praphul Joshi, and I will be your instructor of record for Capstone II course. By way of a very brief introduction, I earned my baccalaureate in Bangalore University, India and master's and doctoral degrees from Norman J Arnold School of Public Health, University of South Carolina, majoring in health promotion, education and behavior. My area of expertise is chronic disease prevention, but I also enjoy the challenges of other public health issues. I joined the faculty at Lamar in 2014 Fall and I am currently an Associate Professor for the Department of Health and Kinesiology in the College of Education and Human Development.

## COURSE DESCRIPTION

This course engages students in the development of a research proposal and a seminar that requires students to focus on an area of interest in health promotion; define a problem; review the literature on this subject, include appropriate theoretical and conceptual frameworks; detail the methodology for data collection and analysis; collect the data; indicate the findings; and discuss implications and potential solutions for future practice or research.

## COURSE-LEVEL OBJECTIVES

Students who successfully complete this course will be able:

- Write hypothesis
- Identify and outline research methods
- Identify data sources (primary and secondary)
- Conduct in-depth literature review
- Obtain information regarding local health agencies

### CEPH Foundational Competencies Addressed:

<b>Inter-professional Practice</b>	Assessments
21. Perform effectively on inter-professional teams	Course Discussions
<b>Systems Thinking</b>	
22. Apply systems thinking tools to a public health issue	Capstone Project Paper

## ACADEMIC PREREQUISITES

- N/A

## COURSE SPECIFIC TECHNOLOGY SKILLS REQUIREMENTS

N/A

## TECHNOLOGY PREREQUISITES

Students are required to have **place the skills needed** in order to be successful in the class. Additionally, they should feel confident about their ability to navigate through typical online websites and their ability to use common word processing software in order to submit written assignments.

The minimum technical skills and the system requirements for this course:

## LU LEARN / BLACKBOARD Learning Management System (LMS)

Students will utilize the Lamar University's Learning Management System (LMS), Blackboard, for online courses. For Blackboard support go to (<https://blackboardsupport.lamar.edu>) for more information.

## SOFTWARE USED IN THIS CLASS

N/A

## RESPONSE TIMES

Typically, response times to provide students feedback on emails, discussions, assignments and exams is 24 hours (excluding weekends or holidays). If you don't see your grades posted within 48 hours of your due dates, please contact me immediately. Note that assignments submitted prior to the due dates will not be graded until the due date.

## COURSE MATERIALS

**Required Text:** Jacobsen KH. Introduction to Health Research Methods. Boston, MA: Jones and Bartlett Publishers: 2016. ISBN-13: 9781284094381

## GRADING POLICY AND EVALUATION

*Grading Scale:*

A	B	C	D	F
100-90%	89-80%	79-70%	69-60%	59% - below

## GRADING OF ASSIGNMENTS AND ASSESSMENTS

Grading	
Course Events	Possible Points
Assignments: There are 5 assignments related to the course chapters. Each assignment is worth 20 points. Total Points available will be awarded if an assignment is correct. One point each will be taken because of an incorrect spelling, graph and data labeling, and lack of APA citations. However, until the last week of scheduled classes,	100

those assignment errors can be corrected by the student and full points can be awarded to the assignment score.	
Class Project: Worth 100 points. Each student will select a topic of interest and will use the principles of research methods to apply to their capstone projects.	100
Discussion: Each module's events include discussion forums. There are forums where students are asked to discuss an important concept of the chapter. These are worth 10 points if appropriately answered, if not the student will receive a zero and asked to resubmit according to certain parameters.	50
Total	250
Letter Grade	Points Required
A	> 225
B	200 - 224
C	175 - 199
D	150 - 174
F	< 150

Discussions and Assignments will receive a 10% grade reduction for each day they are overdue. Quizzes, Exams, and Projects will not be accepted late.

### **PARTICIPATION REQUIREMENTS**

This is an 8-week course. Students should log into the course each day and check emails and announcements. You should expect to spend 8 – 12 hours per week actively engaged within this course. Active participation in the module discussion boards counts towards course attendance. **Students missing more than two module discussions will receive a grade of F.**

### **MAKE-UP WORK**

**No late submissions allowed except medical emergencies. You will need to submit a copy of doctor's note for any medical excuses.**

### **DROP DATES**

This course adheres to the add/drop standards for each term as stated by Lamar University. For more details, refer to the <http://www.lamar.edu> and search "Academic Calendar."

