

**Saint Leo University**

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**SLU 125  
Choosing Wellness**

**Course Description:**

This course offers a contemporary and proactive perspective of personal health: Choosing Wellness. Students explore the dynamic, interrelated dimensions of wellness, including physical, emotional, intellectual, spiritual and interpersonal wellness. Learning to be thoughtful consumers of health information, students critically analyze problems, issues, and successful practices surrounding course topics. Guided by their research, the Saint Leo core values and critical thinking, students will learn to make productive decisions, set goals, and implement strategies for lifelong wellness.

**Prerequisite:**

None

**Textbook(s):**

None

*Links to readings for each module have been provided within the course.*

**Learning Outcomes:**

1. Explore problems, issues, and behaviors that affect optimum wellness.
  - a. Examining the interrelated dimensions of wellness
  - b. Analyzing concepts and models associated with choosing wellness, stress, psychological health, Emotional Intelligence, substance misuse, nutrition, exercise and fitness, cardiovascular health, and other critical health topics
  - c. Identifying wellness-promoting behaviors for course topics as specifically applied to personal responsibility/choosing wellness, the critical consumer, diversity, environmental health, mind/body/spirit, and the Core Values embedded in this course (personal development and respect)
  - d. Successfully completing corresponding learning activities and assignments
2. Analyze influences of culture, media, and technology on wellness attitudes, behaviors, and consumerism.
  - a. Critiquing examples of health products, services, and images
  - b. Comparing the goals of advertisers and health advocates
  - c. Evaluating common advertising techniques used in marketing products and services
  - d. Interpreting and evaluating purpose, claims, evidence, and reasoning
  - e. Deconstructing the Core Values embedded in this course (personal development and respect), and applying them to the analyses
  - f. Successfully completing corresponding learning activities and assignments
3. Demonstrate wellness literacy.

- a. Reviewing wellness information acquired through databases, digital media, health organizations, and health professionals
  - b. Comparing and contrasting research-based wellness information from credentialed resources from commerce-based resources
  - c. Analyzing research-based and commerce-based resources per type, credentials, and currency
  - d. Analyzing research-based and commerce-based information per purpose, findings, corroboration, and implications
  - e. Deconstructing the Core Values embedded in this course (personal development and respect), and identifying wellness information relevant to those values
  - f. Applying vetted wellness information to corresponding learning activities and assignments
4. Use interpersonal communication skills to enrich wellness practices.
    - a. Collaborating on activities, projects, and presentations
    - b. Organizing and conveying information
    - c. Engaging in workshops and team conferences
    - d. Deconstructing the Core Values embedded in this course (personal development and respect), and applying them to interpersonal communication
    - e. Successfully completing corresponding learning activities and assignments
5. Use decision-making processes to improve wellness practices.
    - a. Analyzing personal life style habits and identifying opportunities for improved practices
    - b. Identifying viable behavioral change techniques and resources towards enhanced personal wellness
    - c. Designing and committing to a Personal Wellness Plan
    - d. Applying critical thinking to values-driven decision-making
    - e. Making viable recommendations for wellness-promoting behaviors (choosing wellness) in response to contemporary problems and issues
    - f. Applying decision-making techniques including Paired Comparison Analysis and Nominal Group
    - g. Deconstructing the Core Values embedded in this course (personal development and respect), and applying them to decision-making towards improved wellness practices
    - h. Successfully completing corresponding learning activities and assignments
6. Use goal-setting skills to advance wellness.
    - a. Designing a viable SMART goal towards improved/sustained personal wellness
    - b. Identifying and planning to overcome obstacles and lapses in progress towards improved/sustained personal wellness
    - c. Identifying resources and successful practices towards improved/sustained personal wellness
    - d. Deconstructing the Core Values embedded in this course (personal development and respect), and applying them to goal-setting towards advanced wellness
    - e. Successfully completing corresponding learning activities and assignments
7. Practice and reflect upon wellness-enhancing behaviors.
    - a. Implementing behavioral change techniques towards enhanced personal wellness
    - b. Collecting personal wellness data and identifying patterns
    - c. Using reflection models to reason through successful practices
    - d. Deconstructing the Core Values embedded in this course (personal development and respect), and applying them to practice and reflect on wellness-enhancing behaviors
    - e. Successfully completing corresponding learning activities and assignments

