

COURSE SYLLABUS

Academic Year 2025 - 26, Semester – [Fall / Spring]

GED 125 – Ecosystem and Human Health

1. COURSE INFORMATION

Course Title:	Ecosystem and Human Health		
Course Code:	GED 125		
Course Credit:	3 Credit Hours (3 Hrs Lec and 0 Hrs Lab/Project Work)		
Contact Hours:	Lec [45 Hrs], Lab/Non-Lec [0 Hrs] Total: 45 Hrs		
Course Pre-requisite(s):	None		
Course Co-requisite(s):	None		
Course Category:	University Requirement (GE):	✓	School Requirement:
Course Type:	Compulsory:		Elective: ✓

2. FACULTY INFORMATION

Instructor Name:	This section will be filled at the time of offering of course.
Lecture/Lab Timings:	
Office Location:	
Office Hours:	
E-mail:	
Office Telephone:	
Course Website:	Course Website on Moodle

3. COURSE DETAILS

3.1 Course Description

This course introduces the key concepts of human health, emphasizing how they are related and the implications of this relationship to human wellbeing. Topics related to the definition of health, healthy behavior, stress, nutrition, physical activity, addiction, infectious and non-infectious disease, and environmental health will be covered in this course.

3.2 Course Learning Outcomes (CLOs) and Alignment to GE Learning Outcomes (GELOs)

On successful completion of this course, the student will be able to:

Course Learning Outcomes (CLOs)		PLOs
CLO 1	Define the comprehensive ecological model of health and the different aspects related to healthy behavior.	1
CLO 2	Define and explain stress and its related response mechanism.	1
CLO 3	Discuss different healthy behaviors linked to nutrition, physical activity, and addiction.	1
CLO 4	Recognize different infectious and non-infectious diseases.	1
CLO 5	Discuss the pros and cons of a healthcare system.	1

4. TEACHING SCHEDULE

4.1 Lectures Schedule

Week No.	Topic Covered in Class	CLOs	Reference/ Course Material	Course Assessment (Please specify if the assessment is out-of-class)	
				Assignment Type	Due Date*
1	Course Overview Health Definition and Healthy Behaviour	1	TB-Chapter 1		
2	Health Definition and Healthy Behaviour	1	TB-Chapter 3		
3	Psychosocial Health	1	TB-Chapter 2	Project	
4	Psychosocial Health - Mental Health and Stress	1	TB-Chapter 1		
5	Introducing the concepts of ecology, ecosystem, and sustainability	1	TB-Chapters 3,5	Quiz	
6	Defining Stress, Response Mechanism and Stress Management	2	TB-Chapter 2		
7	Defining Stress, Response Mechanism and Stress Management (Cont.)	2	TB-Chapter 2	Midterm Exam	
8	Nutrition	3	TB-Chapter 5		
9	Physical Activity	3	TB-Chapters 6,7		
10	Addiction	3	TB-Chapters 9,10		
11	Infectious and Non-Infectious Diseases	4	TB-Chapters 13,14		
12	Environmental Health	1	RB-Chapters 11,15,16		
13	Project Presentation	3,4,5			
14	Project Presentation	3,4,5		Project	
15	Revision	1,2,3,4		Presentation	
16				Final Exam	

*Due date will be included at the time of the offering of the course.

4.2 Lab/ Non-Lecture Schedule

Not Applicable

5. TEACHING PEDAGOGY

Course lectures include simulations, case studies analysis and application of theories, research project, data collection, and peer discussion. Lectures will delve into textbook material, supplemented by instructor-provided handouts. Assessment will encompass exams, quizzes, project and presentations, and participation, ensuring a thorough evaluation of student progress. Additionally, the course aims to cultivate critical thinking and problem-solving skills to enhance students' employability in various contexts.

6. TEXTBOOK/REFERENCE BOOK/COURSE MATERIAL

Textbooks (TB):

Teague, M., Mackenzi, S., and Rosenthal, D. (2024). Your Health Today: Choices in a Changing Society, 9TH Edition, McGraw Hill, USA. ISBN13: 9781265486150

Reference Books (RB):

Miller, G. Tyler (2019). Environmental Science, Thompson Custom Solutions, 16th Edition, CENGAGE. ISBN 978-1337569613

7. LEARNING RESOURCES

Course website on Moodle contains class announcements, lecture notes, homework assignments, etc.

