



NAT130 Foundation in Healthy Living (3 credit hours) Course Syllabus

Course Description

This course will provide students an overview of the basic principles of healthy living. Topics include personal fitness and care, the use of drugs (legal and illicit), diet and nutrition, consumer health, psychological health, and several other topics related to the development and maintenance of a healthy lifestyle. Throughout the course selected practical experiences and the review of current research related to health and wellness will be provided to guide the learning process. Personal health evaluation in various areas will be available through the completion of laboratory assessments.

Course Learning Outcomes

By the end of this course, you will be able to:

1. Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
2. Identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.
3. Understanding the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.
4. Identify the key components of personal fitness and describe the benefits of regular physical activity and healthy diet.
5. Demonstrate through performance on exams, projects, class discussions and written assessments, evidence of ability to understand and use the concepts of this class.

Required Textbook(s) and Resources

For this course you will need to purchase the following materials:

Donatelle, R. (2019). *Health: the basics*. (13th ed.). NY, New York: Pearson: ISBN: 9780134709680.

Note: this course may contain additional resources for specific activities. Be sure to read the instructions carefully for individual assignments or activities for those requirements. Where applicable, Tiffin University has obtained permission to use copyrighted material.

Visit the [Tiffin University Library](#) for access to databases, research help, and writing tips. A link is available in the Start Here section (Quick Links). You might consider registering for one of the library's many webinars on library research, source evaluation, copyright, and other topics, at the [Library Events - Upcoming Events](#) web page. If you register but cannot attend a live session, the library will email you a link to the session recording after the event. For further assistance email a librarian, at: library@tiffin.edu.

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays**.
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays**.

Learning Activities

You will be able to show what you have accomplished by completing the discussions, reflective journals, the weekly quiz and a final project. Make sure you take the time to review the directions of each assignment, the rubrics that the instructor made available to you, and take notes on the readings prior to taking the quizzes. Furthermore, read the instructor's feedback on all the completed assignments so you do not miss points on other assignments.

Key Assessment (Taskstream Submission)

This TU course features a “Key Assessment” that provides you the opportunity to demonstrate your program’s core competencies. It also shows how the course fits within the broader curriculum. For this course, your final project (due in week 7) is the Key Assessment assignment.

Grading

The chart below identifies the individual contributions from each type of activity, per week.

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Discussion	40	40	40	40	40	40	40	280
Reflective Journal	55	55	55	55	55	55	55	385
Quizzes	30	30	30	30	30	30	30	210
Final Project	n/a	n/a	n/a	n/a	25	n/a	100	125
Total	125	125	125	125	150	125	225	1000

Grading Scale

Grade	Percentage
A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	<60%

Please see the [Academic Bulletin](#) for grade appeal information.

Course Schedule and Weekly Checklist

Topic	Learning Activities (Due by 11:55 p.m. ET on day designated)
<p>Week 1: Getting Started</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 1.1 (Forum): Meet Your Classmates! – Initial Post <input type="checkbox"/> WED: Activity 1.2 (Forum): Health Disparities – Initial Post <input type="checkbox"/> SAT: Activity 1.2 (Forum): Health Disparities – Response Posts <input type="checkbox"/> SUN: Activity 1.3: Reflective Journal <input type="checkbox"/> SUN: Activity 1.4: Week 1 Quiz <input type="checkbox"/> SUN: Activity 1.5: Review Final Project: Health Topic (due Thursday of Week 7)
<p>Week 2: Finding the Right Balance</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 2.1 (Forum): Small Group Discussion: Stress, Sleep, and Empowerment – Initial Post <input type="checkbox"/> SAT: Activity 2.1 (Forum): Small Group Discussion: Stress, Sleep, and Empowerment – Response Posts <input type="checkbox"/> SUN: Activity 2.2: Reflective Journal <input type="checkbox"/> SUN: Activity 2.3: Week 2 Quiz
<p>Week 3: Creating Healthy and Caring Relationships</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 3.1 (Forum): Small Group Discussion: Sexuality – Initial Post <input type="checkbox"/> SAT: Activity 3.1 (Forum): Small Group Discussion: Sexuality – Response Posts <input type="checkbox"/> SUN: Activity 3.2: Reflective Journal <input type="checkbox"/> SUN: Activity 3.3: Week 3 Quiz
<p>Week 4: Avoiding Risks from Harmful Habits</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 4.1 (Forum): Small Group Discussion: Addiction – Initial Post <input type="checkbox"/> SAT: Activity 4.1 (Forum): Small Group Discussion: Addiction – Response Posts <input type="checkbox"/> SUN: Activity 4.2: Reflective Journal <input type="checkbox"/> SUN: Activity 4.3: Week 4 Quiz
<p>Week 5:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> WED: Activity 5.1 (Forum): Small Group Discussion: Healthy Body Weight – Initial Post