### **COURSE EVALUATION**

Instruction as well as student performance is subject to evaluation. Procedures for evaluation will be provided near the end of this course via email from the University and also within the Resources area of the course. Please respond to the evaluation link provided in each course or each email.

## Course Content Outline

Course Content and Assignments	
Module 1 (Week 1)	<p><b>Welcome and Course Introduction</b>  <b>Online Homework and Textbook Registration</b>            Students are encouraged to introduce themselves via a discussion board during the first week of the course.</p> <p><b>Readings</b></p> <ul style="list-style-type: none"> <li>• Welcome and Introduction</li> <li>• Course Syllabus</li> <li>• Chapter 6: Overview of Study Approaches</li> <li>• Chapter 7: Reviews / Meta-Analysis</li> </ul> <p><b>Videos</b></p> <ul style="list-style-type: none"> <li>• Welcome and Introduction</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Discussion: Introduction</li> <li>• Module 1 Discussion</li> <li>• Module 1 Assignment: Selecting a study design and scan review articles</li> </ul>
Module 2 (Weeks 2 – 3)	<p><b>Readings</b></p> <ul style="list-style-type: none"> <li>• Module 2 Lecture</li> <li>• Chapter 7: Reviews / Meta-Analysis (Cont.)</li> <li>• Chapter 8: Ecological Studies</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Module 2 Discussion</li> <li>• Module 2 Assignment: Using Ecological Studies</li> </ul>
Module 3 (Weeks 4 – 5)	<p><b>Readings</b></p> <ul style="list-style-type: none"> <li>• Module 3 Lecture</li> <li>• Chapter 9: Case Series</li> <li>• Chapter 10: Cross-Sectional Surveys</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Module 3 Discussion</li> <li>• Module 3 Assignment: Using Case Series and Cross-Sectional Data</li> </ul>
Module 4 (Weeks 6 – 8)	<p><b>Readings</b></p> <ul style="list-style-type: none"> <li>• Module 4 Lecture</li> <li>• Chapter 11: Case-Control Studies</li> <li>• Chapter 12: Cohort Studies</li> <li>• Chapter 13: Experimental Studies</li> <li>• Chapter 14: Qualitative Studies</li> </ul> <p><b>Assessment</b></p> <ul style="list-style-type: none"> <li>• Module 4 Discussion A</li> <li>• Module 4 Discussion B</li> <li>• Module 4 Assignment A: Using Appropriate Study Design</li> <li>• Module 4 Assignment B: Using Mixed Methods</li> <li>• Capstone-II Project Submission</li> </ul>

## UNIVERSITY POLICIES AND SERVICES

---

### STUDENT HANDBOOK

Students may access the Student Handbook online at <http://students.lamar.edu/student-handbook.html>.

### STUDENTS WITH DISABILITIES

Lamar University is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center(DRC)is located in the Communications building room 105. Office staff collaborate with students who have disabilities to provide and/or arrange reasonable accommodations.

For students:

- If you have, or think you may have, a disability (e.g., mental health, attentional, learning, chronic health, sensory, or physical), please contact the DRC at [409-880-8347](tel:409-880-8347) or [drc@lamar.edu](mailto:drc@lamar.edu) to arrange a confidential appointment with the Director of the DRC to explore possible options regarding equitable access and reasonable accommodations.
- If you are registered with DRC and have a current letter requesting reasonable accommodations, we encourage you to contact your instructor early in the semester to review how the accommodations will be applied in the course.

Additional information is available at the DRC website, <http://www.lamar.edu/disability-resource-center/>.

### TECHNICAL SUPPORT

Technical Support can be located at <http://students.lamar.edu/it-services-and-support/index.html>.

Phone: 409-880-2222

Email: [servicedesk@lamar.edu](mailto:servicedesk@lamar.edu)

#### Hours of Operation (CST):

Monday - Thursday 7:30 a.m.-12:00 a.m.

Friday 7:30 a.m. - 7:30 p.m.

Saturday 9:00 a.m. - 6:00 p.m.

Sunday 3:00 p.m. - 12:00 a.m.

For Blackboard technical support go to <https://blackboardsupport.lamar.edu>.

