

COURSE # HLTH 1100

Personal health and Wellness

*2018-2019*

**Instructor**

**Instructor:**

**Phone:**

**Email:**

**Office Hours:**

**Course**

## Course Description

***This is a Concurrent Enrollment Course, offering both high school credit through \_\_\_\_\_\_\_\_\_\_\_\_\_\_ High School and college credit through Utah Valley University. Credit from this course is transferable to all colleges and universities. Contact the receiving institution for how the credits will be applied.***

This course is designed to assist students in planning a lifestyle to improve their health and wellness. Knowledge, attitudes, and behaviors will be evaluated in the context of the various dimensions of wellness.

**Catalog Description**

Examines the challenges to individual and community health, and encourages students to become actively engaged in preserving, protecting, and promoting health at all levels. Develops a greater appreciation for bodies and understanding of requirements to maintain or achieve good physical, mental, emotional, social, and spiritual health. Includes lecture, discussion groups, guest lecturers, media, and role-playing.

**Course Prerequisites**

This class is available to all high school students in good academic standing. High school prerequisites apply.

## Course Objectives or Learning Outcomes

Upon completion of this course, students should be able to:

1. Describe the immediate and long-term rewards of healthy behaviors and the effects that health choices have on others.
2. Define the components of psychological health and discuss steps to enhance psychological well-being.
3. Discuss sources of stress, explore stress-management, and stress reduction strategies.
4. Differentiate between intentional and unintentional injuries and describe precautions to minimize the risk of violence and injuries.
5. Identify characteristics of successful relationships and how to maintain healthy relationships.
6. Compare and contrast the advantages and disadvantages of various methods of contraception and review important elements of human sexuality.
7. Discuss the types of addiction, the process of addiction, and treatment and recovery options.
8. Explain the six classes of nutrients and discuss the importance of healthy eating.
9. Discuss the role of physical activity as a strategy for wellness and maintaining weight.
10. Review types of cancers and heart disease and outline recommendations for prevention and treatment.
11. Explain the function of the immune system and the process of infection.

**Required Text and Materials**

Donatelle, R.J. (2017). Health: The Basics, 12th Edition. You do not need to purchase the access code with this textbook.

**Canvas:** I use Canvas for everything in this class (messages/announcements, syllabus, study guides, handouts, changes to the course calendar, grades, etc.). Please familiarize yourself with this tool and check the site for messages frequently.

