

**SYLLABUS: HLTH 4363 (Spring 2018)****Course Information**

*Course:* HLTH 4363 - Wellness Interventions  
*Term:* Spring 2018  
*Meeting time:* on-line  
*Instructor:* Dr. Bill Hyman  
*Telephone number:* 936-294-1212  
*Email address:* bhyman@shsu.edu  
*Office hours:* Monday and Tuesday, 8:30 – 9:30 or by appointment  
*Office location:* CHSS 452H

**Course Description**

This course addresses the skills and resources needed to implement and facilitate specific interventions within a comprehensive wellness program. The development and delivery of programs including tobacco management, weight control, nutrition, physical activity, workplace safety, disease prevention, and other applicable interventions will be addressed. Prerequisites: Junior Standing. Credit 3

**RATIONALE:** This is a required course for some of the degree programs in the Department of Population Health. A comprehensive course in interventions for wellness is critical to complement other course offerings in the implementation of the degree. In addition, the goal of employee wellness and health promotion programs is to achieve and maintain an overall high quality of health and wellness. The content of the course will equip students with the education and intervention skills they need.

**Prerequisites**

Junior standing.

**Reading and Resource Material**

*All reading and viewing assignments are posted on Blackboard.*

**Course Objectives**

Wellness Interventions	<i>Course Objectives</i> <i>By the end of the course, you should be able to:</i>
1.	describe the components of a traditional wellness program;
2.	generate setting-specific components of wellness;

3.	apply behavior change theory to wellness programming;
4.	locate and utilize a wide variety of wellness resources;
5.	apply appropriate wellness intervention steps; and
6.	develop and present a wellness program.

### Course Topics, Readings, Assignments and Dates

Unit	Topic	Other Content & Assignments
1	<ul style="list-style-type: none"> <li>• Components of a Comprehensive Wellness Program</li> </ul>	
1	<ul style="list-style-type: none"> <li>• Using Professional Resources to Develop Interventions</li> </ul>	
1	<ul style="list-style-type: none"> <li>• Behavior Change Theory</li> </ul>	
2	<ul style="list-style-type: none"> <li>• Intervention Development Steps</li> </ul>	
2	<ul style="list-style-type: none"> <li>○ Nutrition Intervention</li> </ul>	
2	<ul style="list-style-type: none"> <li>○ PA and Exercise Intervention</li> </ul>	
2	<ul style="list-style-type: none"> <li>○ Weight Management Intervention</li> </ul>	
3	<ul style="list-style-type: none"> <li>○ Tobacco Intervention</li> </ul>	
3	<ul style="list-style-type: none"> <li>○ Safety Intervention</li> </ul>	
3	<ul style="list-style-type: none"> <li>○ Chronic Disease Intervention</li> </ul>	
3	<ul style="list-style-type: none"> <li>○ Stress Management Intervention</li> </ul>	
3	<ul style="list-style-type: none"> <li>○ Non-traditional Interventions</li> </ul>	

## Grading

Unit Assignments (3 @ 50)	150 PTS	A = 90-100%	(225-250)
Discussion Boards	30 PTS	B = 80-89%	(200-224)
Intervention Project	70 PTS	C = 70-79%	(175-199)
		D = 60-69%	(150-174)
		F = < 60%	(<150)
<b>TOTAL POINTS AVAILABLE</b>		<b>250 PTS</b>	

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## UNITS

Three units will be posted in Blackboard according to the course calendar. Each assignment must be completed as a Microsoft word document and attached as a local file. All parts of the assignment, including the abstract, must be submitted **as one document**, with the sections of the assignment separated by headings. Present all parts of your submission in the order that they appear in the assignment. As soon as the units are graded, the numerical grade will be entered into the grade book. Each student is fully responsible for submitting each unit in its entirety by the posted due date. Assignments will not be accepted after the deadline posted on the course calendar.

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## ABSTRACTS

A journal article abstract is required for each unit. The article should address some aspect of health promotion or wellness management. Articles should come from professional journals (2010 or later). The abstracts should be one typed page and should be referenced in APA style. Information on APA style format may be viewed at: ([http://www.shsu.edu/~wctr/handouts/APA\\_references.pdf](http://www.shsu.edu/~wctr/handouts/APA_references.pdf)). A visit to the University Writing Center at <http://www.shsu.edu/~wctr/> may be helpful. Summarize the content of the article and provide a personal reaction/ critique/perspective. A sample abstract (from another unrelated class) and additional information to guide you through a successful abstract is posted in the 'Abstract Information' folder of Blackboard.

