



LAMAR UNIVERSITY

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

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 (more details at <http://www.lamar.edu>).

Department	Health and Kinesiology
Course Number	HLTH 5190
Course Title	Capstone-I
Professor	Dr. Praphul Joshi
Contact Information	pjoshi@lamar.edu Office: 409-880-8944

Personal Introduction

Welcome to Lamar University. My name is Praphul Joshi, and I will be your instructor of record for HLTH 5190 Capstone-I online course. By way of a very brief introduction, I earned my master's (MPH) and doctoral (PhD) degrees in public health from University of South Carolina. My area of expertise is health promotion, education and behavior – specially working towards health disparities. I joined the faculty at Lamar in 2014 and I am currently an Associate Professor for the Department of Health and Kinesiology in the College of Education and Human Performance.

Online Web Conferences, Threaded Discussion,

To enhance student-to-student and instructor-to-student interaction, Online Web Conferences have been scheduled for every Tuesday evening from 9:00pm-10:00pm Central Standard Time. I will embed the link to these Web Conferences in a group email to all students, and I will record each Web Conference so that students who are unable to participate can access, review and respond to our group discussions. Arrangements can be made for additional conferences as need upon request. Students will be expected to participate in threaded discussion board topics.

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 Objectives and Student Learning Outcomes

Students who successfully complete this course will be able:

- Define a health problem
- Write overall goals
- Write SMART Objectives
- Conduct basic literature review
- Obtain information regarding local health agencies

CEPH Foundational Competencies Addressed:

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

Academic Prerequisites

Admission to Lamar University.

Technology Prerequisites

Students are not required to have advanced technology training or skills in order to be successful in the class. They should, however, 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:

System Requirements

Computer/Technology Requirements

1. Students will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - Any current Flash-compliant browser (recent versions of Firefox or Safari)
 - Please note that Blackboard may not support Internet Explorer or Chrome.
 - 2GB of RAM, 4 GB or more preferred
 - Broadband connection (cable modem, DSL, or other high speed) required – courses are heavily video intensive
 - Video display capable of high-color 16-bit display – 1024 x 768 or higher resolution
 - A sound card and speakers or headphones
 - 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.
 - Adobe Reader (<http://www.mozilla.org>)
 - Adobe Flash Player (<http://get.adobe.com/flashplayer>)
 - Java (<http://www.java.com>)
 - Most home computers purchased within the last 3-4 years meet or surpass these requirements.

2. At a minimum, students must have Microsoft Office 2003, XP, 2007 or OpenOffice, or Student Office for Mac. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission will also be required. If you do not have Microsoft Office or Student Office for Mac, you can check with the bookstore to see if they have any student copies.
3. **Your computer must be compatible with Blackboard.** Please see the [Blackboard Supported Browsers and Operating System](#) page to make sure your system will allow you to use all the tools and features available.

Technology Skills Requirements

You need to be able to:

- Navigate websites, including downloading and reading files from them.
- Download and install software or plug-ins such as Adobe Reader, Window Media Player or Flash.
- Use e-mail, including attaching and downloading documents/files from e-mail.
- Save files in commonly used word processing formats (.doc, .docx, .rtf).
- 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.

Course Materials

Required Text

Jacobsen KH. *Introduction to Health Research Methods*. Boston, MA: Jones and Bartlett Publishers: 2012. ISBN-13: 9780763783341

Students with Disabilities

For students with disabilities, this course will comply with all accommodations prescribed by the Lamar University the Disability Resource Center (DRC). **It is the responsibility of the student to insure that the instructor has been informed o-f all prescribed accommodations.** Lamar University's Disability Resource Center offers a variety of services designed to provide for students with disabilities and can be contacted at (409) 880-8347 or emailed at DRC@lamar.edu

The Office of Disability Resource Center offers a variety of services designed to assure students with disabilities equal access to the university's activities, programs and services. Some of the services provided include academic accommodations, assistive equipment, communication access service providers, note-takers, physical access and priority registration. Documentation of a disability from a professional in the field is required to receive services.

