HHP 3010 (I¹) International perspectives on Health and Culture of Mexico

SPRING BREAK 2018
MARCH 16 – MARCH 25

Instructor
Bridget Miller, Ph.D.
Willard 427
Email: Bridget.Miller@okstate.edu

Class Meetings, Duration, and Location
Pre-trip meetings: Date/Location TBD

International Location: Puebla and Mexico City, Mexico

Course Description
The purpose of this course is to help students develop an understanding of Mexican history and culture through an organized in-country experience. Students will explore a number of museums in both Puebla and Mexico City along with educated guides. They will also visit local historical sites and live/work in a migrant community.

While the course will focus on health from a broad perspective, it would be appropriate for students of all majors who may be interested in health (medicine, nursing, physical therapy, public health, physiology, athletic training, nutrition, psychology, counseling, sociology, business, etc.) to participate in this course.

Course Objectives
At the conclusion of the course, students will have:
1. Developed familiarity with the history and contemporary culture of Mexico.
2. Observed the inner workings on the Mexican healthcare system in both a public and private hospital.
3. Enriched understanding of international health disparities.
4. Cultivated greater understanding of the fundamentals of public health.
5. Stimulated a motivation for lifelong international perspectives in health promotion.
6. Developed greater appreciation for the daily expectations of someone living in a Mexican migrant community.
7. Increased their cultural competency through an immersive Mexican experience.
8. Gained a greater understanding of the current challenges facing the Mexican people.

Required Readings
TBD

¹ Course carries the “I” designation for general education and counts toward the requirement that all OSU students to complete a class with a significant focus on the international dimension.
Course Assignments

Pre-Trip Meetings (50 points): The quality of the course will, in part, depend on the student’s attendance, participation and critical thinking during our discussions and travels. Two 3-hour meetings will be held prior to our departure to Mexico. The meetings will cover travel basics, journal writing skills, brief introduction to the history and culture of Mexico, and discussions on health disparities, tutorials on health assessments, etc.

Pre-Trip Paper/Presentation (100 points): Each student will research a health topic of their choice related to a specific health outcome, behavior, policy, etc. The student will submit a 7-page paper (80 points) using at least 10 references prior to departure for Mexico. Students will share their findings with the other students during a 10-minute presentation (20 points) over their topic during the 2nd pre-trip meeting.

Sample topics:
- How do adolescent physical activity patterns differ between the US and Mexico?
- What are the major factors impacting obesity in Mexico? How are they different than the US?
- What are the strengths/weaknesses of the Mexican healthcare system?
- How is sexual health taught in Mexican schools?
- What environmental conditions serve as strengths to supporting a healthy lifestyle in Mexico?
- Compare and contrast the teen pregnancy rates between Mexico and the US.
- What roles does the government play in supporting a healthy school environment for Mexican children?
- What recent policy changes have had the most influence on overall health in Mexico?
- How does a different legal drinking age impact alcohol consumption in Mexico compared to the US?
- What roles do nurses play in the Mexican healthcare system? How is that different than in the US?

Travel Journal (50 points): To encourage reflective learning, each student will be required to maintain a travel journal. Each student is expected to purchase and maintain a bound journal. This journal should accompany each student through all activities, including the orientation meeting and all field experiences. **Daily entries are required** of all relevant activities. Completed journals will be submitted to the instructor for assessment. Entries may include, but are not limited to; points of interest visited; thoughts on lectures, discussions and presentations; drawings, photographs or artistic interpretations of objects/places of interest; travel notes and reflections on daily activities; questions/observations for follow-up; etc.

Final Reflection Paper (40 points): At the conclusion of the course, students will write a 3-page reflective paper that summarizes their experiences during their time in Mexico. They should involve critical reflections on the experience of working in Mexico and likely synthesize themes generated in the daily travel journal. Students may also discuss implications for future study, professional aspirations, or travel abroad.

Photo Submissions (15 points): Each student will be required to submit a minimum of 10 of their best photographs (at least 4 of which must include the student) to the instructor at the conclusion of the course. Images become the property of OSU and the Health Education & Promotion program and may be used on the program’s website or future course marketing.

Photo Reflection (45 points): Each student will choose one of their photos to critically analyze. Along with the photo the student should answer the question: How does this photo best demonstrate something you learned during your time in Mexico? Reflections will be 2-3 pages in length.

---

2 All papers will be double-spaced and page minimums do not include reference page.
Tentative Schedule
The following schedule is tentative. The instructor reserves the right to alter the syllabus and travel itinerary with alternative or additional materials and activities.

You will receive a comprehensive travel itinerary during the first pre-trip meeting.

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>TBD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRE-TRIP MEETINGS</strong></td>
<td></td>
</tr>
<tr>
<td><strong>IN COUNTRY ITINERARY</strong></td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 16</strong> – Depart US &amp; Arrive in Mexico</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 17</strong> – Tour of downtown Puebla, visiting local Talavera Factory; Welcome Mexican Party</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 18</strong> – Tour of downtown Cholula, visit Pyramid &amp; Museum</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 19</strong> – Tour public hospital (AM) &amp; Tour private hospital (PM)</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 20</strong> – Travel to migrant community and meet host families</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 21</strong> – Work in migrant community, helping with harvest (AM); assist with painting at local school (PM)</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 22</strong> – Visit local forest reserve (AM); travel to Mexico City (PM)</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 23</strong> – Tour Mexico City (Palace of Fine Arts, Anthropology Museum, Cathedral, National Palace, &amp; Historic District)</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 24</strong> – Museum of Tolerance (AM); Teotihuacan Pyramid Tour and workshop (PM)</td>
<td></td>
</tr>
<tr>
<td><strong>MARCH 25</strong> – Return to US</td>
<td></td>
</tr>
</tbody>
</table>