**Department Policies**

**Assessment**

* Students are expected to attend all class sessions and to come prepared by having read chapter assignments. See the course calendar posted on Canvas for reading assignments, as well as assignment due dates. Students should come to class on time and stay the entire duration.
* Attendance will be taken at the beginning of every class period. If a student comes late, it is his/her responsibility to remember to sign the roll; it will not be possible to mark the roll from a previous class session. If a student has a valid reason he/she needs to miss class and lets the instructor know **in advance**, absences may be excused at her discretion. The instructor will reward exceptional attendance (no more than one excused absence) by bumping students up one percentage point if they are within one percent of the next highest grade at the end of the semester. Students with multiple unexcused absences during the semester may be bumped down a grade.
* If a student misses a class, it is his/her responsibility to get the information from another student**.** Important announcements will be made at the beginning of each class. Students are responsible for this information, regardless of whether or not they are in class.
* Points will be given for various in-class activities throughout the semester. These activities may not be able to be made up if a student misses class, comes late, or leaves early.
* Assignments are to be turned in online through Canvas on the specified dates and times. Anything else is considered late work. **All late work will receive an automatic 25% deduction for the first week, and a 50% deduction for anything turned in more than one week after the original due date.** Students should contact the instructor immediately if there is an emergency that is going to prevent them from completing an assignment**.**
* Exams must be taken on the scheduled day(s). Both midterms are scheduled in the Testing Center; see the course calendar for exact dates. Please be aware that all days except the 1st day the exam opens will have a $4 late fee. The final exam will be taken in class during the University scheduled exam day and time (see the course calendar). Students should take note of exam days and times and plan their schedules accordingly. **Make-up exams are not allowed.**
* Cheating, in any form, is absolutely unacceptable. Students who cheat on their exams will fail the course. Students who plagiarize their assignments will receive no credit on that assignment. Students are prohibited from re-using work from another class. This is also considered plagiarism.
* Assignments and exams will be graded within one week of the assignment due date. Students can check their scores at any time in the “Grades” section of Canvas. Students should keep all graded work not submitted through Canvas until the end of the semester. That is the only way the instructor will be able to resolve discrepancies in a student’s grade recorded in Canvas.
* Please be respectful to other students and the instructor. Refrain from texting, using social media, etc., and conduct private conversations outside of class. If you bring a laptop to class, please do not use it for anything except taking notes. Class discussions are highly encouraged; students should feel free to share thoughts and ideas that relate to discussion topics and contribute to the class experience (without dominating the discussion).
* Students may not bring children or pets to class. This is a violation of UVU’s Student Rights and Responsibilities Code (<http://www.uvu.edu/catalog/current/policies-requirements/student-rights-and-responsibilities.html>), and therefore will not be permissible.
* If you are unclear concerning any concepts or assignments, please feel free to contact the instructor. Please take note of assignment deadlines. Do not wait until it is too late to resolve problems. The course should be pleasant and enjoyable, and every attempt will be made to make it so.

**ASSIGNMENTS:** *Following are brief descriptions of the various assignments in this course. For more detailed instructions and due dates, please go to Assignments on our Canvas course page and click on the particular assignment you’d like to know more about.*

1. **Exams:** There will be three non-comprehensive exams given during the semester. The exams may include true/false, multiple choice, matching, and short essay questions. Please note that while there may be overlap between the class lecture and the textbook, some material covered in the textbook will not be discussed in class, and some material will be presented in class that does not appear in the textbook. All of the material (textbook, course lectures, guest speakers, etc.) may be included on the exams. To assist you in focusing your study and preparing for exams, study guides will be updated weekly on Canvas.
2. **How Healthy Are You Self-Assessment:** This assignment will help you assess your current level of health and wellness and critically consider some areas which may need behavior change. You will complete the assessment “How Healthy Are You?” on pages 20-22 of your textbook, total your scores for each of the dimensions of health, and then answer a series of reflective questions. See Canvas for a PDF copy of the assessment and the list of reflective questions.

**\*Note for the writing assignments associated with the projects in this class:** All writing assignments should be double-spaced in Times 12-point font with 1-inch margins. Please use a cover page for your name, date, and the assignment title. On the second page, begin the body of your paper at the very top of the page. Page length requirements for each paper are included in the assignment descriptions on Canvas (these requirements do not include the cover page, references page, and/or appendices). Always run a spell check and consider having someone else proofread your papers for grammatical errors before your final submission.

1. **Stress Management Project:** You will be required to keep a daily record of your stress for 5 days at the start of the semester (see this assignment in Canvas for the stress management log sheets). At the conclusion of the week, you will examine your top five stressors, identify whether the stressors you experienced were primarily eustress or distress, and reflect about the physical and psychological symptoms you experienced related to stress. After reflecting, you will choose at least two NEW stress management techniques outlined in Ch 3 of your textbook. For 5 days, you will practice utilizing the new techniques you selected. At the project’s conclusion, you will write a 2-3-page paper detailing your entire stress management project experience and how you might continue to improve your coping techniques throughout the remainder of the semester. See Canvas for further details and a grading rubric.
2. **Children’s Book Project:** For this project, you will create either a children's storybook or a children's informational book. Your audience is children between grades 4-6 (ages 9-12). It needs to be something that could be used to help a child of that age understand more about nutrition and fitness. You can create your book to be a story (with characters and a plot) or you can create it to be informational text without the actual story. Your book needs to include a number of things from the nutrition and fitness chapters of your book: information about MyPlate and the various food groups, benefits of physical activity, components of physical fitness, weight management, strategies for improving our physical health, etc. (see this assignment in Canvas for more detailed requirements/instructions and a grading rubric). Your book will include a cover, at least 10 informational/story pages, illustrations, and a references page. You can create your book as a word doc, PDF, or PowerPoint (turned in through Canvas), or as a hard/paper copy (turned in during class).
3. **Student’s Choice Project:** For this assignment, you may choose from any of the project ideas listed below. Follow the instructions specific to the project you choose. If you have an idea for a project that is not listed, you may email me a proposal for an alternative project (subject to instructor approval). Students should be prepared to share their projects in small groups on the last day of class. See Canvas for a grading rubric.