8. Advocate personal, family, and community wellness.
  - a. Presenting research from credentialed wellness resources
  - b. Designing and directing a learner-centered collaborative activity
  - c. Explaining wellness-enhancing behaviors and strategies to avoid/+
  - d. reduce health risks
  - e. Deconstructing the Core Values embedded in this course (personal responsibility and respect), and applying them to wellness advocacy
  - f. Successfully completing corresponding learning activities and assignments

**Core Value:**

*Respect:* Animated in the spirit of Jesus Christ, we value all individuals' unique talents, respect their dignity and strive to foster their commitment to excellence in our work. Our community's strength depends on the unity and diversity of our people, on the free exchange of ideas and on learning, living, and working harmoniously.

*Personal Development:* Saint Leo University stresses the development of every person's mind, spirit, and body for a balanced life. All members of the Saint Leo University community must demonstrate their commitment to personal development to help strengthen the character of our community.

**Evaluation:**

Methods of Assessment:

The following criteria will be used to determine a final grade in the course:

Mid-term Exam – 10 points

Final Exam – 10 points

Personal Wellness Plan – 15 points

Phase 1: 5 points

Phase 2: 5 points

Phase 3: 5 points

Problems and Issues in Wellness Project – 10 points

Problems and Issues in Wellness Presentation – 10 points

Discussions (8) – 30 points

Assignments - 15 points

**Grade Score (%)**

A 94-100

A- 90-93

B+ 87-89

B 84-86

B- 80-83

C+ 77-79

C 74-76

C- 70-73

D+ 67-69

D 60-66

F 0-59

## Exams

There are two exams in this course, a Midterm and Final, occurring in Modules 3 and 8. Complete each short response/written exam no later than Sunday 11:59 PM EST/EDT.

## Assignments

All assignments are to be completed on time. Late assignments will be marked down 10% per calendar day late. Under no circumstances (barring the cancellation of class) may the *Problems and Issues in Wellness Project/Presentation* be late. This will lead to an automatic zero. Almost all assignments are due on Sunday by 11:59 pm EST/EDT.

## Discussion

Participation in discussions is expected to be thoughtful and well-informed. Within each module, respond to a discussion question posted by the instructor no later than Tuesday 11:59 PM EST/EDT (D1) of the respective module. Finally, post responses to at least two classmates no later than Thursday 11:59 PM EST/EDT (D2). Provide support for arguments, observations, and conclusions, including properly formatted text citations and references.

## Documentation

Students are required to follow APA style and format according to the 6<sup>th</sup> edition of the APA Manual. Please review this link

<http://saintleo.libguides.com/content.php?pid=75086&sid=714208>

## Assessment of the Learning Outcomes:

Course Learning Outcome	Assessment Method
1, 5, 6, 7	Personal Wellness Plan Phase 1: Taking Responsibility
1, 5, 6, 7	Personal Wellness Plan Phase 2: Progress Report
1, 5, 6, 7	Personal Wellness Plan Phase 3: Final Report
1, 2, 3, 6	Mid-term Exam
1, 3, 4, 5, 8	Problems and Issues in Wellness Project
1, 2, 3, 4, 5, 8	Problems and Issues in Wellness Presentation
1, 2, 3, 4, 5, 6, 7, 8	Assignments
1, 2, 3, 4, 5, 6, 7, 8	Discussions
1, 4, 5, 7	Final Exam

**Course Schedule:**

**Module 1                    Taking Charge by Choosing Wellness**

- Objectives**                    When you complete this module, you should be able to:
- Identify the 4 modifiable risk factors responsible for most of the illness, suffering, and early death in the United States today.
  - Describe influences of gender, ethnicity, income/education, disability, family history, and environment on health.
  - Assess your current health habits.

**Readings**                    Assigned material is linked within the course

**Assignments**

<b>Items to be Completed:</b>	<b>Due No Later Than:</b>
Post an introduction to the class	Thursday 11:59 PM EST/EDT
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Wellness Assessment Results	Sunday 11:59 PM EST/EDT
Begin personal wellness record keeping chart	

**Module 2                    SMART Goals and Personal Wellness Plan**

- Objectives**                    When you complete this module, you should be able to:
- Identify a focus area for your Personal Wellness Plan.
  - Write a SMART goal that meets establish standards.
  - Complete Phase 1 of the Personal Wellness Plan, including corresponding Record Keeping Chart.