Students with disabilities should notify the director of DRC prior to registration in any university program. The director will arrange a meeting with the student to determine reasonable academic adjustments/accommodations. The Office of Disability Resource Center is located in 105 Communication Building. Students may write to P.O. Box 10087, Beaumont, Texas 77710, call

409.880.8347, fax 409.880.2225 or e-mail DRC@lamar.edu. Additional information is available at the DRC web site, <http://www.lamar.edu/disability-resource-center/>.

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.

Software Used in This Class

n/a

Services Used in This Class

List of any services such as YouTube, wikis, blogs, etc... that will be used in the course as well as a link to the privacy policy of each service. Here are some commonly used services and their privacy policies:

Blackboard - <http://www.blackboard.com/Footer/Privacy-Center.aspx>

Adobe Connect - <http://www.adobe.com/privacy.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>

Student Services

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

Academic Integrity Statement

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*. 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.

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 <http://students.lamar.edu/student-handbook.html#generalprovisions>.

- **Acceptable Use**

Students must respect the integrity and security of LU's computer systems and network, and the privacy and preferences of other users. Responsibility for learning about and complying with LU's 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 UW web sites 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 LU, 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.

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, discussion, 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

Distance Education Librarian

Distance education students and faculty have access to a dedicated distance education librarian. Contact information and a full account of services can be found at <http://vmlibweb.lamar.edu/distanced/distedservice.htm>

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>.

Grading Policy and Evaluation

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	100

scheduled classes, 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
Pass	> 200
Fail	< 200

Make-up Work: No late submissions accepted

Drop Dates

This course adheres to the add/drop standards for each term as stated by Lamar University. For more details, refer to the [Lamar Academic Calendar](http://www.lamar.edu). If the link does not work, visit Lamar University at <http://www.lamar.edu>, and search the site with the term, "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.

myLamar Portal

Students are asked to obtain a Lamar Electronic Account username and password so they can log onto the myLamar Web site. Students may get information on how to get into the myLamar Web site from the University's homepage (<http://www.lamar.edu>) by clicking on the myLamar link on the left top corner of the screen. Follow the steps to secure your myLamar username and password. Access to library resources is described on the Academic Partnership page, also available through the <http://www.lamar.edu>.

Emergency Procedures

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](http://WWW.LAMAR.EDU/ABOUT-LU/ADMINISTRATION/RISK-MANAGEMENT/INDEX.HTML)

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.

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 (www.Lamar.edu) for instructions about continuing courses remotely.

Course Content Outline

Course Content and Assignments	
Module 1 (Week 1)	<p>Welcome and Course Introduction</p> <p>Online Homework and Textbook Registration</p> <p>Students are encouraged to introduce themselves via a discussion board during the first week of the course.</p> <p>Readings</p> <ul style="list-style-type: none"> • Welcome and Introduction • Course Syllabus • Chapter 1: Identifying a Study Question <p>Videos</p> <ul style="list-style-type: none"> • Welcome and Introduction <p>Assessment</p> <ul style="list-style-type: none"> • Discussion: Introduction • Week 1 Discussion • Assignment 1: Using SMART objectives
Module 2 (Weeks 2	<p>Readings</p> <ul style="list-style-type: none"> • Week 4 Lecture

<p>– 3)</p>	<ul style="list-style-type: none"> • Chapter 2: Selecting a Capstone Topic <p>Assessment</p> <ul style="list-style-type: none"> • Week 4 Discussion • Assignment 2: Selecting a Capstone Topic
<p>Module 3 (Weeks 4 – 5)</p>	<p>Readings</p> <ul style="list-style-type: none"> • Week 7 Lecture • Chapter 3: Reviewing the Literature • Review PubMed and other resources <p>Assessment</p> <ul style="list-style-type: none"> • Week 7 Discussion • Assignment 3: Initial Literature Review
<p>Module 4 (Weeks 6 – 7)</p>	<p>Readings</p> <ul style="list-style-type: none"> • Week 10 Lecture • Chapter 4: Focusing the Research Question <p>Assessment</p> <ul style="list-style-type: none"> • Week 10 Discussion • Assignment 4
<p>Module 5 (Week 8)</p>	<p>Readings</p> <ul style="list-style-type: none"> • Week 13 Lecture • Chapter 5: Assembling a Support Team <p>Assessment</p> <ul style="list-style-type: none"> • Week 13 Discussion • Assignment 5 • Capstone-I Project Submission