

University of the Incarnate Word
School of Professional Studies
DWHP 3300 - Dimensions of Wellness

Instructor: See Blackboard

Book Information: See Blackboard

Course Description:

In this course the emphasis is placed on helping students develop self-responsibility for the spiritual, physical, emotional, intellectual, social, and occupational dimensions of wellness. This course requires the student to participate in three, 30-minute aerobic exercises per week, and the integration of lifetime sports and/or social activity.

Course rationale:

DWHP 3300 is included in the University Core Curriculum, and as such includes content of the liberal arts, the integration of body, mind, and spirit, and the essential information needed for becoming a well-educated citizen.

DWHP 3300 accentuates a university commitment to wellness and the education of the whole person. Realizing the direct correlation between positive lifestyle habits and well-being, the course will embody the physical, occupational, social, environmental, spiritual, intellectual, and emotional dimensions of wellness.

The Surgeon General's Report (July 1996) indicated that regular physical activity offers substantial improvements in health and well-being for the majority of individuals. Regular aerobic exercise activity performed four to seven days a week can substantially reduce the risk of dying from heart disease, can reduce the risk of developing colon cancer, diabetes, and high blood pressure, and can help control weight. Also, regular physical activity reduces feelings of depression and anxiety and promotes psychological well-being. Healthy People 2010 developed by the US Department of Health and Human Services have also targeted physical activity and nutrition as major areas of needed improvement in order to enhance the health of the nation.

The purpose of this course is to enable students to accomplish certain outcomes of the Core Curriculum and impact of the future health and well-being of UIW students. The ultimate goal is to empower students to adopt a lifestyle based on the wellness principles and self-responsibility.

Course Objectives:

Application Level: ...The student will...

- Participate in an aerobic fitness program and/or aerobic exercise
- Develop a balanced eating pattern according to nutritional guidelines.

- Define and use spiritual wellness concepts as part of daily living.
- Apply emotional, social, intellectual, and occupational wellness concepts to everyday activities.
- Participate in the assessment of aerobic endurance and understand the results in terms of an estimated VO2.
- Develop a personal wellness plan as a guide for maintaining wellness concepts after the end of the class.
- Develop skills in written expression of feelings and ideas.

Knowledge Level: ...The student will...

- Understand the importance of an active lifestyle.
- Be knowledgeable of the importance of weight training for general health and quality of life.
- Be able to describe upper body and lower body weight training exercises and important factors about flexibility.
- Be able to understand personal responsibility in managing health and well-being.
- Become an informed wellness consumer.
- Broaden the understanding of wellness issues of people from diverse backgrounds.
- Be able to recognize how DW course and the Community Service (and/or service learning) requirements are interrelated to the UIW mission.
- Appreciate the connection between wellness and liberal education.

Course Communication:

It is mandatory that students use the provided @uiwtx.edu email address to communicate in class and with the instructor. Additionally, when sending an email through Blackboard, students MUST put their name and email address in the body of the email. Blackboard email currently comes through as “bbnotify” and does not include email addresses or names.

Disability Accommodations:

The University of the Incarnate Word is committed to providing a supportive, challenging, diverse and integrated environment for all students. In accordance with Section 504 of the Rehabilitation Act – Subpart E, Title III of the Americans with Disabilities Act (ADA), and Title III of the ADA Amendments Act of 2008 (ADAAA), the University ensures accessibility to its programs, services and activities for qualified students with documented disabilities. To qualify for services, the student must provide Student Disability Services with the appropriate documentation of his or her disability at the time services and/or accommodations are requested.

Pregnancy Accommodations: Under the Department of Education’s (DOE) regulations implementing Title IX of the Education Amendments of 1972, the University does not discriminate against any student on the basis of pregnancy or pregnancy related conditions.

To request reasonable accommodations for disability, temporary disability (e.g., injury, surgery) or pregnancy, please contact:

Student Disability
Services 4301
Broadway CPO 286
Administration Building –
Suite 105 San Antonio, TX
78209
(210) 829-3997
(210) 829-6078
www.uiw.edu/sds

Title IX Information

University of the Incarnate Word is committed to providing an environment that emphasizes the dignity and worth of every member of its community and that is free from sexual misconduct, including sex based discrimination; sexual harassment; sexual assault; sexual exploitation; stalking; relationship violence (including domestic and dating violence), and retaliation. The University of the Incarnate Word is committed to addressing and working towards preventing crimes of sexual violence. The university encourages the prompt reporting of any incidents. For more information, or to report an incident, please visit www.uiw.edu/titleix.

