



## SYLLABUS: HLTH 1366 (Spring 2018)

### Course Information

<i>Course:</i>	HLTH 1366 Lifestyle and Wellness
<i>Term:</i>	Spring 2018
<i>Meeting time:</i>	Online
<i>Instructor:</i>	Courtney Wallace
<i>Email address:</i>	<a href="mailto:cwallace@shsu.edu">cwallace@shsu.edu</a>
<i>Office hours:</i>	By appointment
<i>Office location:</i>	CHSS 452K

### Course Description

Lifestyle and Wellness explores a variety of health issues which influence the well-being of an individual throughout the life cycle. The student is given an opportunity to develop a personal philosophy of wellness and self-responsibility for health through self-assessment, investigation of factors affecting one's health, and the examination of behavior modification strategies. Credit 3.

### Prerequisites

None

### Textbook and/or Resource Material

Your Health Today, 6th Ed (required) Teague, Mackenzie, and Rosenthal (this edition only).

The internet is required for this course. It is your responsibility to make sure you have a good connection at all times. I would suggest that you do not use public wi-fi to work on this class as it is unreliable. If you have any technical problems, it is your responsibility to figure out any issues. Contact technical support (info is below in the course requirements section). Do not wait until the last minute to do assignments so that if you do have technical difficulties you have time to fix them.

A computer must be used for this class to complete your assignments/tests. Assignments and tests do not need to be done on tablets (they do not work with some of the programs with

blackboard). If you are using a MAC, please make sure you convert all documents before submitting. If I am unable to open your documents, you will receive a zero. **ALL assignments will be done in WORD ONLY.** I will not accept assignments done in any other programs.

**\*All assignments open on the first day of class and can be completed. Please make sure to follow the calendar with all the due dates.**

## Course Objectives

Objectives/Learning Outcomes  The candidate will:	Activities (* indicates field- based activity)	Performance Assessment	Standards: <ul style="list-style-type: none"> <li>• <u>State Standards</u></li> <li>• <i>Specialty Organization Standards</i></li> <li>• <u>Conceptual Framework #</u></li> </ul>
develop a personal philosophy of health, wellness, and healthy lifestyles	Unit exams, quizzes, assignments and reading	Quizzes, behavior change papers , exams	Standard I Key Element B
become familiar with current literature in the field of health and wellness;	Abstracts	Abstracts	Standard I Key Elements A and B
demonstrate the ability to research an area of wellness which will enhance the student's professional practice	Abstracts	Abstracts, behavior change papers	Standard I Key Elements A, B and C
comprehend the various components of health and understand how these components interact to impact total well-being;	Reading, notes, articles	Quizzes, exams, behavior change papers	Standard I Key Elements B and C
assess their personal health status and be capable of administering a variety of health assessments and interpreting the results to clients	Module activities including self-assessments	Self-assessments assigned with each module	Standard I Key Element C Standard VI Key elements B, C, and D
identify strengths, weaknesses, opportunities, and barriers to high level health, not only for themselves but for other groups of our population	Reading, notes, articles	Abstracts, reaction papers	Standard I Key Element C Standard VI Key elements B, C, and D

