

Fall 2022 Course Syllabus Personal and Community Wellness

Course Title: Personal and Community Wellness

Course Number: ALHS 1300.002

Credits: 3 Hours

Days/Hours of Class: M/W 10:10-11:05AM

Room: HPC 2255

INSTRUCTOR INFORMATION

Name and Title: Sarah Williamson, M.S., CBE

Email Address: scowan@uttyler.edu

Office Location: HPC 3045 (located inside HPC 3035)

Office Hours: Please contact me via Canvas messaging to schedule in person meetings.

COMMUNICATION WITH INSTRUCTOR

I encourage you to meet with me before class if you have any questions or concerns. You may also contact me via the messaging feature in Canvas, which will automatically forward to my email. I will utilize Canvas to contact you throughout the semester. I will post updates and send important information about assignments and schedule changes through **Canvas Announcements**. **Important: It is your responsibility to check your email, Canvas messages, and Canvas Announcements frequently.**

REQUIRED TEXTBOOK

Thomas Fahey, Paul M. Insel, Claire Insel, Walton T. Roth (2021). Fit & Well. New York: McGraw Hill Education. 14th Edition, ISBN: 9781264013081

You may order this book from various sources, including the UT Tyler Bookstore: <http://uttyler.bncollege.com/>
Phone: 800-UTTYLER (800-888-9537) or 903-566-7070
Fax: 903-566-1435

COURSE DESCRIPTION:

Personal and Community Wellness: Study of individual, societal and cultural considerations in health and wellness; emphasis on health-related factors that a) the individual can affect and b) on individual decision-making.

METHOD OF INSTRUCTION

This is a face-to-face course that will meet on Mondays and Wednesdays in HPC 3010. You will be required to complete all assignments online using a platform called, CANVAS. Student learning experiences include but are not limited to: a) observation/analysis of personal and community wellness behaviors b) reading assigned textbook c) online engagement via Canvas through video projects, quizzes exams, and regular communication with the instructor d) attendance and participation in weekly activities.

ASSIGNMENTS:

Detailed assignment instructions and due dates are in Canvas. You must review each link titled, "Expectations for..." in Canvas before submitting your assignments.

QUIZZES: There will be weekly, timed, multiple-choice quizzes over assigned chapters this semester. Do NOT collaborate with other students on quizzes. Cheating will not be tolerated. If you miss the deadline for a quiz for *any reason*, including illness, you may request a make-up, all-essay quiz. **See Expectations for Quizzes in Canvas for more information.**

EXAMS: You will have a final exam at the end of the course. The exam will be timed, and you will get your results back immediately upon completion. There will be no make-up exam opportunities or late submissions.

WEEKLY ACTIVITIES: These will be weekly hands-on experiences related to Wellness. Activities may involve playing a game, exercising, stretching, or attending a cooking demonstration. Students will be notified of each activity before class meets. However, activities are subject to change due to unexpected fluctuations in weather and last-minute changes in the availability of campus facilities/ equipment. **Students will be notified via Canvas Announcements for activity/schedule changes.** If you cannot or will not participate in one or more weekly activities, there is an alternative option. **See Expectations for Weekly Activities in Canvas for more information.**

VIDEO PROJECTS: These assignments involve critical thinking and creative application of specific concepts covered in the textbook and/or lectures. You may be required to 1) work in a small group, 2) apply concepts in real-world environment, 3) report on personal experience and 4) demonstrate thorough understanding of concepts. Use appropriate citations when necessary. For the grading policy on late video project submissions, and to see more detailed instructions, read **Expectations for Video Projects** in Canvas.

GRADING

1. Video Projects (30%) Quizzes (30%) Attendance/Participation (30%) (Exam 10%)
2. Grading
A= 90-100%
B=80-89
C=70-79
D=60-69
F=59 and below

COURSE CALENDAR

To view the course schedule, you may go to Canvas and find the course Calendar, located on the far-right menu. I reserve the right to modify this syllabus or course schedule at any time. If there are any changes or modifications, you will be notified in a timely manner via canvas announcement. You are responsible for paying **attention to announcements** as well as checking your canvas inbox/student email; It is crucial to your success in the course.

TECHNICAL SUPPORT

If you have technical difficulties and need help, UT Tyler's IT Support department provides technical support for this course. **To reach IT Support** you can email itsupport@uttyler.edu, or call (903) 565-5555 during business hours. Please note, they are not available 24/7. **For Canvas support**, click the Help button on the Global Navigation menu to the left to reach support via phone, online chat, or email. Canvas support is available **24/7** but is rarely helpful. Submit your video projects early to avoid technical issues and late penalties.