* Participate in a Level 2 Health Risk Appraisal (HRA) offered by UVU Wellness Programs. You will need to contact the Wellness Center or sign up online to schedule an appointment (<https://www.uvu.edu/wellness/gethealthy/healthrisk.html>). The level 2 HRA costs $20 and includes blood pressure, body fat composition, flexibility, grip strength, pushups, and abdominal curl ups, as well as a glucose and cholesterol blood test. In a 2-3-page paper, summarize the results from your HRA. What are your strengths? Weaknesses? Did anything surprise you? Will you make lifestyle changes based on your results? If so, what are they? Outline your plan to be a healthier you. Include a copy of your HRA as an appendix to your written paper.
* Select a health behavior you would like to change/improve, then print and fill out the Behavior Change Contract on Canvas. Be sure that you sign it and have a witness sign as well. Spend 21 days working on your behavior change using the strategies & resources you identified on your contract. At the conclusion of your 21-day experiment, write a 2-3-page reflection about your experiences (e.g. what obstacles did you encounter, which strategies worked/did not work, how do you plan to move forward?)
* Read Intuitive Eating (or ask me if you have another book on a health topic you’re interested in) and write a 2-3-page summary of what you learned, found interesting, or think you’ll use to become a healthier person.
* Interview someone dealing with a chronic disease (heart disease, diabetes, etc.), an eating disorder, a mental illness, or who is living with a disability from an accident. Prior to the interview, create an interview guide that lists the questions you plan to ask, leaving space to take notes during the actual interview. After completing the interview, write a 2-3-page paper reflecting about what you learned. Include your completed interview guide as an appendix to your paper. Potential questions could explore the background for their health problem/issue, contributing factors, how it’s altered the person’s life, what they’ve done to cope with/treat their health problem, advice they’d give to others, etc.
* Write a 5-page research paper about a health topic from one of the chapters that you’d like to explore in greater depth (e.g. domestic violence, electronic cigarettes, skin cancer, the obesity epidemic in the US, etc.) You must use APA format, with in-text citations, and include a Reference page with 3-5 valid and reliable references (i.e. peer-reviewed journal articles, websites ending in .gov, .org, or .edu; **NO .com websites**).
* Develop a webpage about a health topic of your choice. Be sure to include 3-5 valid and reliable references (i.e. the textbook, peer-reviewed journal articles, websites ending in .gov, .org, or .edu; **NO .com websites**). Webpages will be evaluated using the following criteria:
  + Accuracy and sufficiency of the content (there should be sufficient information on the webpage to learn about the topic and complete a research assignment).
  + Links to high-quality, up-to-date, credible sites in the References section; all links work.
  + Graphics are related to the theme/purpose of the page, are thoughtfully cropped, are of high quality and enhance reader interest or understanding.
  + The webpage has an attractive and usable layout.
  + The webpage is free of spelling and/or grammatical errors.