## Course Topics, Readings, Assignments and Dates – Tentative

	<b>UNIT 1</b>	<b>*ALL ASSIGNMENTS OPEN ON THE FIRST DAY OF CLASS.</b>
Week 1	Introduction Chapter 1: Self, Family & Community	Syllabus Quiz - Due 1/26 @ 5pm Behavior Change – Due 2/2 @ 5pm Review Questions – Due 2/2 @ 5pm Quiz – Due 2/2 @ 5pm
Week 2	Chapter 2: Mental Health & Stress	Review Questions – Due 2/9 @ 5pm Quiz – Due 2/9 @ 5pm Response Paper #1 – Due 2/16 @ 5pm
Week 3	Chapter 9: Alcohol & Tobacco	Review Questions – Due 2/9 @ 5pm Quiz – Due 2/9 @ 5pm
Week 4	Chapter 10: Drugs	Review Questions – Due 2/16 @ 5pm Quiz – Due 2/16 @ 5pm
Week 5	Chapter 14: Cardiovascular Disease, Diabetes, and Chronic Lung Diseases	Review Questions – Due 2/23 @ 5pm Quiz – Due 2/23 @ 5pm
	<b>EXAM 1 – RESPONDUS REQUIRED</b>	Closes 2/23 @ 5pm
	<b>UNIT 2</b>	
Week 6	Chapter 4: Sleep	Review Questions – Due 3/2 @ 5pm Quiz – Due 3/2 @ 5pm Response Paper #2 – Due 3/9
Week 7	Chapter 5: Nutrition	Review Questions – Due 3/9 @ 5pm Quiz – Due 3/9 @ 5pm
Week 8	Chapter 6: Fitness	Review Questions – Due 3/23 @ 5pm Quiz – Due 3/23 @ 5pm Response Paper #3 – Due 3/30 @ 5pm
Week 9	Chapter 7: Body Weight & Body Composition	Review Questions – Due 3/30 @ 5pm Quiz – Due 3/30 @ 5pm
Week 10	Chapter 8: Body Image	Review Questions – Due 4/6 @ 5pm Quiz – Due 4/6 @ 5pm
	<b>EXAM 2 - RESPONDUS REQUIRED</b>	Closes 4/6 @ 5pm
	<b>UNIT 3</b>	
Week 11	Chapter 3: Social Connections	Review Questions – Due 4/13 @ 5pm Quiz – Due 4/13 @ 5pm
Week 12	Chapter 11&12: Sexual Health & Reproductive Choices (only part of each chapter)	Review Questions – Due 4/20 @ 5pm Quiz – Due 4/20 @ 5pm
	<b>RESEARCH PAPER</b>	Research Paper – Due 4/20 @ 5pm
Week 13	Chapter 15: Cancer	Review Questions – Due 4/27 @ 5pm Quiz – Due 4/27 @ 5pm
Week 14	Chapter 16: Injury & Violence	Review Questions – Due 5/4 @ 5pm Quiz – Due 5/4 @ 5pm Behavior Change: Due 5/4 @ 5pm
	<b>EXAM 3 - RESPONDUS REQUIRED</b>	Closes 5/4 @ 5pm
	<b>DONE</b>	

## Grading

### Evaluation:

Exams (3 @ 12points each)	36 points
Review Questions (14 @ 1.5 points each)	21 points
Chapter quizzes (14 @ 1 point each)	14 points
Syllabus Quiz and Behavior Change Contract (2 parts) (1 point each)	3 points
Response Papers (3 @ 5 points each)	15 points
Research Paper	10 points
Free Point	1 point
Total:	100 points

**Grading Scale:** Grades are based on point totals and not averaged out

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

\*There will be no curves or grade changes.

\*No extra credit will be given for this online class.

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## Sam Houston State University Policies

