

The University of Texas at Tyler
Department of
ALHS 1300 – Personal and Community Wellness
Spring 2026

Instructor: Katie Younger, MS, ACSM EP & PT
Lecturer; Assistant Director of Rec Sports

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Office hours: Monday and Thursday from 2:00-3:00, and by appointment

Course Structure & Meeting Times

Dates: 1/12/2026 – 4/29/2026

In-Person Meetings: HPC 2255 M/W/F 11:15am-12:10pm

Course Description & Goal

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.

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

Student Learning Objectives: After 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. Assess current levels of health and fitness.

Required Materials

- Access to Canvas
- Access to the Internet via a laptop, tablet, or desktop computer
- Pencils or Pens
- Posted notes/outlines; additional notebook or paper

Important Dates

January 12: Classes begin
January 19: MLK Day, no class
January 26: Census Date
March 9-13: Spring Break, no class
April 27-30: Final Exams

Evaluation

Your course grade will be determined as follows:

37.5% Online Assignments
37.5% In-Class Participation & Assignments
25% Final Exam

Grading will be based on the following scale:

A = 89.5 – 100%
B = 79.5 – 89.4%
C = 69.5 – 79.4%
D = 59.5 – 69.4%
F = < 59.5%

Canvas Work: Half of this course is found online, in Canvas. All assignments posted in Canvas are meant to be completed by their posted due date. These include lectures, quizzes, One Sentence Response assignments, various other assignments, and all posted readings. Articles, links, and videos found on Canvas are there for a reason; I expect you to read and/or watch them!

Class Work: Half of this class takes place in-person, with weekly class meetings. These meetings may feature lectures, article presentations, group work, small projects, written or video assignments, or whatever I decide to incorporate that day. You will need to *be prepared* for each class meeting by completing that week's online work ahead of time. I will communicate with you through Canvas (using email, on Modules, or using Announcements) to help keep you on schedule throughout the semester.

Extra Credit: Do not plan on having access to any extra credit in ALHS 1300. If any extra credit is offered throughout the semester, it will be advertised to everyone either during a class meeting, or on our Canvas. I do not curve any assignments, and do not round any grades other than what is shown on the grading scale above.

Major Assignments:

Final Exam: Comprehensive exam over all lecture material from the semester. Questions may be formatted as multiple choice, true/false, fill-in-the-blank, select all that apply, or short answer.

Course Policies and Expectations:

Professionalism: Students are expected to arrive on time for class. It is expected that students will display a professional attitude at all times, including being attentive during lectures and class meetings, and being respectful to the instructor and fellow classmates. Keep distractions to a minimum or risk being asked to leave class.

Attendance: Students are expected to attend all classes and are responsible for any material missed. Your success in this class will depend on your attendance and the effort you put forth, both online and in-person.

Cell Phones: Students may use their phones during in-person classes, but must exercise extreme discretion. Continuous casual use, or scrolling through social media, will not be tolerated, especially during peer presentations. If you cannot control yourself, then put it away.

Missed class: Students who miss class, regardless of the reason, are expected to take the initiative to obtain notes and/or homework from a fellow student who attended that class. Online lecture material will be posted on Canvas and will remain available until the end of the semester.

Make-up: All online assignments have firm due dates. You'll have access to these for at least three days prior to the due date. If you miss an exam without contacting me ahead of time to reschedule, or providing a University-approved excuse, you will receive a zero.

If you need an extension on any assignment, fill out the “Extension Request” located on our Canvas “Modules” page. Based on your request, I will either automatically approve it and reset your due date or contact you with more information or recommendations. You must complete this *before* the assignment in question is due, and submit it at least three hours before the assignment’s submission deadline. Extension Requests will not be honored for the Final Exam unless there are extenuating circumstances that you have communicated to me.

Please do not email the instructor assignments and/or projects unless otherwise asked to. A missed exam or major assignment (paper, presentation, etc.) without a prior excuse receives an automatic zero.

Participation: Students are strongly encouraged to ask, and respond to, questions in class; this student/instructor interaction makes for more interesting class sessions and facilitates better learning. You may (and are encouraged to) work in groups to complete all homework and assignments. However, the work that you hand in is expected to be original and to be your own. **Any** act of cheating or plagiarism will result in a grade of zero for that assignment. (This means *put everything in your own words and CITE all of your sources!*) Depending on the extent, any incidence of cheating or plagiarism may result in dismissal from the course, and further discipline by the university.

Tech: It is expected that each student is proficient in the use of Microsoft Office (Word, PowerPoint, Excel) or Apple iWork (Pages, Keynote, Numbers). You will be required to use these applications extensively in this class. If you do not know how to use these applications, seek help from Computer Services or similar assistance. All written work must be legible.

This class uses Canvas **extensively**. Make sure you are familiar with Canvas and our course in particular. Announcements will be sent to your Patriots e-mail account, so check it frequently.

Other: Phone calls are not to be taken during class unless you are expecting an emergency call. If you are expecting an emergency call during class, notify me prior to the beginning of class and take the call outside of the room. Water is allowed in the lecture room, but it must be in a seal-able bottle.

University Policies

UT Tyler Honor Code

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

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>

Campus Carry

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

UT Tyler: A Tobacco-Free University

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit www.uttyler.edu/tobacco-free.

Important Covid-19 Information for Classrooms and Laboratories

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email saroffice@uttyler.edu.

Recording of Class Sessions

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

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. (For Spring, the Census Date is January 29.) 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 (January 29th) is the deadline for many forms and enrollment actions of which students need to be aware. 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/Accessibility Service

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

Student Absence Due To Religious Observances

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.

Student Standards Of Academic Conduct

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. “Cheating” includes, but is not limited to:

1. copying from another student’s test paper;
2. using, during a test, materials not authorized by the person giving the test;
3. failure to comply with instructions given by the person administering the test;
4. possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed “crib notes”. The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;

5. using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
6. collaborating with or seeking aid from another student during a test or other assignment without authority;
7. discussing the contents of an examination with another student who will take the examination;
8. divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructors has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
9. substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
10. paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
11. falsifying research data, laboratory reports, and/or other academic work offered for credit;
12. taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
13. misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.

ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.

iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

iv. All written work that is submitted will be subject to review by plagiarism software.

Artificial Intelligence Policy

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course (see below) is considered a breach of academic integrity. The student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy.

For this course, AI is not permitted for use during final submissions of work. To best support your learning, you must complete all graded assignments by yourself or use only your notes, ideas from your classmates, or reputable online resources. Refrain from using AI tools to generate any course context (e.g., text, video, audio, images, code, etc.) for an assignment or classroom assignment.

UT Tyler Resources For Students

- UT Tyler Writing Center (903.565.5995), writingcenter@uttyler.edu
- UT Tyler Tutoring Center (903.565.5964), tutoring@uttyler.edu
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

Technical Information:

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.uttyler.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

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.

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>)