8. COURSE ASSESSMENT AND EVALUATION

The information concerning the appropriate distribution of grade weight amongst various assessment items and their corresponding linkage with the stated CLOs is provided in the following table.

Assessment Items	Grade Weight	Course Learning Outcomes (CLOs)				
	%	1	2	3	4	5
Project	30			✓	✓	✓
Quiz	10	✓				
Midterm Examination	30	✓	✓			
Final Examination	30	✓	✓	✓	✓	

9. ASSESSMENT METHODOLOGY

Quiz: There will be one quiz on week 5 covering health definition and healthy behaviour and psychosocial health-mental health and stress.

Project : One research project is given to students to enhance their general understanding of the core knowledge of the course. The students are required to investigate the correlation between physical activity levels and nutrition choices, exploring the influence of lifestyle factors on health. The task involves presenting a comprehensive study by developing a questionnaire to 30 university students, emphasizing the importance of a healthy lifestyle and physical activity. Students should present it in class. The students should work in a group of 3 or 4. The guideline for the project submission is provided by the instructor during the third week of the semester. All students must present on the assigned date.

Midterm Examination: The midterm exam will be held during the regular class time in week seven and will deal with the material covered in the previous six weeks.

Final Examination: The final exam will be held at the end of the semester during the examination period which is announced by the Registrar's office. It is a comprehensive exam which deals with the entire course material.

10. COURSE REQUIREMENTS AND POLICIES

The students are required to fully understand and observe the following policies of the university.

10.1 Attendance Policy

Attending classes is compulsory in all courses. CUD Students will not be allowed to take the final examination if they are absent for 25% or more of the classes in a course. (Students should refer to their respective Department or School/Faculty for additional specific program-related information.)

- When a student has been absent for 10% of the course an absence reminder would be sent by email.
- When a student has been absent for 20% of the course a second absence reminder would be sent by e-mail

- c. When a student has been absent for 25% of the course a notice of Failure for Non-Attendance will be sent by email and grade “FA” with Grade Point of 0.0 will be awarded.

A student with a verifiable and legitimate reason for missing a class (e.g., hospitalization) may request his instructor not to count such an absence towards the 25%. Such excusable absences must be noted in the Course File Attendance Report.

Should an acceptable explanation for a student’s absenteeism be available, the Dean/Designated Representative of the Faculty concerned may consider the student’s withdrawal without penalty from the particular course. A withdrawal without penalty or any other alpha grade under these circumstances may only be considered with the consent of the Registrar.

10.2 Incomplete Work Policy

Students whose course work is at a passing level but who for verifiable reasons beyond their control are unable to finish course work by the end of a term (or the specified end of a course) may be granted a grade of "Incomplete".

The “I” is not intended to be a permanent grade. It is only a temporary acknowledgment of a legitimate reason for granting a one-time, limited extension to the time normally allowed to complete all course requirements.

Students have up to 12 calendar months after the scheduled end of the course to complete required additional work as determined by the teacher who assigned the “I”, and to thereby qualify for a passing grade.

After 12 calendar months, outstanding “I” grades are converted to “F”.

Thereafter, the student must repeat the course in order to achieve a passing grade.

The number of “Incomplete” courses allowed per semester is established by the School. Please contact the School for further information.

NOTE: An Incomplete grade for a pre-requisite course must be completed before the student is allowed to proceed to the higher-level course unless otherwise approved by the appropriate Academic Administrator (Dean or Designate).

10.3 Academic Integrity

Cheating refers to attempting or using unauthorized materials or obtaining unauthorized assistance in an academic activity, including all types of examinations or evaluations. This may include impersonating another student; looking at another student’s materials; using unauthorized notes/books/calculators; talking to other students; using communication devices such as mobile phones or any Bluetooth devices.