**Readings**                    Assigned material is linked within the course

**Assignments**

<b>Items to be Completed:</b>	<b>Due No Later Than:</b>
Post initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit your SMART Goal Worksheet	Sunday 11:59 PM EST/EDT

### **Module 3            Physical Activity**

#### **Objectives**

When you complete this module, you should be able to:

- Be able to differentiate between physical activity and exercise.
- List the 5 components of physical fitness.
- Apply the F.I.T.T. principle to all 5 components of physical fitness.
- Determine personal target heart rate range.

#### **Readings**

Assigned material is linked within the course

#### **Assignments**

Items to be Completed:	Due No Later Than:
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit the Mid-term Exam	Sunday 11:59 PM EST/EDT
Submit Personal Wellness Plan Phase 1 and 1 completed record keeping chart associated with your SMART goal.	Sunday 11:59 PM EST/EDT
Begin Personal Wellness Plan Phase 2 Progress Report	Due in module 4

### **Module 4            Essential Nutrition**

#### **Objectives**

When you complete this module, you should be able to:

- List the essential nutrients and be able to distinguish between macronutrients and micronutrients.
- Determine your recommended daily caloric intake and food amount, along with your activity level.
- Identify and interpret the standard nutrition facts found on packaged food.
- Identify healthy food choices.

#### **Readings**

Assigned material is linked within the course

#### **Assignments**

Items to be Completed:	Due No Later Than:
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Personal Wellness Plan Phase 2 Progress Report	Sunday 11:59 PM EST/EDT

Begin working on Personal Wellness Plan Phase 3 Final Report (no record keeping charts)	Due in module 5
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**Module 5                      Stress – A Constant Challenge**

**Objectives**

When you complete this module, you should be able to:

- Explain the physiological response to stress.
- Identify common sources of stress and provide viable stress management strategies.
- Explain the importance of sleep and describe the relationship between sleep and the brain.
- Successfully complete Personal Wellness Plan.

**Readings**

Assigned material is linked within the course

**Assignments**

Items to be Completed:	Due No Later Than:
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit Personal Wellness Plan Phase 3	Sunday 11:59 PM EST/EDT
Begin Problems & Issues in Wellness Project and Presentation	Due in module 6

**Module 6                      Physiological Well-being and Informed Decision-Making**

**Objectives**

When you complete this module, you should be able to:

- Correlate emotional intelligence with positive psychological behavior.
- Compare/contrast research-based wellness resources/information with commerce-based resources/information.
- Identify problems and issues in the area of health and wellness.

**Readings**

Assigned material is linked within the course

**Assignments**

Items to be Completed:	Due No Later Than:
Post Problems and Issues in Wellness Presentation to the discussion board	Thursday 11:59 PM EST/EDT

Post responses to at least two classmates' presentations	Sunday 11:59 PM EST/EDT
Submit the Problems and Issues in Wellness Project	Sunday 11:59 PM EST/EDT

**Module 7                    Substance Misuse and Addiction**

- Objectives**                    When you complete this module, you should be able to:
- Explain how alcohol is absorbed and metabolized
  - Describe the short and long-term physiological and psychological effects of alcohol
  - Investigate the theories on addiction
  - List the major categories of commonly misused drugs
  - Investigate the statistical trends in substance use

**Readings**                    Assigned material is linked within the course

**Assignments**

Items to be Completed:	Due No Later Than:
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT

**Module 8                    Chronic Disease and Lifelong Prevention**

- Objectives**                    When you complete this module, you should be able to:
- Identify the major components of the cardiovascular system
  - Explain the most prevalent cardiovascular diseases in the United States
  - Discuss the major risk factors for cardiovascular disease, according to the American Heart Association
  - Define cancer, the most widespread types in the United States, along with risk factors
  - List lifestyle measures to reduce likelihood of cardiovascular disease and cancer

**Readings**                    Assigned material is linked within the course

**Assignments**

Items to be Completed:	Due No Later Than:
Post an initial response to the discussion question	Thursday 11:59 PM EST/EDT
Post responses to at least two classmates	Sunday 11:59 PM EST/EDT
Submit the Final Exam	Sunday 11:59 PM EST/EDT



