



HSC 120: Health and Wellness

Online

Semester:
Day(s):
Time(s):
Classroom:
Instructor:
Office Hours:
Office Location:
Phone Number:
Email:

Insert Picture
Here

Prerequisite/Co-requisites: NONE

Course Description

This course covers health and wellness models. Included are healthy lifestyle goals such as nutrition, diet and exercise. Additionally, risk factors to poor health such as alcohol, illegal drugs, drug abuse and smoking will be discussed. The course also covers mental health issues and the special needs of this patient population, along with patient education techniques.



Course Goal

At the end of this course, students will be able to demonstrate the factors that influence health and wellness, particularly individual behaviors.



Required Text

- **Textbook:** Teague, M., Mackenzie, S., Rosenthal, D. (2015). *Your health today: Choices in a changing society* (6th ed.), New York, NY: McGraw-Hill.
- Any additional reading material will be provided to students via the course Blackboard page. Please check the Weekly Units for any additional readings.
- Microsoft Office (free copy available in IT Department)

Student Learning Outcomes

Learning Outcomes

1. Explain current issues on health and wellness that may affects self and others.
2. Assess the dimensions of wellness within a socio-ecological framework.
3. Apply the seven dimensions of wellness to their lives.
4. Explain current level of wellness and fitness that may interfere with healthy living.
5. Describe how societal, community and interpersonal relationships impact personal health.
6. Periodically know how to assess basic wellness level utilizing the five components areas.
7. Modify a personal health behavior(s) by utilizing a fundamental health behavior theory.
8. Locate and utilize current health and wellness resources along with technology tools.



Grading Policy

Your performance in this course is assessed using multiple, varied methods in the areas listed below and based on the expectations as described in the syllabus and outlined in assessment scoring guides or rubrics. If you do not understand the expectations, it is your responsibility to ask the instructor questions.

Weekly Assignments	25%
Discussions	25%
Exams	50%
Total:	100%

Grading Key

93-100 = A	80-82 = B-	67-69 = D+
90-92 = A	77-79 = C+	63-66 = D
87-89 = B+	73-76 = C	60-62 = D-
83-86 = B	70-72 = C-	Below 60 = F



Assessment Methods

This section of the syllabus contains a listing with brief descriptions of the assessment methods for this course. They are designed to align with the student-learning outcomes and provide you with varied ways to demonstrate mastery of the course content. Additional instructions and related scoring guides or rubrics are posted to Blackboard.

Blackboard



Discussions (25%):

The discussion board is where you will have ongoing conversation with your classmates and instructor and is a graded. Plagiarism is not allowed (see below). Do not copy material from the book/internet/other resource or your classmates when answering the assignment questions or posting on the discussion board.

Discussions open on Monday 12:01 am EST and close each week on Sunday at 11:59 pm EST.

- You are required to post **3 times per week** on separate days of the week.
- Your first original post must be made **by Wednesday** of each week.

- At least one post must be in response to another student's post.
- See discussion board grading rubric for more details

General Information:

- Discussion posts cannot be made up;** the discussion will not be extended for any reason.
- Professional behavior is expected at all times. This includes respect and courtesy for the instructor and fellow students within the virtual classroom discussion board.
- Practice good study habits. **If you are having problems with any aspect of this course, I am available to help**
- Plagiarism is using someone else's words or images as your own without citing or giving credit back to the originator and is not allowed (see academic integrity). **Please cite all work or a zero will be recorded.** Wikipedia or any other wiki site, about.com, ask.com, answers.com, etc are not reliable sources and are not accepted as valid sources. **Posts with use of unspecified sources will be awarded a zero.**

General Structure:

- A minimum of 3 postings must be made for each discussion board week** – one post to the instructor's question and one post in response to a classmate's posting (value added or comment). All posts must meet the high quality /quantity post requirement (see below) to receive full credit for that week's discussion board. **All 3 postings cannot be made on the same day.** The first posting to the week's chapter discussion question is due on the *Wednesday by 11:59 pm EST. Discussions open on Monday 12:01 am EST and close each week on Sunday at 11:59 pm EST.* Discussions may not be made up.
- The standards below will be used to evaluate the quality of your discussion posts. Each post should be "value added." In other words, your posts should further the thread topics; show that you have learned something from our readings or outside research; bring anecdotal, life experiences to the conversation; ask relevant and forward moving questions; or otherwise promote the Course Objectives for the week. Posts like "I agree" or "Great post" are nice, goodwill posts,

but they will not receive credit. Please review the following quality standards; use them as you formulate your responses:

Grading:

