Wellness: ALHS 1300-001
3 credit hours

Instructor Name and Title: Tara Eaton, M.S. Ed., Lecturer
Office: HPC 3051 (Inside the computer lab)
Phone: (903) 565-5749 Fax: 903-566-7065
E-mail: teaton@uttyler.edu
Office Hours: Mondays 9:00AM to 12:00PM
Or by appointment

Required Text:

I will allow you to use the 9th edition, however just know that some of the pages might not be the same. I also understand that buying books are expensive, so I suggest buying a used one or even renting one.

Catalog Description:
Study of individual, societal, and cultural considerations in health and wellness. Emphasis is on health-related factors that the individual can affect and on individual decision-making.

Course Goal:
Personal and Community Wellness is an introductory course in the Department of Health and Kinesiology. This course is designed to promote health, fitness, and wellness to the individual and the community.

Course Objectives: Upon completion of this course, the student will be able to:

1. Identify the dimensions of wellness and the various factors that can affect wellness.
2. Identify and apply the principles of exercise and the ACSM guidelines of exercise.
3. Demonstrate and understand the relationship between exercise, disease, and health.
4. Identify ways to implement behavior modification.
5. Identify the recommended dietary guidelines for Americans and their implications for health and wellness.
6. Identify stress management methods.
7. Identify and explain the use and abuse of drugs, alcohol, and tobacco.
8. Identify common illnesses and diseases and then explain how they can be prevented and treated.
9. Assess current levels of health and fitness by participating in class workouts.

Grading:

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<tbody>
<tr>
<td>Exams</td>
<td>150</td>
<td>90-100%</td>
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<tr>
<td>Final</td>
<td>100</td>
<td>80-89%</td>
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<tr>
<td>Assignments</td>
<td>157</td>
<td>70-79%</td>
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<tr>
<td>Quizzes</td>
<td>60</td>
<td>60-69%</td>
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<tr>
<td>Attendance</td>
<td>20</td>
<td>&lt;59%</td>
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The last day to withdraw from courses without penalty is March 23rd.
**Course Format:**

**Course Delivery:**
Classes will consist of a mixture of lecture, readings, class discussions, videos, and class exercises. Also, students must be prepared to discuss the previously assigned readings (including handouts). That is- READ beforehand! Students will be called upon during each class and asked to provide insights into a particular question.

**Attendance:**
Students are expected to attend all classes and are responsible for any material missed. I will not be taking regular attendance, however you will receive participation points for the days we workout. It is also imperative that you come dressed properly in workout clothes and tennis shoes and bring your ID card to access the gym. If you fail to do those things, you will not be allowed to work out and will miss the participation points for that day. During workout days you will also be required to sign-in and sign-out with the instructor. Failure to do so will result in a loss of participation points for that day.

**Assignments:**
All assignments will be explained in class before being given out to complete. Some will be worksheets given out in class or uploaded to blackboard. Some assignments will be turned in during class or online through blackboard and should be turned in at the start of class at 2:00PM the day it is due. The course outline and assignment instructions give the specific due date and where it will be turned in.

Since some assignments are going to be turned in electronically through blackboard they must be saved in the correct format. When saving your assignments to your computer, please make sure to save them either as .doc, .docx, or .rtf otherwise I will not be able to open and grade them. No zip files!

One assignment will be a group project presentation over chapter 8. You will be randomly put into a group and assigned an injury from the chapter. There will be no in-class time to work on it but you will be given plenty of time to meet outside of class to meet. I will be giving further instructions in class on March 3rd.

**Journals:**
Journals are a great way to record what you’re thinking much like a diary but in an electronic format. Journal topics will pertain to information being taught during that module and will be a way to use the information and relate it to your own personal life. This is a way to express your self without the fear of what anyone else may say since I am the only one who can see them. Some journals will require you just to use text, while others may have you use pictures or videos. Each journal will require only one post and are to be submitted through blackboard. I have uploaded a grading rubric in the “Getting Started” tab that you should use when completing each entry. Each journal has it’s own specific due date; however they will be due at the start of class at 2:00PM the day it is due. The course outline and assignment instructions give the specific due date.

In conjunction with your workout days and you will also have a journal that will be reflective of what you did that day in class. In order for your journal submission to be graded you will have to attend the workout day it corresponds with. Also it will be due by 11:59PM of the same day you worked out.

**Quizzes and Exams:**
On scheduled workout days there will be a short quiz given over material you have been working on. There will be three regular course exams to test you over each module done in class. The last exam will be your final exam and will cover the last module, but will also be comprehensive.

Quizzes and exams are NOT open-book or open-note, and you may not use any other resource to answer the questions besides your mind filled with the knowledge you learned.