Phone: 866-585-1738

Phone and chat are available 24/7/365

### LU CONNECT PORTAL

Students are asked to obtain a Lamar Electronic Account username and password so they can log onto the LU CONNECT website. Students may get information on how to get into the LU CONNECT website from the University's homepage (<http://www.lamar.edu>) by clicking on the LU CONNECT link on the left top corner of the screen. Follow the steps to secure your LU CONNECT username and password.

### SYSTEM REQUIREMENTS

#### Computer/Technology Requirements:

- Students will need regular access to Windows, MAC with a broadband Internet connection. Note: mobile devices (if you have mobile devices there are limitations)  
The minimum computer requirements are:
  - Most current version of Firefox is recommended

- Please note that Blackboard may not support Internet Explorer, Safari, or Chrome.
- 8 GB or more preferred
- Broadband connection (cable modem, DSL, or other high speed) required – some courses are video intensive
- 1024 x 768 or higher resolution
- Strongly recommended that you have a headset with microphone. You may also use webcam, and speakers
  - Example: Plantronics Audio 628 USB headset
- Current anti-virus software must be installed and kept up to date.
- Students will need some additional free software for enhanced web browsing. Be certain to download the free versions of the software.
  - Firefox (<http://www.mozilla.org>)
  - Adobe Reader (<https://get.adobe.com/reader/>)
  - Adobe Flash Player (<http://get.adobe.com/flashplayer>)
  - Java (<http://www.java.com>)
  - QuickTime (<https://www.apple.com/quicktime/download/>)
  - Silverlight (<https://www.microsoft.com/silverlight/>)
- Most home computers purchased within the last 3-4 years meet or surpass these requirements.
- At a minimum, students must have Microsoft Office 365 (<https://my.wip.lamar.edu>) click on MS Office 365). Microsoft Office 365 is available for all students.

#### **Required Skills:**

- Navigate websites, including downloading and reading files from them.
- Use e-mail, including attaching and downloading documents/files.
- Save files in commonly used word processing formats (.doc, .docx).
- Copy and paste text and other items in computer documents.
- Save and retrieve documents and files on your computer.
- Locate information on the Internet using search engines.
- Locate information in the library using the online catalog.

#### **NETWORK USE**

##### **ACCEPTABLE USE**

Students must respect the integrity and security of Lamar University computer systems and network, and the privacy and preferences of other users. Responsibility for learning about and complying with Lamar University Acceptable Use Policy ultimately rests with the individual. The network may be used to download, copy, or store any software, shareware, digital media files or freeware, as long as the use complies with copyright law licensing agreements, and campus policies, such as storage space limitations and network bandwidth restrictions. The network may not be used for any activity, or to transmit any material, that violates United States or local laws.

##### **UNACCEPTABLE USE**

The network may not be used for commercial purposes. Advertising and sponsorships on Lamar University websites is restricted. In addition, students may not permit other persons to use their usernames, passwords, accounts or disk space, or disclose their usernames, passwords or account information to any third party. Students may not log on to someone else's account, internet address, or other network codes, or attempt to access another user's files. Students may not create false or dummy accounts to impersonate someone else. Students may not try to gain unauthorized access ("hacking") to the files or computer systems of any other person or organization. Students may not impersonate another person by forging e-mail, web pages or other electronic media. Students who maliciously access, alter, delete, damage or destroy any computer system, computer network, computer program, or data will be subject to disciplinary action by Lamar University, and criminal prosecution as well. Students may not disrupt or attempt to disrupt network traffic, and they may not attempt to monitor or capture network traffic in any way. Finally, students may not intentionally create, store, display, print or transmit information that violates the university's Sexual Harassment Policy.

## **ACADEMIC SUPPORT**

Academic Support can be located at <http://students.lamar.edu/academic-support/index.html>.

There are many areas (i. e. Advising, Writing Center, etc.) of academic support. Each area provides their own specific contact information and days and hours of operation.

## **STUDENT SERVICES**

Information on Student services can be located at <http://students.lamar.edu/student-services/index.html>.

There are many resources (i. e. Course schedules, important phone numbers, etc.) available. Each area provides their own specific contact information and days and hours of operation.

## **ACADEMIC HONESTY POLICY**

Lamar University expects all students to engage in academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in their academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. Disciplinary proceedings may be initiated against a student accused of any form of academic dishonesty including, but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion, and the abuse of resource materials.