Quality Measurement

- **High Quality:** Your contributions to each topic indicate your mastery of the materials assigned. Your responses might integrate multiple views and/or show value as a seed for reflection for other participants' responses to the thread. You provide evidence that you are reading the assigned materials and other student postings and are responding accordingly, bringing out interesting interpretations. You know the facts and are able to analyze them and handle conceptual ideas.
 - **Examples of high quality posts include:**
 - providing additional information to the discussion;
 - elaborating on previous comments from others;
 - presenting explanations of concepts or methods to help fellow students,
 - presenting reasons for or against a topic in a persuasive fashion,
 - sharing your own personal experiences that relate to the topic, and providing a URL and explanation for an area you researched on the Internet. (NO WIKIS as an internet source)
- **Medium Quality:** Your responses build on the ideas of another participant (or more) and dig deeper into assignment questions or issues. When you make intelligent posts during the week, including some good critique of the course material, then you have demonstrated you have an understanding of the material, are reading posts of your colleagues, and are contributing to the class. Your posts demonstrate confidence

with the materials, but may be just a bit off target in one area or another.

- **Low Quality:** You have meaningful interaction with other participants' postings. Posts that state I agree or I disagree include an explanation of what is disagreed or agreed upon and why, or introduce an argument that adds to the discussion. However, you may have rambling, lengthy posts that show no sign of having been re-read and refined before posting, and your writing suffers lack of clarity and comprehension.
- **Unsatisfactory Quality:** You will receive little credit in the week's discussion by just showing up and making trivial comments, without adding any new thought to the discussion. At the low end of the spectrum, no participation gets a "0." If you are not in the discussion, you do not earn any points.

Frequency:

- You must post to each graded thread based on the requirements each week. You must submit your **first post of the week no later than Tuesday, 11:59 pm EST**. I encourage you to post earlier and post often in order to keep up with the discussions; they develop rapidly.

Quantity:

- In order to meet the quality requirements, a post will be at least a paragraph in length (~ 100 - 200 words). **One to four sentence posts will not be sufficient to receive full credit** for that posting day. You will find that some topics call for lengthier responses.

Accuracy:

- Your posts must be free of spelling and grammatical errors. Paragraph format must be used. Please use the Spell Check provided by Blackboard.



Assignments (25%): Weekly chapter assignments will be submitted. Please see outline.



Exams (50%): There will be a total of 4 exams. Please view attached outline for exam dates. Any missed exams will result in a grade of 0 for that exam unless there are serious extenuating personal circumstances. Make ups are given at the discretion of the faculty member.

**All Assignments:**

All assessments take place online. There will be no resetting or retaking of any graded content. Online course work that is not taken/completed during the allotted time will result in a zero for the course work. Assignments are due each week by Sunday, 11:59 P.M. EST.

You may work with other students, but any graded submissions need to be your own individual work.

If you have taken the course before, all graded submissions need to be redone.

The Course Outline / Class Schedule contains due dates.

Course Outline / Class Schedule*

All submissions are due on the Sunday of the week at 11:59pm.

Week Mon. – Sun.	Readings and Activities	Assignments to Submit (check off as you complete)
1	Read and view Lecture notes for: Chapter 1 Self, Family and Community	<input type="checkbox"/> Introduce yourself on discussion board <input type="checkbox"/> Participate in Discussion Week 1 <input type="checkbox"/> Complete Assignment Week 1
2	Read and view Lecture notes for: Chapter 2 Mental Health and Stress	<input type="checkbox"/> Participate in Discussion Week 2 <input type="checkbox"/> Complete Assignment Week 2
3	Read and view Lecture notes for: Chapter 3 Social Connections and Chapter 4 Sleep	<input type="checkbox"/> Participate in Discussion Week 3 <input type="checkbox"/> Complete Assignment Week 3
4	Study for Exam 1	<input type="checkbox"/> Take Exam 1 on Ch. 1,2,3,4
5	Read and view Lecture notes for: Chapter 5 Nutrition	<input type="checkbox"/> Participate in Discussion Week 5 <input type="checkbox"/> Complete Assignment Week 5
6	Read and view Lecture notes for: Chapter 6 Fitness	<input type="checkbox"/> Participate in Discussion Week 6 <input type="checkbox"/> Complete Assignment Week 6
7	Read and view Lecture notes for: Chapter 7 Body Weight/Composition and Chapter 8 Body Image	<input type="checkbox"/> Participate in Discussion Week 7 <input type="checkbox"/> Complete Assignment Week 7
8	Study for Exam 2	<input type="checkbox"/> Take Exam 2 on Ch. 5,6,7,8
9	Read and view Lecture notes for: Chapter 9 Alcohol and Tobacco and Chapter 10 Drugs	<input type="checkbox"/> Participate in Discussion Week 9 <input type="checkbox"/> Complete Assignment Week 9
10	Read and view Lecture notes for: Chapter 11 Sexual Health and Chapter 12 Reproductive Choices	<input type="checkbox"/> Participate in Discussion Week 10 <input type="checkbox"/> Complete Assignment Week 10
11	Study for Exam 3	<input type="checkbox"/> Take Exam 3 on Ch. 9,10,11,12
12	Read and view Lecture notes for: Chapter 13 Infectious Diseases	<input type="checkbox"/> Participate in Discussion Week 12 <input type="checkbox"/> Complete Assignment Week 12
13	Read and view Lecture notes for: Chapter 14 Cardiovascular Disease, Diabetes, Chronic Lung Disease	<input type="checkbox"/> Participate in Discussion Week 13 <input type="checkbox"/> Complete Assignment Week 13
14	Read and view Lecture notes for: Chapter 15 Cancer and Chapter 16 Injury and Violence	<input type="checkbox"/> Participate in Discussion Week 14 <input type="checkbox"/> Complete Assignment Week 14
15	Final Exam Closes	<input type="checkbox"/> Take Final Exam on Ch. 13,14,15,16