Course Drop Procedure

<http://adulthood.uiw.edu/course-drop-procedure>

The decision to drop a course can greatly impact a student's success in meeting their educational goals. Reaching out to an academic advisor will assist you in making the best decision for your enrollment. Advisors are available to meet with you in person at our [Learning Centers](#), by phone and connect with you via email. If you are unsure of your assigned advisor, please login to your Degree Works audit tool within the [MyWord portal](#) and click on the 'Advisor Name' listed within the 'Student View' section or you may contact us through our general student email at eapadvising@uiwtx.edu or by calling **210-702-2402** to be directed to your advisor. Students must communicate with their advisor to begin the drop process. Deadlines for drops are noted on the [Registration](#) page in the Drop/Withdrawal Policy. ARMY Students must drop their course(s) through GoArmyEd. Active duty military students are not charged a drop fee.

UIW Academic Integrity Policy

The University of the Incarnate Word is strongly committed to the nurturing of academic excellence. The University expects its students to pursue and maintain truth, honesty, and personal integrity in their academic work. Academic dishonesty, in any form, constitutes a serious threat to the freedoms, which define an academic community. Any student who is found dishonest can be given zero points for that assignment, failure of the course, or expulsion from the program. The following definitions and guidelines have therefore been established to secure the maintenance of academic integrity at Incarnate Word (*see pages 88-90 of the UIW Student Handbook*).

Forms of Academic Dishonesty include, but are not limited to:

1. Cheating on tests, examinations, or other class or laboratory work.
2. Plagiarism (appropriation of another's work and the unacknowledged incorporation of that work in one's own written work offered for credit).
3. Counterfeit Work - including turning in as one's own, work which was created, researched, or produced by someone else.
4. Falsification of Academic Records - knowingly and improperly changing grades on transcripts, grade sheets, electronic data sheets, class reports, projects, or other academically related documents.
5. Unauthorized Reuse of Work - the turning in of the same work to more than one class without consent of the instructor involved constitutes academic dishonesty.
6. Theft - unauthorized use or circulation of tests or answer sheets specifically prepared for a given course and as yet not used or publicly released by the instructor of a course, or theft of completed tests.
7. Collusion - Involvement in Collusion - an unauthorized collaboration with another to violate a provision of the Code of Academic Integrity.
8. Facilitating Academic Dishonesty - intentionally or knowingly helping or attempting to help another to violate a provision of the Academic Integrity Policy of the University.

Class Assignments, Discussions and Exam Descriptions:

PAPERS: Times New Roman font, size 12, double-spaced. Some assignments have specific page lengths.

DISCUSSIONS (30%) – due weekly

- Discussions should be meaningful and show that you understand the content. *The discussion boards are a “post-first-then-see” thread, which means you won’t see anyone’s responses to the discussion board until YOU POST your initial response.* After you post your initial response (worth up to six points), you need to respond to at least three classmates’ posts (worth up to nine points). **Every day the post(s) are late, one point (-1) will be taken off unless an extension has been requested and granted by Mr. Smith.**
- **Initial posts: DUE WEDNESDAY OF EACH WEEK. Response to classmates’ posts: DUE SUNDAY OF EACH WEEK**
 - The discussion board is a place of open back-and-forth discussion, not “post and leave” for the week. Please space out your response to prompt and your responses to classmates so that you can engage in discussion.
- Discussion board topics are included in the weekly schedule below, as well as within each week’s discussion board forum on Blackboard.

ASSIGNMENTS – 20% - due at various times (see schedule below)

- **Social Wellness Activity (20 points):** One of the biggest parts of overall wellness is how an individual interacts with others. In this class, students must attend a university-sponsored event (or comparable event not sponsored by the university, such as a church event, work-

related community service event, adult softball league, etc.), write a review of their experience (positive or negative), and **how they interacted with others around them** at the event. Your friends, families, classmates, etc. are encouraged to go with you. You may also find an event that you can volunteer at and you can fulfill both your community service and social wellness activity assignment. Example: assisting with the alumni relations tailgate at a UIW game, volunteering for an event with San Antonio Sports, or volunteering at a local charity (food bank, etc.) Instructor approval required to count the social wellness activity and community service activity as one joint event.