*Plagiarism* shall mean the appropriation of another's work or idea and the unacknowledged incorporation of that work or idea into one's own work offered for credit.

*Collusion* shall mean the unauthorized collaboration with another person in preparing work offered for credit.

*Abuse of resource* materials shall mean the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

*Academic work* shall mean the preparation of an essay, report, problem, assignment, creative work or other project that the student submits as a course requirement or for a grade.

Students are specifically warned against all forms of plagiarism, which include "purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm." Plagiarism is defined as, "the appropriation and the unacknowledged incorporation of another's work or ideas into one's own offered for credit" (82). Students seeking to avoid plagiarism should consult either the course instructor or the most recent addition of the *MLA Handbook for Writers of Research Papers* or the most recent addition of the *APA Style Guide*, depending on your College requirements for writing research papers. The course instructor will complete a thorough and impartial investigation of any instance of academic dishonesty. A student found guilty of academic dishonesty will be notified in writing by the instructor of the violation, the penalty, and the student's right to appeal the determination of dishonesty and/or the sanction imposed. Penalties for academic dishonesty in this course will result in either a lowered letter grade or failure of the course as determined by the instructor. The penalty may vary by instructor. For complete policy: go to

<https://students.lamar.edu/academic-support/academic-policies.html>.

## **COPYRIGHT POLICY STATEMENT**

Copyright is defined as the ownership and control of the intellectual property in original works of authorship which are subject to copyright law. As an institution of higher learning that values intellectual integrity, Lamar University prohibits the distribution of published materials (print or electronic) in violation of copyright law.

## **NETIQUETTE (ONLINE ETIQUETTE) STATEMENT**

Please adhere to the same standards of behavior and professional respect online that you would follow in face-to-face communication with others, but most particularly when writing email and when taking part in collaborative and discussion board activities. Lamar provides access to network resources, including the Internet, in order to support learning and to prepare students for the 21st century world. Students, however, are expected to adhere to the *Lamar University Acceptable Use Policies when Using Networks*. More

comprehensive student code of conduct can be found at <https://students.lamar.edu/academic-support/code-of-conduct.html>.

#### **GENERAL GUIDELINES TO RESPECT ALL PARTICIPANTS**

- Respect the right of each person to disagree with others.
- Treat people the same as you would face-to-face.
- Respect the time of others.

#### **GUIDELINES WHEN COMMUNICATING WITH OTHERS (EMAIL, DISCUSSIONS, BLOGGING, AND ETC.)**

- Always sign your names to any contribution you choose to make.
- Be constructive in your responses to others in the class.
- Do not use all caps (Doing so may be interpreted as shouting).
- Re-read your postings before sending them.
- Always think before you write.
- Respond respectfully.
- Use appropriate grammar and structure.
- Spell-check your postings.
- Use short paragraphs focused on one idea.
- Use appropriate business language at all times.

#### **WRITING CENTER**

The Lamar University Writing Center offers synchronous online sessions through Blackboard for your convenience, Monday through Thursday, 9 a.m. to 6 p.m. and Friday, 9 a.m. to 3 p.m. Consultants with experience in a variety of disciplines are trained to help you in any step of the writing process. Schedule an online session at <https://www.schedulicity.com/scheduling/LUWXN6/services>, then email [uwc@lamar.edu](mailto:uwc@lamar.edu) with your assignment and/or document. Your consultant will email you a link prior to your session. Click the link and “join” the session. For more information, including how to test your camera and microphone, please see our website at <http://artssciences.lamar.edu/writing-center/services/index.html>.

#### **DISTANCE EDUCATION LIBRARIAN**

Distance education students and faculty have access to a dedicated distance education librarian. Access this link, <http://libguides.lamar.edu/distancelearning>, for more information.

#### **INSTRUCTIONAL ASSOCIATES/TEACHING ASSISTANTS**

If you are in a large class, Instructional Associates/Teaching Assistants may be utilized. In the event they are present in the course, you will be notified, via email, regarding their information. Course activities, assignments, questions, and correspondence are to be emailed to the Instructional Associates/Teaching Assistants. University faculty members have ultimate responsibility for all assessments and final course grades. Each semester, faculty members will conduct random reviews of materials to ensure inter-rater reliability among all Instructional Associates/Teaching Assistants.