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## MAJOR PROJECT

Detailed instructions for the semester project are found in Blackboard as printed instructions and videos. A rubric is also provided. Note the due dates of the project in the course calendar. The planning section, including title and logo, mission statement, goals and objectives, Gantt Chart and Milestone Calendar, and partner identification (if you choose to work with a partner) has an intermediate due date. Near the end of the semester, the entire project (including all three sections) will be submitted.

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## DISCUSSION BOARDS

Each student will participate in regular discussion boards. For each unit, I will post one or two questions for discussion. You will need to answer by replying (approximately one paragraph) directly to each question by the deadline that I post for each discussion. You will also need to respond to two of your classmate's answers by the next posted deadline. A third response may be required as well. Your response may be to agree or disagree, share your opinion, encourage them, add to their comments, or provide any other appropriate feedback to them. Provide your honest opinion and provide some logical explanation for that opinion. Don't hesitate to disagree with someone and don't be offended if someone disagrees with you.

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In summary, for most units you will be required to make at least three posts to each discussion forum. The sequence for discussion participation is:

1. I will post one or two questions for discussion
2. Respond to the posted question(s).
3. Respond to two of your classmates' comments.
4. I would hope that you would review your feedback and respond if you wish, but that is optional.

#### Rules for Discussion Groups

1. For each discussion board posted, you will be required to respond by the assigned posting date. You will then be required to re-enter the discussion and reply to at least two of your classmate's threads by the reply deadline.
2. Your responses must be thoughtful. I will be the judge of the quality of your discussion. Put some thought into what you want to say and provide support for your position. Your posting should be at least one paragraph in length and should contain substance – some real food for thought. Remember, this is an upper level class and your work should reflect a higher level of critical thinking
3. Respect each your classmate's point of view and be courteous to everyone involved in the discussion. You are free to disagree, but be mature enough to argue the point without degrading the person.
4. Also, be mature enough to allow others to criticize your position without becoming upset or offended by their differences.
5. Maintain confidentiality. Don't reveal any personal information about yourself or about anyone else that should remain private.
6. Do not include any profanity or unwholesome comments or information.

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#### **COURSE ASSIGNMENT CRITERIA**

- ❑ If an assignment seems unclear, it is *YOUR* responsibility to talk to the instructor early.
- ❑ If you desire academic accommodation for a documented disability, contact the instructor ASAP.
- ❑ *Plagiarism* means using someone else's work or writing without giving credit. If you copy a paragraph, sentence or even phrase from someone else's work, you must place quotes around what you have copied and cite the author. If you borrow an idea from someone else, but don't quote them exactly, you don't need to add the quotes, but you still must cite the author. When citing an author, use either the APA style (**Hyman, 2017**) immediately after the statement. Then, in the Endnotes give the entire reference: **1. Hyman, B. (2017). Preventing Disfiguring Fishhook Injuries. Journal of Outdoor Safety; 4(2), p.3-7.** This is your warning; if you borrow without giving credit you will get zero points for the parts borrowed. If you are working on an assignment that requires all your own work (or an exam), you should not be citing other authors anyway.

## 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.

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### Blackboard (Bb Statement)

Blackboard (Bb): 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; take quizzes; email other students and the instructor; participate in online activities; and display 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!

### Plagiarism Virtual Course

Plagiarism is the leading form of academic dishonesty that the Department of Population Health has to address. You are responsible for knowing what plagiarism is and how to avoid it.

### End of Course Evaluation

Constructive feedback from students on course evaluations is taken very seriously at the College of Health Sciences. I am asking for your assistance in helping the Department in its assessment of courses and faculty through your participation in the evaluation of your courses. As health professionals you will one day have the responsibility to evaluate colleagues and health initiatives. The College views providing feedback on the Department's courses as part of your professional responsibility.

### HSP 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)**

Any student with a disability that affects his/her academic performance should contact the Office of Services for Students with Disabilities in the SHSU Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786) to request accommodations.

## **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)

## LINKS TO SHSU ACADEMIC POLICIES:

- a. Class attendance policy (see [SHSU Class Attendance policy AP 800401](#)) – each faculty member is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class.
- b. [Procedures in cases of Academic Dishonesty AP 810213](#) (be sure to include statement regarding plagiarism)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)
- f. [Use of Telephones and Text Messengers in Academic Classrooms and Facilities AP 100728](#)

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I \_\_\_\_\_ have read the entire syllabus and hereby agree to abide by the policies contained herein.

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Signature

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Date