- **Exercise/Activity and Improvement Log (40 points):** Keep a log of what type of exercise you do each day and your food intake. The exercise portion doesn't have to be very detailed, but does need to show what you did, if anything. **You must have 30 minutes of aerobic-type exercise, three days a week.** Also keep track of the improvements you make daily and weekly to live a healthier life, no matter how big or small. Example of week 1: Drink at least eight glasses of water each day. Example of week 2: drink at least eight glasses of water each day and drink only one cup of coffee in the morning. **YOU MUST USE MYFITNESSPAL** (website and/or app for smartphone) to log the exercise, food intake and improvements. Note: the myfitnesspal may suggest calorie intake and diets; you do not have to follow that if you do not want to or medically cannot. **YOU DO NOT HAVE TO UPGRADE TO THE PREMIUM VERSION.**
- **Community Service (20 points):** Each student is required to complete five (5) hours of community service. Community service must be approved by the instructor prior to completion. The form is available on Blackboard on the left-hand side of the main page. The assignment is due by the end of week 7. If you are local in the San Antonio area and want to volunteer for UIW, please contact the instructor.

EXAMS (50% total; 25% = midterm and 25% = final)

- **Midterm - Personal Wellness Plan (100 points):** Your personal wellness plan needs to address physical, emotional, and social dimensions of wellness separately, and what your plan is going forward with these areas. Your paper should include an introduction, a conclusion, and a discussion on each of the three dimensions of wellness. The length is at least three pages, double-spaced.
- **Final Exam - Company Wellness Plan (100 points):** The final exam assignment is as follows: You are the director of human resources for University of the Incarnate Word. You have been charged with the task of creating a comprehensive wellness plan for UIW faculty and staff (six dimensions of wellness), while also addressing the need to fulfill the wellness needs of students and alumni (at least three dimensions). The wellness plan should be comprehensive with DOABLE ideas. You should also consider what UIW already currently provides employees, and how to enhance it, as well as adding new ideas. **It would be wise to do research to see what other schools and businesses do, and then mold it to UIW. PLEASE WORK THROUGHOUT THE SEMESTER ON THIS AND CONSULT THE INSTRUCTOR WHEN YOU HAVE QUESTIONS.**

Approximate Weekly Schedule And Assignments

WEEK ONE

In week one, you will complete:

1. Review syllabus, course outline, and other materials needed for the course
 - a. Download community service form
 - b. Begin identifying possible community service hours (due week 7)
 - c. Begin identifying your social wellness activity (due week 4)
2. 1.5 mile pre-test (include time on upcoming myfitnesspal log that starts next week)
3. Discussion Board
4. Read the USA Today Article “Here’s what happens to your body when you walk those recommended 10,000 steps” located in the Week 1 “Class Notes” Folder.
- 5. Upload Health History Form**
6. Readings: Chapters 1

Discussion Board Topic - Philosophy of Wellness and Introduction (15 points): Discuss your current philosophy on wellness. On page 15, the first full paragraph reads in-part: *“...In the same context, optimum wellness for human beings is a maturing process in self learning, innate control, and creative living that should never come to a standstill at any stage. More than physical health and fitness, optimum wellness emphasizes a spontaneous and responsible existence that prefers, like the redwoods, to be continually enriched by the acts of living and bearing fruits for others. Even occasional illness or physical handicaps can thus exist within the larger context of wellness.”* What are your thoughts on that content, and does it fit into your philosophy of wellness? Also, introduce yourself to the class. Include what year of school you are in, what your major is, what you do for fun, what you do for a career/work, where you live, etc.

1.5 Mile pre-test and post-test: Complete a 1.5 mile walk or run (not on a treadmill) and record your time. You will complete the pre-test in Week 1 and the post-test in Week 8. You are NOT timed for a grade, but rather for completion. Please record this on your activity log and submit it at the end of the semester.

WEEK TWO

In week two, you will complete:

1. Physical Wellness PowerPoint
2. Movie: Food, Inc.
- 3. Start exercise log**
4. Discussion Board
5. Readings: Chapter 4 and 5

Discussion Board Topic – Physical Wellness (15 points): Discuss your current physical wellness and what steps you can take to improve it. Do you shop at farmer’s markets? Do you meal prep? How often and what type of exercise do you do? Also include your thoughts on Food Inc., the movie assigned for the week.