### Attendance and Make-up Policies

#### STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will

complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

### Course Requirements

- a. Attendance: This is an online class. Participation will be noted by examining log-in information.
- b. Professionalism/Participation: It is expected that students be active, enthusiastic, and collegial participants. Disruptive behavior will result in the student being asked to refrain from interacting with classmates for a specified period. A second violation and the student will be asked to drop the class.
- c. Examinations and Assignments: Exams will be administered only on the specified dates. No make-up exams will be given; however, the instructor reserves the right to give make-up exams because of unforeseen valid emergencies which can be officially documented in writing. **Assignments and Exams are due on Fridays @ 5:00PM** on the assigned date unless otherwise specified. **Late assignments will not be accepted.** Assignments must be turned in electronically (in a WORD document) unless otherwise specified. All assignments must be typed (no exceptions). Do not scan and insert assignments. Please make sure when you submit assignments you do so in the correct location (**do not submit any assignments in the comments section or it will not be graded**). You have one opportunity to submit each assignment, so please double check to make sure it is the correct one before hitting the submit button. I can only grade the assignment submitted. DO NOT submit any assignments via email for any reason. Grades cannot be submitted through email.
  - i. Citations: Assignments that require citations must follow APA 6<sup>th</sup> edition guidelines.
- e. Class Materials: The textbook is a requirement of the course. Additional materials may be assigned. You are responsible for reading the materials assigned. Any and all materials assigned are “fair game” for exams.
- f. Sexual Harassment: In accordance with administrative policy, sexual harassment is reprehensible and will not be tolerated by the university. Behavior in the course must conform to the university policy.
- g. Drop/add/withdraw: It is your responsibility to make sure that you are officially enrolled in this course. If, at any point, you decide to attend this course no longer, it is your responsibility to officially drop or withdraw from enrollment. Failure to do so may result in a failing grade.
- g. Syllabus subject to change: While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.
- h. Email Etiquette: Most communication about the course (general questions, questions about assignments, etc.) should be communicated through email. When communicating with me via email, you must follow the etiquette below; otherwise I reserve the right of not replying to your email.
  - i. Include your course number in the subject line. If there is not a subject, the email will be deleted as spam.
  - ii. Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help me prioritize reading your email. This determines

where your email will be filed. If you have a question, indicate that in the subject line.

- iii. Just like a written letter, be sure to open your email with a greeting like Dear Ms. Wallace:
  - iv. Use standard spelling, punctuation, and capitalization. THERE'S NOTHING WORSE THAN AN EMAIL SCREAMING A MESSAGE IN ALL CAPS. Stay away from abbreviations and do not use emoticons (those little smiley faces).
  - v. Write clear, short paragraphs and be direct and to the point; I consider your email communication as business and sign your email at the bottom so I know who I am speaking with. If you do not sign your email, I may not be able to answer your questions and will consider it spam.
  - vi. Be friendly and cordial, but do not try to joke around (jokes and witty remarks may be inappropriate and, more commonly, may not come off appropriately in email)
  - vii. I answer emails Monday- Friday. However Saturdays and Sundays I may not be as available to answer your emails, but will try and get back to you as soon as possible.
- i. Electronic submission of assignments: Assignments must be submitted to Blackboard. Assignments will not be accepted via email for any reason. All assignments need to be submitted using a computer and not a tablet (some tablets are not compatible with programs used in blackboard. Assignments must conform to the guidelines below:
- i. Submitted in a **.docx** (WORD) format unless other formats are specified as being allowed.
  - ii. Files not conforming to the above will not be graded and will receive a 0 (zero). You have one opportunity to submit each assignment so please double check before hitting the submit button.
  - iii. Check to make sure the file attachment went through. If the attachment is not there, you will receive a 0 for the assignment. If you do not see a piece of paper by your name, the file did not attach. If you are unsure on how to submit documents, it is your responsibility to contact technical support.
  - iv. Do not wait until the last minute to submit your assignment. If you are unable to upload the assignment, you will receive a 0.
  - v. Some assignments will utilize TurnItIn or SafeAssign. This will be set up through Blackboard and does not require additional steps on your part.
  - vi. Assignments must be presented in a visually appealing manner (meaning, easy to read and follow) using APA 6<sup>th</sup> edition as a guideline.
  - vii. If you are having technical issues, it is your responsibility to get it taken care of. You need to contact SHSU Online Support Desk at  
Email: [blackboard@shsu.edu](mailto:blackboard@shsu.edu)  
Phone: 936-294-2780  
Toll free: 877-759-2232  
Hours: Monday-Friday 24 Hours  
Saturday 7am – Midnight  
Sunday 1pm – Midnight  
Keep track of whom you speak with and what time(s) you communicate so there are records if there are any issues.  
\*\*If you need help from me, please give me 24 hours to help correct any issue.  
So it is important to not wait until the last minute to complete assignments.
- j. Academic Honesty: Academic honesty is expected in all work. Ignorance is not an excuse. Penalties will include 0 points for the assignment or exam and loss of any extra

credit opportunities. Failure of the course may also be used as a penalty at the discretion of the instructor. All assignments should be done by yourself.