1. **SRI Receipt:** Toward the end of the semester students will have the opportunity to complete the Student Rating of Instructor (SRI) online through UVLink. Once you have completed the SRI for this class, please submit a copy of your receipt (not the actual SRI) through the assignment on Canvas.
2. **In-Class Activities:** There will be various assignments/activities given and completed during class. If you miss class, you will not be able to make up these in-class assignments/activities. Each activity is worth 5 points. Your lowest in-class activity score will be dropped… in other words, don’t stress if you miss only one activity
3. **Extra Credit**: Extra credit assignments may be posted on Canvas or announced in class (5 points each). You may earn up to **10 points** of extra credit during the semester.

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**Course Assignments and Grading:** Grading will be based on the following criteria:

Exams (3 x 65 points) 195 points

How Healthy Are You Self-Assessment 10 points

Stress Management Project 50 points

Children’s Health Book Project 50 points

Student’s Choice Project 50 points

In-Class Activities (varies; 5 points each) ≈ 65 points

SRI Receipt 5 points

**Total Possible ≈ 425 points**

**Final Grade Distribution:** Your final grade will be based upon the total points that you earn during the semester. Grades for each assignment will be posted in a timely manner on Canvas. It is your responsibility to ensure that I have accurately input all of your scores.

**Grading Scale**

A = 100-94 B - = 83-80 D+ = 69-67

A - = 93-90 C+ = 79-77 D = 66-64

B+ = 89-87 C = 76-74 D - = 63-60

B = 86-84 C - = 73-70 F = 59-0

**Grades and Credit**

Your grade for this class will become part of your permanent college transcript and will affect your GPA. A low grade in this course can affect college acceptance and scholarship eligibility.

Grades are determined by instructors, based upon measures determined by the instructor and department and may include: evaluation of responses, written exercises and examinations, performance exercises and examinations, classroom/laboratory contributions, mastery of pertinent skills, etc. The letter grade “A” is an exceptional grade indicating superior achievement; “B” is a grade indicating commendable mastery; “C” indicates satisfactory mastery and is considered an average grade; “D” indicates substandard progress and insufficient evidence of ability to succeed in sequential courses; “E” (failing) indicates inadequate mastery of pertinent skills or repeated absences from class.

**University Policies**

**Academic Integrity**

Utah Valley University expects all students to maintain integrity and high standards of individual honesty in academic work, to obey the law, and to show respect for others. Students of this class are expected to support an environment of academic integrity, have the right to such an environment, and should avoid all aspects of academic dishonesty. Examples of academic dishonesty include plagiarizing, faking of data, sharing information during an exam, discussing an exam with another student who has not taken the exam, consulting reference material during an exam, submitting a written assignment which was authored by someone other than you, and/or cheating in any form.

In keeping with UVU policy, evidence of academic dishonesty may result in a failing grade in the course and disciplinary review by the college.  Any student caught cheating will receive, at minimum, zero points on that particular assignment for the first offense.  A second offense can result in failing the course and will entail being reported to Student Advising.  Academic dishonesty includes, in part, using materials obtained from another student, published literature, and the Internet without proper acknowledgment of the source.   Additional information on this topic is published in the student handbook and is available on the UVU website.

### **Student Code of Conduct**

All UVU students are expected to conduct themselves in an appropriate manner acceptable at an institution of higher learning. All students are expected to **obey the law**, to **perform contracted obligations**, to **maintain absolute integrity and high standards** of individual honesty in academic work, and to observe a **high standard of conduct for the academic environment**.

The Student Rights and Responsibilities Code, or Code of Conduct, outlines for students what they can expect from the University and what the University expects of them.

Students should review their Rights and Responsibilities. The Code of Conduct also outlines the process for academic appeals, and appeals related to misconduct and sanctions. It can be found at <http://www.uvu.edu/studentconduct/students/>

**Student Responsibilities**

You are expected to take an active role in the learning process by meeting course requirements as specified in written syllabi. Faculty members have the right to establish classroom standards of behavior and attendance requirements. You are expected to meet these requirements and make contact with faculty members when unable to do so.