#### **LAMAR UNIVERSITY PRIVACY POLICY STATEMENT**

Student records maintained by Lamar University comply with the Family Education Rights and Privacy Act of 1974 as amended (PL93-380). Detailed information should be accessed through this link: <https://sacs.lamar.edu/catalog/PrefMaterial/V.GenAcademicPol.htm#edurights>.

#### **ACADEMIC CONTINUITY STATEMENT**

In the event of an announced campus closure in excess of four days due to a hurricane or other disaster, students are expected to login to Lamar University’s website’s homepage (<http://www.lamar.edu>) for instructions about continuing courses remotely.

## EMERGENCY PROCEDURES

**\*Be sure to update your MyLamar Account with the most current information.\***

Many types of emergencies can occur on campus instructions for specific emergencies such as severe weather, active shooter, or fire can be found at

<http://www.lamar.edu/about-lu/administration/risk-management/index.html>.

These procedures may or may not apply to you:

### **Severe Weather:**

- Follow the directions of the instructor or emergency personnel
- Seek shelter in an interior room or hallway on the lowest floor, putting as many walls as possible between you and the outside
- If you are in a multi-story building, and you cannot get to the lowest floor, pick a hallway in the center of the building
- Stay in the center of the room, away from exterior walls, windows, and doors

### **Violence / Active Shooter (CADD):**

- **CALL-** 9-1-1
- **AVOID-** If possible, self-evacuate to a safe area outside the building. Follow directions of police officers.
- **DENY-** Barricade the door with desk, chairs, bookcases or any items. Move to a place inside the room where you are not visible. Turn off the lights and remain quiet. Remain there until told by police it's safe.
- **DEFEND-** Use chairs, desks, cell phones or whatever is immediately available to distract and/or defend yourself and others from attack.

## ACCESSIBILITY POLICIES

**DELETE THOSE THAT DO NOT APPLY TO YOUR COURSE. (DELETE THIS STATEMENT WHEN FINISHED)**

Lamar University

<http://www.lamar.edu/about-lu/accessibility.html>

Blackboard

<http://www.blackboard.com/accessibility.aspx>

Firefox

<https://support.mozilla.org/en-US/kb/accessibility-features-firefox-make-firefox-and-we>

Microsoft

<https://www.microsoft.com/enable/microsoft/mission.aspx>

Kaltura

<https://corp.kaltura.com/sites/default/files/Datasheets/Kaltura%20Accessibility%20Datasheet.pdf>

Adobe Acrobat

<http://www.adobe.com/accessibility/products/acrobat.html>

Adobe Flash

<http://www.adobe.com/accessibility/products/flash.html>

Adobe Connect

<http://www.adobe.com/accessibility/products/adobeconnect.html>

Adobe Reader

<http://www.adobe.com/accessibility/products/reader.html>

Java

<http://www.oracle.com/us/corporate/accessibility/policies/index.html>

Pearson Higher Ed

<http://www.pearsonhighered.com/educator/accessibility/index.page>

McGraw-Hill Higher Ed  
<https://www.mheducation.com/about/accessibility.html>  
Cengage Learning  
<http://www.cengage.com/accessibility/>  
ProctorU  
<http://blog.proctoru.com/?p=345>

## **PRIVACY POLICIES**

***DELETE THOSE THAT DO NOT APPLY TO YOUR COURSE. (DELETE THIS STATEMENT WHEN FINISHED)***

Lamar University  
<http://www.lamar.edu/about-lu/privacy-and-security.html>  
Blackboard  
<http://www.blackboard.com/Footer/Privacy-Center.aspx>  
Firefox  
<https://www.mozilla.org/en-US/privacy/>  
Microsoft  
<https://privacy.microsoft.com/en-US/>  
Kaltura  
<http://corp.kaltura.com/privacy-policy>  
Adobe  
<http://www.adobe.com/privacy.html>  
Java  
<http://www.oracle.com/us/legal/privacy/overview/index.html>  
Pearson Higher Ed  
<http://www.pearsoned.com/privacy-policy/>  
McGraw-Hill Higher Ed  
<http://www.mheducation.com/privacy-and-cookie-notice>  
Cengage Learning  
<http://www.cengage.com/privacy/>  
Proctor U  
<http://www.proctoru.com/privacy.html>  
YouTube  
[https://www.youtube.com/static?template=privacy\\_guidelines](https://www.youtube.com/static?template=privacy_guidelines)