### Blackboard Statement

This course will be supported via Blackboard, your online learning community, where you will interact with your classmates and with me. Within the course Blackboard site you will access the learning materials, tutorials, and syllabus; discuss issues; submit assignments; email other students and the instructor; participate in online activities; and display and submit your projects.

In order to access the course material you will need to go to <https://shsu.blackboard.com> or look for Campus Tools on the top of the University's homepage. **Please do not contact your instructor with technical problems.** If you are having a technical problem with the course, review the support resources at <http://distance.shsu.edu/tech-support/>. You will need to possess the required computing technology to be successful in an online course. **Important!!!** Save your work as you go along. Nothing is more discouraging than to lose an assignment due to a computer hang ups! You may want to also make hard copies of your work to have "proof" and save yourself time and trouble! Before you hit the submit button on blackboard, please make sure it is the documents you are wanting to submit. I can only grade the documents submitted. Do not submit any documents via email.

### Plagiarism

Plagiarism is the leading form of academic dishonesty that the Department of Health Services and Promotion has to address. As a HSP student, you are responsible for knowing what plagiarism is and how to avoid it.

### Population Health Mission

The mission of the Department of Population Health is to foster student-centered learning for early and advanced health professionals; to conduct applied, evidence-based research in population health; and to improve health and wellbeing through community engagement at the local and global levels.

### Americans with Disabilities Act (ADA)

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. Students with disabilities that may affect adversely their work in this class should register with the SHSU Counseling Center and talk with their University supervisor and classroom mentor teachers about how they can help. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until registration with the Counseling Center is complete.

## **STUDENTS WITH DISABILITIES POLICY**

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720

### **Academic Integrity**

According to the administration's guidelines: "All students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the 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. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form 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."

"Students will refrain from behavior in the classroom that intentionally or unintentionally disrupts the learning process and, thus, impedes the mission of the university. Cellular telephones and pagers must be turned off before class begins. Students are prohibited from eating in class, [chewing gum], using tobacco products, making offensive remarks, reading newspapers, or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result in a directive to leave class. Students who are especially disruptive also may be referred to the Dean of Students for disciplinary action in accordance with the university policy."

The full policy for "Code of Student Conduct and Discipline" is found at the following link: <https://www.shsu.edu/students/guide/dean/codeofconduct.html>

### **FERPA**

The Federal Education Rights & Privacy Act requires that we advise students that by registering for this course, their SHSU assigned e-mail address will be revealed to classmates and the instructor. By continuing your enrollment in the course you acknowledge your understanding of this policy.

By enrolling in this course you agree to the following statement: "I understand that as a result of registering for this course, my SHSU/Blackboard assigned e-mail address will be revealed to classmates and the instructor."

### **Equal Opportunity Statement**



Sam Houston State University is an Equal Opportunity / Affirmative Action Institution.

## **DISCLAIMER**

This syllabus is representative of materials that will be covered in this class; it is not a contract between the student and the institution. It is subject to change. These changes will be communicated via email or posted as announcements. If you have any problems related to this course, please feel free to discuss them with the instructor.

## **Title IX**

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Title IX of the Education Amendments of 1972 is a federal law that prohibits sex discrimination in education.

### **NOTICE OF NON-DISCRIMINATION**

Sam Houston State University complies with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act. Sexual misconduct, as defined in the University's Sexual Misconduct Policy, constitutes a form of sex discrimination prohibited by Title IX and Title VII.

### **TITLE IX CONTACTS**

Sex discrimination includes sexual harassment and sexual assault. While it is often thought of as a law that applies to athletics programs, Title IX is much broader than Athletics and applies to many programs at Sam Houston State University. While compliance with the law is everyone's responsibility at SHSU, below is a list of staff members that have primary responsibility for Title IX Compliance.

Title IX Coordinator--Jeanine Bias  
Associate Dean of Students --Lowman Student Center, Suite 215  
936-294-3026 or [jbias@shsu.edu](mailto:jbias@shsu.edu)