**Withdrawal Policy**

If you do not wish to take this course or find that you are unable to continue, you should officially withdraw by the deadline stated in the current semester UVU Student Timetable.

You can officially withdraw from a course by dropping it through the online registration system or the campus One Stop desk (BA 106) by the listed date. If you officially withdraw from a course by the "Last Day to Drop and Not Show on Transcript," the course will not appear on your academic transcripts. If you officially withdraw from a course by the "Last Day to Withdraw," a "W" will appear on your transcripts. Although your GPA will not be affected — a "W" will indicate that you chose to withdraw. If you fail to complete the course and do not drop it before the "Last Day to Withdraw," a "UW" or "E" (a failing grade) will appear on your transcripts.

Withdrawing from a course may impact your financial aid status. For more information, see: UVU Financial Aid.

**Cheating and Plagiarism Policy Procedures**

This document was taken from the Utah Valley University Policy 541, The Student Rights and Responsibilities Code

5.4.4 Each student is expected to maintain academic ethics and honesty in all its forms, including, but not limited to, cheating and plagiarism as defined hereafter:

1) Cheating is the act of using or attempting to use or providing others with unauthorized information, materials, or study aids in academic work. Cheating includes, but is not limited to, passing examination answers to or taking examinations for someone else, or preparing or copying another's academic work.

2) Plagiarism is the act of appropriating another person's or group's ideas or work (written, computerized, artistic, etc.) or portions thereof and passing them off as the product of one's own work in any academic exercise or activity.

3) Fabrication is the use of invented information or the falsification of research or other findings. Examples include but are not limited to:

a) Citation of information not taken from the source indicated. This may include the incorrect documentation of secondary source materials.

b) Listing sources in a bibliography not used in the academic exercise.

c) Submission in a paper, thesis, lab report, or other academic exercise of falsified, invented, or fictitious data or evidence, or deliberate and knowing concealment or distortion of the true nature, origin, or function of such data or evidence.

d) Submitting as your own any academic exercise (written work, printing, sculpture, etc.) prepared totally or in part by another.

### **Students with Disabilities**

**Students who need accommodations because of a disability** may contact the UVU Office of Accessibility Services (OAS), located on the Orem Campus in LC 312. To schedule an appointment or to speak with a counselor, call the OAS office at 801-863-8747. Deaf/Hard of Hearing individuals, email [nicole.hemmingsen@uvu.edu](https://owa.uvu.edu/owa/redir.aspx?C=r3xUa4y2bkalWljgIj1VXM3KzYlusNIIESMqIpkF5USfG-H3cUMstYl8DNScKc_quB49PvOQ-l0.&URL=mailto%3anicole.hemmingsen%40uvu.edu) or text 385-208-2677.

**Religious Accommodations**

At the beginning of each semester, you shall promptly review the course syllabus and class schedule and notify faculty to request an accommodation for sincerely held religious beliefs and practices using the *Religious Accommodation Request Form*.

**Dangerous Behavior**

The faculty member has the right to demand and secure the immediate removal of any person from the classroom whenever the faculty member determines, to the best of his or her knowledge or belief, that the person's actions are threatening or dangerous to students or themselves. If the faculty member cannot resolve a disruptive situation, the faculty member may request that the disruptive person(s) leave the classroom. If the disruptive person(s) will not leave voluntarily, the faculty member may call University Police for assistance. The incident shall be reported to the Dean of Students and to the Director of Judicial Affairs in accordance with Policy 541 *Student Rights and Responsibilities Code*.

**Discriminatory, Exclusionary, or Disruptive Behavior**

Faculty members observing discriminatory, exclusionary, or disruptive behavior follow procedures described in UVU Policy 541 *Student Rights and Responsibilities Code.* 5.6

**Attendance**

Attendance in this class is not mandatory due to the different learning preferences with each student. However, class will be held according to the schedule on the top of this syllabus. Chapters will be covered in class as listed in the semester schedule below. Class will consist of chapter reviews, discussion and group activities.