Topic	Learning Activities (Due by 11:55 p.m. ET on day designated)
Building Healthy Lifestyles	<input type="checkbox"/> SAT: Activity 5.1 (Forum): Small Group Discussion: Healthy Body Weight – Response Posts <input type="checkbox"/> SUN: Activity 5.2: Reflective Journal <input type="checkbox"/> SUN: Activity 5.3: Final Project: Health Topic Submission <input type="checkbox"/> SUN: Activity 5.4: Week 5 Quiz
Week 6: Preventing and Fighting Disease	<input type="checkbox"/> WED: Activity 6.1 (Forum): Small Group Discussion: Vaccines – Initial Post <input type="checkbox"/> SAT: Activity 6.1 (Forum): Small Group Discussion: Vaccines – Response Post <input type="checkbox"/> SAT: Activity 6.2: Reflective Journal <input type="checkbox"/> SUN: Activity 6.3: Week 6 Quiz
Week 7: Facing Life's Challenges	<input type="checkbox"/> WED: Activity 7.1 (Forum): Small Group Discussion: The Healthcare System – Initial Post <input type="checkbox"/> THU: Activity 7.2: Final Project: Health Topic <input type="checkbox"/> SAT: Activity 7.1 (Forum): Small Group Discussion: The Healthcare System – Responses Posts <input type="checkbox"/> SUN: Activity 7.3: Reflective Journal <input type="checkbox"/> SUN: Activity 7.4: Week 7 Quiz

Tips for Success

Successful online learning requires a good deal of self-discipline and self-direction. As seekers of the truth, we should be willing to challenge and review one another's academic work in a spirit of respectful comradery and constructiveness. You should accept constructive feedback as a gift. Your course is a place for you to stretch and grow as you benefit from the expertise, knowledge, experience and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge, understanding and application.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements in any given week are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

Your Instructor Will Expect You to:

- Thoroughly review orientation materials (Start Here) within the first 48 hours of the term.

- Monitor your TU email account **daily** for important updates and announcements.
- Take ownership of your learning experience and act in a proactive, self-directed manner. That means:
 - Fully participate in all learning activities.
 - Complete assignments as described in rubrics or other instructions.
 - Submit all work on time and in the specified format (e.g. APA format for citations).
 - Utilize and incorporate instructor provided feedback to improve your work.
 - Ask questions so you can better understand course material or assignments.
 - Use the highest standards of intellectual honesty and integrity. For more information, see the TU Library guide: [Digital Literacy: Netiquette and Internet Safety](#).
 - Treat others respectfully and demonstrate "netiquette" (online politeness and respectfulness) at all times. TU celebrates cultural uniqueness and expects all students to be considerate and thoughtful throughout their learning experiences.

You Should Expect Your Instructors to:

In general, your instructors should advocate for your success as a learner and help guide you toward successful completion of the course activities and most importantly, attainment of the course learning outcomes. To accomplish this, your instructors should:

- Post an introductory announcement/email at the beginning of each week to provide updates and help you prepare for the week's activities.
- Maintain an active and engaged presence in all course activities and throughout the course.
- Respond to your emailed questions within 48 hours, if not sooner.
- Clearly communicate any absences or expected non-participation due to extenuating circumstances. For example, "I will be traveling to attend a funeral this week and may not be able to respond to questions or participate in forums for a couple of days."
- When grading your work, your instructors should:
 - clearly indicate their grading approach (what they like to see in submitted work as well as what types of errors they tend to penalize more harshly),
 - thoroughly review and evaluate your submissions in a timely manner (in less than 5 days for most assignments), and
 - provide constructive feedback that indicates the strengths and weaknesses of your work and provides suggestions on how you can improve your performance on future assignments.

Accommodations

The **Office for Disability Services** supports the institutional commitment to diversity by providing educational opportunities for qualified individuals with disabilities through accessible programs and services in compliance with Section 504 of the Rehabilitation Act of 1973 and Title III of the Americans with Disabilities Act (ADA) of 1990.

If you need reasonable accommodations due to a documented disability, contact the Office for Equity, Access, & Opportunity 419.448.3021 or via email at disabilityservices@tiffin.edu.

Additional Resources & Support

For technical support, either email moodlesupport@tiffin.edu or call the 24/7 Technical Support Call Center at 855-664-1200.

If you need to consult an academic advisor refer to TU's [Meet the Team](#) page.

For information about TU's peer tutoring program see the Murphy Center's [Tutoring Policies and Procedures](#) page. Veterans and active military can seek assistance from TU's [Veteran and Military Services Web Page](#).

Comments or Concerns

TU's online programs are designed to be student *driven*: to empower you with a voice and stake in your learning. Our courses feature multiple and varied ways that you can share feedback, and we invite you to become an active voice and help drive our improvement efforts. In addition to providing in-course feedback, we encourage you to submit questions or comments directly to the online team at online@tiffin.edu.