**Make-up:**
Late assignments or journals will be penalized 10% for each day they are late. After one week, late work will not be accepted and a zero will be given for that grade. Contact me before the due date if you will be unable to complete it due to being sick, athletics, or emergencies and want to avoid a penalty. Do not email me assignments or projects unless otherwise asked to. A missed quiz or exam without a prior excuse receives an automatic zero. An excused, missed quiz or exam must be taken before the next class (arrange with instructor). Workout days may only be made up if it is an excused absence and in
order to do so you must attend a fitness class here on campus and have them sign a form that you will get from me. Then you must bring it back in order for you to receive your points. An unexcused absence will not be allowed for makeup of a workout day.

**Cell Phones and Computer:**
Cellphones are not to be used in the classroom during lectures or while working out during class time. You will be required to put your phone on the edge of the desk in front of you and leave it there for the entire duration of class. If I see you reach for it to use it or try to hide it and use it, there will be an automatic deduction of 10 points off your total points at the end of the semester. If you need it in case of an emergency, please see me before class.

Laptops and iPads are okay to use in class, but only for taking notes. If I catch you browsing the internet, playing games, facebook, or anything else un-related to the class, you will be asked to not bring it to class anymore and an automatic deduction of 10 points off your total points at the end of the semester.

**Communication:**

**Blackboard:**
Please check blackboard daily as I will post the syllabus, class announcements, lecture slides, assignments, journals, and grades. I will sometimes send out last minute announcements for the upcoming course to give reminders or special instructions. To make sure you are always connected, it might be in your best interest to download the blackboard app to your smart phones and iPads.

**E-mail:**
This will be my preferred way of communication outside of class and office hours. You must use your school account to contact me, as Yahoo, Gmail, Hotmail, etc. are not allowed due to security reasons. If you happen to email me using one of those accounts, it will most likely go to my junk mail and I do not check that. If you happen to use those types of accounts more often than your school account, there is a way to sync the two or set up the school account on your smart phone or iPad.

Upon receiving e-mails, I typically respond within the 24 hours of it being sent Monday thru Friday. However there may be times when I do check my e-mail on the weekend. That is not to say however that you should expect me to reply on the weekends.

**Feedback:**
For small assignments submitted, you will receive your grade and possibly comments within 72 hours of it being submitted. For bigger projects that take longer to grade, expect feedback after 5 days of it being submitted.

Quizzes will be taken in class and will be given back the next class period. Your exams are taken in class so please wait at one week from the test date to receive it back.

**Technical Information:**
If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.utttyler.edu or call 903.565.5555. When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

You may also visit the Help Tab in Blackboard http://wiki.utttyler.edu/display/B8H/Home for useful information or check out **On Demand Learning Center for Students** http://ondemand.blackboard.com/students.htm
Plug-ins and Helper Applications

UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

NOTE: Mozilla Firefox is the recommended browser for Blackboard. (URL: http://www.mozilla.org/en-US/firefox/new/)

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files. (URL: http://get.adobe.com/reader/)
- Java Runtime Environment (JRE) allows you to use interactive tools on the web. (URL: http://www.java.com/en/download/)
- Adobe Flash Player allows you to view content created with Flash such as interactive web applications and animations. (URL: http://get.adobe.com/flashplayer/)
- QuickTime allows users to play back audio and video files. (URL: http://www.apple.com/quicktime/download/)
- RealPlayer allows you to view and listen to streaming video and audio. (URL: http://www.real.com/)