Plagiarism includes, but is not limited to, representation of others’ work, lending unauthorized assistance, and using strategies or processes with the aim of attaining dishonest grades on tests or examinations. Students may not submit any material created by or acquired from another person or business. Plagiarizing any type of course work will not be tolerated. All instances of plagiarizing shall be documented, presented to the Head/Dean of the program and to the Registrar, and recorded in the student’s file. The maximum permissible similarity index limit is 20% for the assignments required to be submitted through Turnitin.

Any violation of the academic integrity policy is a serious offence which will be sanctioned as per the Academic Integrity Policy published in the Student Handbook. Please refer to the Catalogue for further information on student Academic Integrity.

11. GRADING SYSTEM

The University uses the relative grading system which is based on a four-point scale. An overall grade will be assigned on the following grading scale.

Percentage Score	Alpha Grade	GPA Points	Percentage Score	Alpha Grade	GPA Points
90-100	A+	4.0	60-64	C	2.0
80-89	A	3.8	55-59	D+	1.5
75-79	B+	3.5	50-54	D	1.0
70-74	B	3.0	0-49	F	0.0
65-69	C+	2.5			

The students must also read and comprehend the full version of the “Grading System” of the University which is published in the relevant Catalogue.

12. GRADING RUBRICS FOR ASSESSED ELEMENTS

Grading Rubric for Research Project Report and Presentation

Evaluation					Score
Introduction	Little to no understanding of science context is evidenced from student's writing. (1)	Some understanding of science context is evidenced from student's writing, but student does not always reason scientifically. (2)	Good understanding of science context is evidenced from student's writing. (3)	Firm understanding of science context is evidenced from student's writing. (4)	4
Results	Results are not presented. (1)	Results are presented However not very clear. (2)	Results are clearly presented with tables & graphs, but some data is missing. (3)	Results are clearly presented with tables and graphs and all data is included. (4)	4
Discussion - Correlation Analysis	Very poor interpretation of the results. No connection between discussion and introduction. (1)	Misses the interpretation of key results. There is little connection between the discussion and the introduction. (2)	Interpretation of results is presented. However, author was not able to form a proper relation between different factors studied. (3)	Proper interpretation of results. Connects the discussion with the introduction. Proper literature citations. (4)	4
Conclusion	No conclusion. (1)	Conclusion is weak or incomplete. (2)	Proper summary to draw conclusion Incomplete recommendations individually and by the healthcare to promote awareness. Clear understanding and critical analysis of research. (3)	Proper summary to draw conclusion Sufficient recommendations done individually and by the healthcare to promote awareness Clear understanding and critical analysis of research. (4)	4
References	No references. (0)	References are not appropriately used. (1)	References are appropriately used but no in- text citations. (2)	References are appropriately used and in text citations. (3)	3
Presentation organization	Presentation is not well organized, no proper pace, exceeds maximum length requirement. (1)	Presentation has some organization and pace, exceeds maximum length requirement. (2)	Presentation has some organization and pace, meets length requirement. (3)	Presentation is well organized, proper pace, meets length requirement. (4)	4

Presentation quality	An attempt is made to communicate an explanation of the topic. No eye contact and reading only. (1)	Some overview of the topic is communicated. Presenter is sometimes reading and Moderate eye contact. (2)	Good overview of the topic is communicated. Presenter shows proper understanding. (3)	Clear and descriptive overview of the topic is communicated. Evident eye contact and clear voice. (4)	4
Questions and Answers	Did not present. No effort exhibited. (0)	Demonstrates some knowledge of the topic by responding accurately and appropriately to questions and feedback. (1)	Demonstrates knowledge of the topic by responding accurately and appropriately to questions and feedback. (2)	Demonstrates extensive knowledge of the topic by responding confidently, precisely, and appropriately to all audience questions and feedback. (3)	3
Final Score	Out of 30				

13. VERIFICATION

(i) I verify that the contents of this document are up-to-date.

June 13, 2024

Instructor's Name and Signature

Date

(ii) I have reviewed this course syllabus and state that it complies with CUD policies and guidelines.

 Name and Signature of Department Chair/Program
 Coordinator

 Date

Note: This page of the course syllabus is only for the purpose of documentation and therefore it should not be distributed to the students.