Movie: Food, Inc: Food, Inc. is available through Netflix, Amazon, and other sources. Here is the Amazon source to rent it for about \$4. <http://www.amazon.com/Food-Inc-Robert-Kenner/dp/B002VRZEYM>

WEEK THREE

In week three, you will complete:

1. Emotional Wellness PowerPoint
2. Continue exercise log
3. Discussion Board
4. Readings: Chapter 2 and 3

Discussion Board Topic – Emotional Wellness (15 points): After reviewing the reading and the PowerPoint, do you think you have an overall strong emotional wellness, average emotional wellness, or less-than-average emotional wellness? What are your biggest stressors? What do you usually do to handle stress? What can you improve on? Also discuss your fears and how to overcome them. Finally, consider what O'Brien wrote in chapter 2, stating "Optimal wellness is the attitude and the result of continually choosing to enhance your capacity to create yourself anew in body, mind, and spirit." (pg. 33) Do you agree or disagree, and why?

WEEK FOUR

In week four, you will complete:

1. Social Wellness PowerPoint
2. Movie: Haze
3. **Social Wellness Activity Due (written assignment)**
4. Continue exercise log
5. Discussion Boards – two discussion boards this week
 - a. Social Wellness and Social Issues: worth the normal 15 points
 - b. Review and comment on USA TODAY articles, extra credit up to 5 points (must respond to prompt and at least two classmates in a meaningful way)
6. Readings: Chapter 8, "Paid Parental Leave" Op-ed from USA TODAY (on Blackboard), and "Tobacco Use Age" Op-ed pieces from USA TODAY (on Blackboard)

Discussion Board Topic – Social Wellness (15 points):

Social Wellness: What activities do you participate in to maintain positive social wellness? What things are there to do in your city that promote social wellness? Do you feel that you – or those close to you – change their personalities depending on who they are "hanging around with?"

Social Issues: Marriage equality is now law, so what social issue will be next to change across the country? Will it be decriminalizing and/or legalizing marijuana? Will it be immigration reform? Will it be abortion? Will it be homelessness? Also discuss your thoughts on the Movie "Haze."

Discussion Board Topic EXTRA CREDIT (up to 12 points) -

Movie: Haze: <http://www.snagfilms.com/films/title/haze>. You may have to sign up for Snag Films to view the movie.

WEEK FIVE

In week five, you will complete:

1. **Midterm (written assignment): review of physical, emotional, and social wellness currently, and your plan to improve each area (if needed)**
2. Continue exercise log
3. Discussion Board

Discussion Board Topic – Personal Wellness Plan and Life as a Jar (15 points): Write a short recap of your midterm for your classmates to read. Also list your golf balls, pebbles, sand, and water from the “Life as a Jar” reading. “Life as a Jar” reading is on Blackboard, Week 5 → Class Notes folder.

WEEK 6

In week six, you will complete:

1. Spiritual Wellness PowerPoint
2. Intellectual Wellness PowerPoint
3. Left vs. Right Brain exercise
4. Brain Games Episodes
5. Continue exercise log
6. Discussion Board
7. Readings – Chapter 6, 9, 10, and 11

Discussion Board Topic – Spiritual Wellness and Intellectual Wellness (15 points): What is a transcending moment you’ve had? What is your currently spiritual wellness and how, if you do, practice it? Discuss intellectual wellness and your tendencies in relation to right brain/left brain, what type of learner you are, and how you think right brain/left brain managers and employees, partners, children, etc. co-exist. Ex: if you are right brained and your boss is left brained, your boss may want detailed reports and you, using your right brain, aren’t analytical.

Right Brain vs. Left Brain: Take this simple online test here:

http://www.intelliscript.net/test_area/questionnaire/questionnaire.cgi. Your results will show on the screen once you submit your answers. Use the results during your online discussion/posting.

Brain Games: a television show on NatGeo, Brain Games is a fascinating show on how your brain works. Episodes are available on Netflix and probably on YouTube. Go to the Brain Games home page at <http://channel.nationalgeographic.com/brain-games/> and do some of the brain tests/games on the home page.

Also, watch the two episodes listed below. I found them on YouTube. They may also be available on Netflix and similar sites. They are family-friendly and you may be surprised about who in your family does better at what games in the episodes ...