Netiquette Guide

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided. (URL: http://www.learnthenet.com/learn-about/netiquette/index.php)
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<thead>
<tr>
<th>Week</th>
<th>Day</th>
<th>Agenda</th>
<th>Assignments</th>
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<tbody>
<tr>
<td>1</td>
<td>Jan 13</td>
<td>Introduction and Overview of Syllabus</td>
<td>My Health Philosophy Done and Due in Class</td>
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<td></td>
<td>Jan 15</td>
<td>Chapter 1: Understanding Wellness</td>
<td>Par-Q Done and Due in class</td>
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<td>2</td>
<td>Jan 20</td>
<td>Chapter 2: Changing Behavior</td>
<td>Journal: Do you have a healthy lifestyle? Due in BB</td>
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<td>Jan 22</td>
<td>Chapter 3: Assessing your Physical Fitness</td>
<td>Behavior Change Contract &amp; Health History Due in class</td>
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<td>3</td>
<td>Jan 27</td>
<td>Fitness Testing</td>
<td>Quiz done in class (Ch. 1-3)</td>
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<td></td>
<td>Jan 29</td>
<td>Exam 1 (chapters 1-3)</td>
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<tr>
<td>4</td>
<td>Feb 3</td>
<td>Chapter 4: Maximizing Cardiorespiratory Fitness</td>
<td>Fitness Testing Due in class</td>
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<td></td>
<td>Feb 5</td>
<td>Chapter 4: Continued</td>
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<tr>
<td>5</td>
<td>Feb 10</td>
<td>Workout Day</td>
<td>Quiz done in class (Ch. 4); Workout Journal Due in BB by 11:59 pm</td>
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<td></td>
<td>Feb 12</td>
<td>Chapter 5: Developing Flexibility</td>
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<tr>
<td>6</td>
<td>Feb 17</td>
<td>Chapter 6: Developing Muscular Fitness</td>
<td>Journal: What does your posture say about you? Due in BB</td>
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<td></td>
<td>Feb 19</td>
<td>Chapter 6 continued</td>
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<tr>
<td>7</td>
<td>Feb 24</td>
<td>Workout Day</td>
<td>Quiz done in class (Ch. 5-6); Workout Journal Due in BB by 11:59 pm</td>
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<tr>
<td></td>
<td>Feb 26</td>
<td>No Class: View online Chapter 8</td>
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<tr>
<td>8</td>
<td>Mar 3</td>
<td>Exam 2 (chapters 4-6)</td>
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<td></td>
<td>Mar 5</td>
<td>Chapter 9: Maximizing Heart Health</td>
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<td>9</td>
<td>Mar 10</td>
<td>No School: Spring Break</td>
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<td>Mar 12</td>
<td>No School: Spring Break</td>
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<tr>
<td>10</td>
<td>Mar 17</td>
<td>Chapter 9 continued</td>
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<td></td>
<td>Mar 19</td>
<td>Chapter 10: Coping with Stress</td>
<td>Journal: Personal Stress Inventory Due in BB</td>
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<tr>
<td>11</td>
<td>Mar 24</td>
<td>Chapter 8 Group Presentations</td>
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<td>Mar 26</td>
<td>Chapter 8 Group Presentations</td>
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<td>12</td>
<td>Mar 31</td>
<td>Workout Day, View Online Chapter 7: Exploring Special Exercise Considerations</td>
<td>Quiz done in class (Ch. 8-10); Workout Journal Due in BB by 11:59 pm</td>
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<td></td>
<td>Apr 2</td>
<td>Exam 3 (chapters 7-10)</td>
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<td>13</td>
<td>Apr 7</td>
<td>Chapter 11: Eating for Wellness; View Online Documentary: A Place at the Table</td>
<td>Food Label Assignment Due in class</td>
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<td>Apr 9</td>
<td>Chapter 11 continued</td>
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<td>14</td>
<td>Apr 14</td>
<td>Chapter 12: Achieving a Healthy Weight</td>
<td>Community Volunteering Assignment Due in class &amp; Quiz on Documentary Done and Due in class</td>
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<td>Apr 16</td>
<td>Chapter 12 continued</td>
<td>Journal: 3 Day Food Record Assignment due in BB</td>
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<td>15</td>
<td>Apr 21</td>
<td>Workout Day, View Online Chapter 13: Preventing Cancer</td>
<td>Quiz done in class (Ch. 11-12); Workout Journal Due in BB by 11:59 pm</td>
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<td>Apr 23</td>
<td>Chapter 14: Substance Abuse, Addictive Behavior, Sober Activity, Review for Final</td>
<td>Sober Activity Worksheet Done and Due in Class &amp; Revisit Health Philosophy Due in Class</td>
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<tr>
<td>16</td>
<td>Apr 28</td>
<td>No Class</td>
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<td></td>
<td>TBA</td>
<td>Final (comprehensive)</td>
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*Subject to change at any time*
Students Rights and Responsibilities
To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: http://www.uttyler.edu/wellness/rightsresponsibilities.php

Grade Replacement/Forgiveness and Census Date Policies
Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at http://www.uttyler.edu/registrar. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.
Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:
- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a “W” grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

State-Mandated Course Drop Policy
Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).
Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

Disability Services
In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University offers accommodations to students with learning, physical and/or psychiatric disabilities. If you have a disability, including non-visible disabilities such as chronic diseases, learning disabilities, head injury, PTSD or ADHD, or you have a history of modifications or accommodations in a previous educational environment you are encouraged to contact the Student Accessibility and Resources office and schedule an interview with the Accessibility Case Manager/ADA Coordinator, Cynthia Lowery Staples. If you are unsure if the above criteria apply to you, but have questions or concerns please contact the SAR office. For more information or to set up an appointment please visit the SAR office located in the University Center, Room 3150 or call 903.566.7079. You may also send an email to cstaples@uttyler.edu

Student Absence due to Religious Observance
Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities
If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.
Social Security and FERPA Statement:
It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

Emergency Exits and Evacuation:
Everyone is required to exit the building when a fire alarm goes off. Follow your instructor’s directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.