

Course Number & Title – HCM115 Nutrition & Wellness

Department – Business Administration

Contacting Your Professor – To contact your professor, in Canvas, select “Inbox” from the global navigation bar on the left-hand side of your screen. After selecting “Inbox,” click the pencil in the top right of your screen to begin your message. Type in your professor's name and your message before sending.

Delivery – Online

Course Description – This course will equip the student with knowledge of human nutrition, exercise, disease prevention, and mental health as it relates to healthy nutrition and lifestyle choices. This course will focus on current health issues including obesity, food deserts, and the controversy of marketed foods that lack nutritional value. (3 credits)

Course Prerequisites –None

Student Learning Outcomes – As a result of this course, the student will do the following:

1. Discover adequate nutritional resources throughout the student's community.
2. Describe nutrition and wellness disparities within the student's community.
3. Explain how commercialism plays into nutritional/wellness disparities.
4. Develop a plan to reduce obesity personally and throughout the community.
5. Evaluate community, state, and national programs that promote nutrition and wellness.

Course Requirements

1. *Textbook*
 - a. Corbin, Charles B., *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*, 12th ed., McGraw-Hill Education, 2018.
2. *Materials*
 - a. None
3. *Assignments*
 - a. **Discussion Forums (25%)** – Discussions will take place throughout the course, typically in response to a reading, video, or set of questions provided by the instructor. These discussions are meant to build and enhance the learning community as we interact with each other as a class. Specific instructions will be given in the course. (SLOs 1–5)

- b. **Learning Journals (15%)** – Each week, you will contribute an entry to your learning journal about the week's work, expressing what you are finding difficult in the course or what larger connections you are finding as you study. In Week 8, you will have opportunity to go back and revise prior entries in conjunction with your final reflection. Further details will be provided in the course. (SLOs 1–5)
- c. **Interviews (20%)** – During the course, you will make contact with professionals in your field of study and set up interviews with them. Prior to the interviews, you will submit interview questions to your instructor for feedback. After conducting the interviews, you will write brief reflection pieces to aid in your thinking. Your first interview will be with a registered dietitian. Your second interview will be with an organization, be it non-profit or otherwise, that helps people avoid destructive behaviors. (SLOs 4, 5)
- d. **Health & Wellness Labs (10%)** – Health & Wellness Labs will be integrated throughout this course. You will be responsible for completing each lab during the week it is due and submitting it online on the required due date. These labs will afford you the opportunity to participate in goal-setting exercises that include each of the health-related components of fitness (cardiovascular system, flexibility, muscular strength, muscular endurance, body composition). (SLOs 1–5)
- e. **Health & Wellness Seminar Presentation (25%)** – To assist you in engaging critically with key course concepts, as well as communicating them clearly to others, you will be creating a brief multimedia presentation. Further details regarding the tools you may use, as well as required components of the presentation, will be provided in the course. You will be able to choose your intended audience for this assignment, and the presentation will be due in Week 7. (SLOs 1–5)
- f. **Meeting Participation Reports (5%)** – Each week, you will participate in a live meeting led by your instructor to discuss course topics, ask questions, and reflect on what you're learning. These meetings will be conducted online, and you are required to participate either through live attendance or by watching the recording and completing a reflective activity. Further details will be provided by your instructor.

4. *Extra Credit*

- a. None

Course Procedures

1. *Course Practices* – This online course uses discussions, readings, videos, and other resources and activities to aid and measure the learning of its objectives. Work through the weeks in sequential order, completing the learning explorations and assignments. Please take these opportunities to interact with the instructor and fellow students about the course content, the learning experience, and the relationships between the material and one's experience.
2. *Grading Policy, Rating Scale, Use of Rubrics, etc.*

<i>Excellent</i>	A	=	94–100		B-	=	80–83		D+	=	67–69
	A-	=	90–93		C+	=	77–79	<i>Passing</i>	D	=	64–66
	B+	=	87–89	<i>Average</i>	C	=	74–76		D-	=	60–63
<i>Good</i>	B	=	84–86		C-	=	70–73	<i>Failure</i>	F	=	0–59

The weight of each assignment in relation to your final grade is allocated in this way:

Discussion Forums	25%
Learning Journals	15%
Interviews	20%
Health & Wellness Labs	10%
Health & Wellness Seminar Presentation	25%
Meeting Participation Reports	5%

3. This course adheres to [LBC | Capital's Global undergraduate policies and services](#). These include:
 - a. Attendance Policy
 - b. Late Assignment Policy
 - c. Make-up Policy
 - d. Ally Center Statement
 - i. Accessibility Services
 - ii. Writing Services
 - iii. Academic Mentoring Services
 - e. Academic Integrity Statement
 - f. Statement on Self-Care

Course Resources

1. *Technology Difficulties* – The Help Desk is available to help you with computer and technology problems and questions. Call 717.560.8200 ext. 4357 (HELP), email help@lbc.edu, or visit lbc.edu/helpdesk.
2. *Library Resources* – The library subscribes to numerous databases to provide access to scholarly and peer-reviewed journal articles, eBooks, newspapers, magazines, and much more. Online resources are accessible anywhere on campus or remotely 24/7 using your LBC username and password. To access these resources, go to lbc.edu/library. The library website also includes links for students to request research assistance:
 - CHAT NOW is for immediate assistance – usually from a non-LBC librarian.
 - ASK US is for information from an LBC librarian within 24 hours (Monday–Friday).
 - SCHEDULE A MEETING is for arranging an appointment with a librarian, either in-person or online.
3. *Program/Content Coordinator* – business@lbc.edu
4. *Bibliography* – None
5. *Extra Resources* – None