- Season 5, Episode 11, Positive Thinking and
- Season 5, Episode 2, Left v Right Brain

WEEK 7

In week seven, you will complete:

1. Occupational Wellness PowerPoint
2. Focus2Career assessment and results (instructions below)
3. 1.5 mile post test (include time on myfitnesspal log)
4. **Community Service Hours due (upload completed form)**
5. **Complete exercise log and submit (submit summary from myfitnesspal website)**
6. Discussion Board

Discussion Board Topic – Occupational Wellness (15 points): What is your TypeFocus code? Do you feel this matches your personality? Positive? Negative? What can you do to improve it? What types of jobs do you think fit your personality code?

Focus2Career Assessment

Focus2Career assessment is a personality/career test that may reveal some interesting things about you! Directions to complete the test are below. The test must be completed by Sunday of Week 7 and the results must be included in your online posting for Occupational Wellness.

Instructions to logon are in the Week 7 Assessment folder. Complete the “My Career Planning,” “My Academic Strengths,” Work Interest, Personality, Leisure, Values, and Skills assessments. At the end, combine the results in the “combine assessments” area. Keep the scores/results of the assessment for the discussion board.

WEEK 8

In week eight, you will complete:

1. Final Exam: UIW Employee Wellness Plan
2. Discussion Board

Discussion Board Topic – Employee Wellness Plan/Final Exam (15 points): Summarize your employee wellness plan. NOTE: Post your responses to classmates by **FRIDAY at 5 p.m. CT**.

Student Evaluation:

400 – 372 points	A (100-93%)	319 – 308 points	C+ (79-77%)
371 – 360 points	A- (92-90%)	307 – 280 points	C (76-70%)
359 – 348 points	B+ (89-87%)	279 – 268 points	D+ (69 – 67%)
347 – 332 points	B (86-83%)	267 – 252 points	D (66 – 63%)
331 – 320 points	B- (82-80%)	251 – 240 points	D- (62-60%)

239 points or below F (59-00%)

Categories:

Weekly Discussions	30% of total grade
Weekly Discussion Topics	120 points available
Assignments	20% of total grade
Exercise Log	40 points
Community Service	20 Points
Social Wellness Activity	20 Points
Midterm and Final Exam/Papers	50% of total grade (25% each)
Personal Wellness Plan (midterm)	100 Points
<u>Company Wellness Plan (final)</u>	<u>100 Points</u>
TOTAL	400 POINTS

Course Number and Section: DWHP 3300
 Course Title: Dimensions of Wellness

Semester:

Week	Alternative Instructional Equivalent (AIE) for Activity	Estimated Hours
<i>In-class Hours (if applicable)</i>		0/online class
#1	Discussion board and reflection: Instructor presents course outline showing the six dimensions of wellness that will be covered. Instructor posts two prompts for response by the students, and requires a minimum number of responses for students to encourage continued discussion. (3) <ul style="list-style-type: none"> - Introduction to class post - Personal wellness reflection 	3 hours
#2	Instructional: Food, Inc. movie and Physical Wellness PowerPoint (2.5) Discussion: Students engage in conversation on Food, Inc. and the physical wellness PowerPoint. (3) Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal. (1.5)	7 hours
#3	Instructional: Emotional Wellness PowerPoint (1) Discussion: Students engage in conversation on fears, stressors, stress management strategies, etc. (3) Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal. (1.5)	5.5 hours
#4	Instructional: Social Wellness PowerPoint and Haze the movie. (2) Discussion: students engage in conversation on social problems facing the country and world, and on the movie Haze. (3) Assignment: Social wellness activity. Students must attend a university-sponsored event (or similar type of event) that requires social interaction. Students must write a review on their experience. (1) Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal. (1.5)	7.5 hours
#5	Midterm: writing a personal wellness plan (2) Discussion: Life as a Jar (3) Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal. (1.5)	6.5 hours
#6	Instructional: Spiritual Wellness PowerPoint (1), Intellectual Wellness PowerPoint and left vs. right break activity (2), and Brain Games Episodes (1.5) Discussion: Transcending moment (3)	9 hours

	Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal (1.5)	
#7	Instructional: Occupational Wellness (.5), Typefocus test (.5) Discussion: TypeFocus results, jobs, occupational wellness (3) Journal: 3 aerobic exercises, each of 30 minutes, and tracked on a journal. (1.5)	5.5 hours
#8	Final Exam: Write a wellness plan for UIW as if you are the director of HR. Discussion: Summary of wellness plan (3)	3 hours
	Total	47 hours