**This syllabus is subject to change. Changes, if any, will be announced on Blackboard.
Be sure to check Blackboard and your Goodwin email regularly!*

Class Policies



Class Meetings: Course is fully online. Please refer to the course outline for schedule.



Blackboard: Blackboard contains class materials such as PowerPoints, worksheets, media, and links for submitting assignments. Be sure to **check Blackboard often** to stay up to date on announcements, new course materials, and other important information. **All assignments must be submitted on Blackboard.**

*BB issues contact bbsupport@goodwin.edu or call 860-913-2152



Late Assignments: Per department policy, all work is expected to be handed in on time. Any work submitted to the instructor after the due date will result in a zero for that particular assignment. Late assignments or make-up exams are not permitted except when there are documented extenuating circumstances (i.e., medical and family emergencies), and the instructor has been notified 24 hours before or after the deadline.

Deadlines are an integral part of all professional careers. Please manage your time and complete all coursework thoroughly and on time. Per department policy, any work submitted to the instructor after the due date will result in a zero for that particular assignment. Be mindful of all due dates on the syllabus schedule to avoid missing any assignment(s).



Laptops and Tablets:

- Firefox is the recommended browser for Blackboard
- Online components of Blackboard may not be compatible with smart phones or tablets.
- No electronics, including but not limited to cell phones and smart watches, can be on person during quizzes, exams, lab practical, or the final exam.

Photography or video recordings are NOT permitted at any time.



Technical Difficulties: For Blackboard technical problems in the course, contact by email: bbsupport@goodwin.edu or phone: (860) 913-2152.



SafeAssign/TurnItIn: It is a program the Instructors use to read posts. Posts that are copied or plagiarized show up underlined in red. This will tell the instructor that you did not write this information. You will be given a zero for any post that shows up in red.

- All written work submitted (exams, exam essays, lab practical answers, lab report assignments or discussion posts) will be opened in SafeAssign/TurnItIn and checked for plagiarism. Emailing of assignments is not allowed. They will not be graded unless submitted in the proper format.



Course Decorum: We will create a positive environment in the classroom. There is an expectation of respect and professionalism (i.e., demonstrate respect for instructors, peers, and self, participate in classroom activities, and follow course and university policies). Examples of proper decorum include and are not limited to:

1. Participating fully in course discussions
2. Demonstrating and practicing respectful behaviors to one's peers and the instructor
3. Abiding by Goodwin University's academic integrity policy.



Communication and E-mail: Students are expected to communicate in a professional manner (i.e., verbal, written, and electronic). I will send course updates and announcements through Blackboard so please **check your Goodwin e-mail account regularly**. Due to FERPA regulations, instructors can only answer questions pertaining to one's course through the Goodwin University email system.



APA Style: This course follows APA style format for all written assignments. All written assignments must be produced using software that is compatible with Blackboard. Assessment of written assignments will include use of APA format, writing, grammar, quotations, and references. APA Style Central is also available at <http://apastylecentral.apa.org/>, the course Blackboard shell, and through the Hoffman Family Library.

Expectations for Written Work: The following are basic expectations for all written work:

1. One-inch margin for all sides of the page (e.g., top, bottom, left, and right side of the page).
2. The font is 12 point.

3. The paper is double spaced.
4. The first page of the paper includes:

- ✓ Your full name
- ✓ The date of submission

Goodwin University Policies and Services

This course adheres to all policies outlined in the Goodwin University catalog.

General academic policies of Goodwin University may be found on the university web site at and in the university catalog at

<http://www.goodwin.edu/academics/catalogs.asp>.

Student services information may be found on the Goodwin University website at <http://www.goodwin.edu/student-services/> and <http://www.goodwin.edu/library/>.