



Master Course Syllabus

For additional course information, including prerequisites, corequisites, and course fees, please refer to the Catalog: <https://catalog.uvu.edu/>

Semester: Spring

Course Prefix: HLTH

Course Title: Personal Health & Wellness

Year: 2025

Course and Section #: 1100-X10

Credits: 2

Course Description

This course 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.

This class meets one of the General Education (GE) requirements at Utah Valley University. The Wellness Distribution can be fulfilled by successfully completing HLTH 1100: Personal Health & Wellness, OR PES 1097: Fitness for Life. A GE course helps students become well-rounded, well-informed citizens and courses are designed to form a foundation for lifelong learning. Since you have chosen to take HLTH 1100, we invite you to engage in this course and to be open to a balanced approach to learning and healthy living. Please note: health includes a variety of topics which can be uncomfortable for some (mental health, drugs, body image, abortion, cancer, end-of-life issues, etc...). If these topics are too difficult for you, please drop the course and enroll in PES 1097: Fitness for Life as this may be a better fit for you.

To learn more about GE courses, visit the [UVU General Education website](#)[Links to an external site.](#)

Course Attributes

This course has the following attributes:

- General Education Requirements
- Global/Intercultural Graduation Requirements
- Writing Enriched Graduation Requirements
- Discipline Core Requirements in Program
- Elective Core Requirements in Program
- Open Elective

Other: *Click here to enter text.*

Instructor Information

Instructor Name: Siosaia Hafoka

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- Assess personal behavior in various health dimensions with a focus on the prevention of disease and injury across the lifespan (CO 1)

- Identify the components of psychological health and steps to enhance psychological well-being (CO 2)
- Identify stress-management and stress reduction strategies (CO 3)
- Identify characteristics of successful relationships and how to maintain healthy relationships (CO 4)
- Identify various methods of contraception (CO 5)
- Identify the process of alcohol, tobacco and other drug addiction and the treatment and recovery from addiction (CO 6)
- Identify the six classes of nutrients and the role of physical activity as a strategy for wellness and maintaining weight (CO 7)
- Review types of cancers and heart disease (CO 8)
- Illustrate the function of the immune system and the process of infection (CO 9)

Course Materials and Texts

Donatelle, R.J. (2023). Health: The Basics, 14th edition, Pearson.

Course Requirements

Course Assignments, Assessments, and Grading Policy

This course is set up to be “cafeteria style” which means the students are presented with a wide variety of assignments and they are free to choose which to complete in order to achieve the point value corresponding with the desired final grade. This includes all assignments and assessments so there are no assignments specifically required of every student. All assignments and assessments combined would total 665 points whereas students only need 494 points to earn an A in the class.

All assignments are to be completed and submitted online through Canvas.

This scale represents the grade you will earn based upon the points you earned by the end of the block.

| Grade | Points Earned |
|--------------|--|
| A | 494 (Anything above this is a solid A) |
| A- | 473 |
| B+ | 452 |
| B | 436 |
| B- | 420 |
| C+ | 399 |
| C | 384 |
| C- | 368 |
| D+ | 347 |
| D | 331 |
| D- | 315 |

| | |
|---|--|
| E | 314 and below is an "E" or considered failing this course. |
|---|--|

*** Remember; do not look at the percentage of points, but the number of points earned by the end of the semester.

Late Work Statement:

We understand that life happens. Computer problems, work schedules, lack of internet access, travel, or other things may keep you from completing and turning in your work. To avoid computer, internet, or technical issues, we recommend that you submit your work while you have access to the UVU Help Desk (see the number below). Generally, late work is not accepted. The benefit of the cafeteria style class is that if you miss an assignment, you can always make up the points by completing more assignments in upcoming modules. Also, if you know you are going to travel or won't have access to the internet, you can always turn work in early.

Required or Recommended Reading Assignments

All 14 chapters of the textbook are required reading.