**Policies/References**

1. Policy 541: Student Rights and Responsibilities Code <https://www.uvu.edu/catalog/current/policies-requirements/student-rights-and-responsibilities.html>
2. Policy 601: Classroom Instruction and Management. <https://policy.uvu.edu/getDisplayFile/5750ed2697e4c89872d95664>
3. Policy 635: Faculty Rights and Professional Responsibilities. <https://policy.uvu.edu/getDisplayFile/563a40bc65db23201153c27d>

**Definitions**

* 1. Syllabus: An agreement between faculty and students that communicates course structure, schedule, student expectations, expected course outcomes, and methods of assessment to students.

### **Dropping the Class**

### \_\_\_\_\_\_\_\_\_ is the last day to drop the course without it showing on your transcript.

\_\_\_\_\_\_\_\_\_ is the last day to withdraw from the class.   
If you drop the high school class, you must also withdraw from the UVU class to avoid receiving a failing grade.

Due dates and this syllabus may change at the instructor’s discretion due to the needs of the class members.

**Tentative Calendar**

Week 1 Wed, Oct 11: Introductions & syllabus review; *Ch 1- Accessing Your Health*

Week 2 Mon, Oct 16: *Ch 3- Managing Stress & Coping with Life’s Challenges; Ch 3A Improving Your Sleep*

Wed, Oct 18: *Ch 2- Promoting & Preserving Your Psychological Health*

* **How Healthy are You Self-Assessment due Oct 18**

Week 3 Mon, Oct 23: *Ch 5- Connecting & Communicating in the Modern World; Ch 5A- Understanding Your Sexuality*

Wed, Oct 25: *Ch 6- Considering Your Reproductive Choices*

* **Exam I in the Testing Center Thurs, Oct 26- Mon, Oct 30 (Chapters 1, 2, 3/3A, 5/5A, & 6)**

Week 4 Mon, Oct 30: *Ch 4-Preventing Violence & Injury*

Wed, Nov 1:Guest speaker from the Center for Women and Children in Crisis (CWCIC)

**Stress Management Project due Nov 1**

Week 5 Mon Nov 6: *Ch 9- Nutrition: Eating for a Healthier You*

Wed, Nov 8: *Ch 11- Improving Your Personal Fitness*

Week 6 Mon, Nov 13: *Ch 10- Reaching & Maintaining a Healthy Weight*

**Exam II in the Testing Center Tues, Nov 14- Thurs, Nov 16 (Chapters 4, CWCIC Guest Speaker, 9, 10, & 11)**

Wed, Nov 15: *Ch 10A- Focus On Body*

Week 7Mon, Nov 20: NO CLASS; THANKSGIVING BREAK

Wed, Nov 22: NO CLASS; THANKSGIVING BREAK

Week 8 Mon, Nov 27: *Ch 7- Recognizing & Avoiding Addiction and Drug Abuse Image*

**Children’s Health Book Project due Nov 27**

Wed Nov 29: *Ch 8- Drinking Alcohol Responsibly & Ending Tobacco Use (*Wellness Programs Presentation); *Ch 12- Reducing Your Risk of Cardiovascular Disease*

Week 9Mon, Dec 4: *Ch 12 (cont.)- Reducing Your Risk of Cancer; Ch 12A- Minimizing Your Risk for Diabetes; Ch 13- Protecting against Infectious Diseases*

Wed, Dec 6: *Chapter 13 (cont.)- Protecting against STIs;* Student’s Choice Project Sharing

* **Student’s Choice Project due Dec 6 at the start of class**
* **SRI Receipt due Dec 6**
* **All extra credit**

**Final Exam: Mon, Dec 11 at 9:00 a.m. in NG 105 (Chapters 7, 8, 10A, 12/12A, & 13)**