General Description of the Subject Matter of Each Lecture or Discussion

Introductory Information
Assessing Your Health
Promoting and Preserving Your Psychological Health
Managing Stress/Sleep
Preventing Violence and Injury
Health Relationships and Sexuality
Reproductive Choices and STIs
Addiction/Drug Abuse
Alcohol and Tobacco
Nutrition and Healthy Weight
Body Image and Fitness
Cardiovascular Disease and Diabetes
Cancer
Infectious and Chronic Disease
Consumer Health, Aging, Death and Dying

Required Course Syllabus Statements

Generative AI

AI programs are not a replacement for your human creativity, originality, and critical thinking. Writing, thinking, and researching are crafts that you must develop over time to develop your own individual voice. At the same time, you should learn how to use AI and in what instances AI can be helpful to you.

The use of generative AI tools (e.g. ChatGPT, Google Bard, etc.) is permitted in this course for the following activities:

- Brainstorming and refining your ideas;
- Finding information on your topic;
- Drafting an outline to organize your thoughts; and
- Checking grammar and style.

The use of generative AI tools is not permitted in this course for the following activities:

- Impersonating you in classroom contexts, such as by using the tool to compose discussion board prompts/responses.

- Writing a draft of a writing assignment.
- Writing entire sentences, paragraphs or papers to complete class assignments.

You are responsible for the information you submit based on an AI query (for instance, that it does not violate intellectual property laws, or contain misinformation or unethical content). Your use of AI tools must be properly documented and cited in order to stay within university policies on academic honesty. Any student work submitted using AI tools should clearly indicate what work is the student's work and what part is generated by the AI. In such cases, no more than 25% of the student work should be generated by AI. If any part of this is confusing or uncertain, please reach out to the instructor for a conversation before submitting your work.

Using Remote Testing Software

This course does not use remote testing software.

This course uses remote testing software. Remote test-takers may choose their remote testing locations. Please note, however, that the testing software used for this may conduct a brief scan of remote test-takers' immediate surroundings, may require use of a webcam while taking an exam, may require the microphone be on while taking an exam, or may require other practices to confirm academic honesty. Test-takers therefore shall have no expectation of privacy in their test-taking location during, or immediately preceding, remote testing. If a student strongly objects to using test-taking software, the student should contact the instructor at the beginning of the semester to determine whether alternative testing arrangements are feasible. Alternatives are not guaranteed.

Required University Syllabus Statements

Accommodations/Students with Disabilities

Students needing accommodations due to a permanent or temporary disability, pregnancy or pregnancy-related conditions may contact UVU [Accessibility Services](#) at accessibilityservices@uvu.edu or 801-863-8747.

Accessibility Services is located on the Orem Campus in BA 110.

Deaf/Hard of Hearing students requesting ASL interpreters or transcribers can contact Accessibility Services to set up accommodations. Deaf/Hard of Hearing services can be contacted at DHHservices@uvu.edu

DHH is located on the Orem Campus in BA 112.

Academic Integrity

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic dishonesty. As members of

the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Equity and Title IX

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Religious Accommodation

UVU values and acknowledges the array of worldviews, faiths, and religions represented in our student body, and as such provides supportive accommodations for students. Religious belief or conscience broadly includes religious, non-religious, theistic, or non-theistic moral or ethical beliefs as well as participation in religious holidays, observances, or activities. Accommodations may include scheduling or due-date modifications or make-up assignments for missed class work.

To seek a religious accommodation, a student must provide written notice to the instructor and the Director of Accessibility Services at accessibilityservices@uvu.edu. If the accommodation relates to a scheduling conflict, the notice should include the date, time, and brief description of the difficulty posed by the conflict. Such requests should be made as soon as the student is aware of the prospective scheduling conflict.

While religious expression is welcome throughout campus, UVU also has a [specially dedicated space](#) for meditation, prayer, reflection, or other forms of religious expression.