



Wellness and Health Promotion
RNBS 4309
Fall 2025 – 2nd 7 weeks
Scheduled Class Days and Times: Online

Instructor's Name: Meredith Ashley, MSN, RN

Office: Virtual

Email: mashley@uttyler.edu

Office Hours: Available via email, conference call and zoom.

***Best way to contact me:** Via Canvas messaging or mashley@uttyler.edu

Course Description: This course will explore factors that impact a healthy society and how these factors contribute to optimal health or premature illness. This course will discuss the concepts of personal wellness, risk reduction, and health promotion across the lifespan.

Prerequisites: Admission to the RN-BSN Track. Special permission required from the School of Nursing to take out of sequence. Successful completion of RNBS 3303 and RNBS 3312 and RNBS 3315 and RNBS 3333, and RNBS 4313, and RNBS 4631.

Corequisites: None

Student Learning Outcomes: Upon successful completion of this course, the student will be able to:

1. **Professionalism:** Apply concepts, models, and theories of health promotion as they relate to the role of the nurse, individuals, families, populations, and communities. Discuss the legal, ethical, and economic implications of health promotion.
2. **Patient-Centered Care:** Identify assessment strategies and skills to facilitate health promotion in individuals, families, populations, and communities.
3. **EBP:** Analyze evidence-based literature and research-based interventions to promote health and enhance wellness throughout the lifespan.
4. **Informatics & Technology:** Interpret data collected through technology and information systems to promote health and wellness in individuals, families, populations, and communities.
5. **Quality Improvement:** Use a data-guided and theory-based approach to continuously improve nurse and patient outcomes within the healthcare system.

6. **Teamwork and Collaboration:** Explain the process of effective communication among healthcare professionals with promotion and wellness of individuals, families, and communities.
7. **Wellness and Prevention:** Describe wellness and prevention initiatives to promote healthy outcomes across the lifespan in individuals, families, populations, and communities. Propose a plan to improve health and wellness for nurses in one of the following domains: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Recommend the practice of professional nursing to lead and advocate for health-promoting behaviors.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, populations, and communities.
10. **Strengths:** Conclude how strengths (signature talent themes) influence the role of the nurse and clinical decision-making.

Required Textbooks and Readings:

1. Purdue Owl for information regarding American Psychological Association (APA) 7th edition requirements for formatting, grammar, and punctuation.
owl.purdue.edu/owl/research_and_citation/apa_style/apa_style_introduction.html
2. Articles and Module content posted in Canvas.

Special Course Notes: This is an online course and content is delivered through the Canvas learning management system, including recorded lectures. Access to Canvas by means of a laptop or desktop computer is necessary. Additionally, some assignments and class meetings may require use of video and audio technology, which are built into most smartphones, laptops, and desktop computers. This course utilizes open education resources (OER) and students are not required to purchase a textbook for the course.

Computer Requirements: Access to a current, working computer or laptop with internet access using Firefox or Chrome browser is required for this internet-based course. The Canvas learning system works best using Firefox or Chrome browsers. It is essential to have access to a reliable PC/laptop and internet access for this course.

Internet Instructions: Course modules are online in Canvas (see course calendar). UT Tyler online canvas courses use Java, JavaScript, browser plug-ins, helper application and cookies. Canvas works best using Chrome or Firefox browser. 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 content. Lecture videos are optimally viewed in high definition.

- Adobe Reader allows you to view, save, and print Portable Document Format (PDF) files.
<http://get.adobe.com/reader/>
- Java Runtime Environment (JRE) allows you to use interactive tools on the web.

<http://www.java.com/en/download/>

- QuickTime allows users to play back audio and video files.
<http://www.apple.com/quicktime/download/>

Assignments and Weights/Percentage/Point Values

1. Annotated Bibliography	15%
2. Reflection Journals	20%
3. Quizzes	25%
4. Discussions	20%
5. Quality Improvement Project/Presentation	20%

Grading Scale: Specific guidelines and grading criteria for all assignments are in the Modules. Final grades for the course will be determined based upon the following point assignments:

- A - 90-100
- B - 80-89
- C - 75-79
- D - 60-74
- F - Below 60

Final course grades less than 75 are not rounded up. The combined weighted calculation of all course assignments, activities, and quizzes must be at least 75% in order to pass the course.

Grade Appeals: Although the university policy allows 60 days for grade appeals, the School of Nursing follows a stricter timeline of 10 days to facilitate students' timely progression through the curriculum. In the case of extenuating circumstances, please consult the Associate Dean of Academic Affairs for guidance.

Academic Integrity: Cheating of any kind, as defined in Section 8 of the UT Tyler Manual of Policies and Procedures (MOPP) for Student Affairs (<https://www.uttyler.edu/mopp/>), will not be tolerated. Consequences may include:

- reprimand
- exam failure
- course failure
- expulsion from the Nursing program
- expulsion from the University
- other consequences as assigned

Exam and homework materials, questions, and problems are the intellectual property of faculty, UT Tyler, or publishers.

- These materials may not be distributed without permission.
- Distributing or uploading them to online resources destroys the integrity of the assignment and the course, allowing others an unfair advantage by letting them view the materials.
- Uploading these materials to online resources is a violation of UT Tyler's academic misconduct policies and may result in formal conduct charges.
- Sanctions for uploading or otherwise divulging the contents of these materials can include:
 - a reduced or failing grade on an assignment
 - a reduced or failing grade for the course
 - removal from the Nursing program
 - removal from UT Tyler

Late Policy: 5% will be deducted each day an assignment is past due unless prior arrangements have been made with your course faculty. Extenuating circumstances may apply.

Repeating a Course: Students repeating this course may not use previously submitted assignments nor utilize the same patients for an assignment. Submitting the same or slightly modified assignments from previous semesters is considered self-plagiarism and is subject to academic discipline, including failing the assignment or the course.

Attendance and Make-up Policy: Attendance/participation is expected. Make-up for quizzes, assignments, and activities is at the instructor's discretion.

Grade Replacement: 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.

Graded Course Requirements Information:

1. **Annotated Bibliography:** An annotated bibliography is a list of citations to books, articles, and websites. The annotation is a brief paragraph which describes and critically evaluates the source. Students will select two evidence-based articles and provide an annotation on each. The annotations will be followed by a reflection linking the two

articles to self-care for nurses and the Healthy Nurse, Healthy Nation Initiative. More thorough instructions will be available in Canvas.

2. **Reflection Journals:** Students will submit a weekly reflective journal entry over the content covered within the module. More thorough instructions will be available in Canvas.
3. **Quizzes:** Students will have 3 quizzes that cover module content. More thorough instructions will be available in Canvas.
4. **Quality Improvement Project and Presentation:** There are three major parts to the Quality Improvement Project (QIP) that will be due throughout the course, including: QIP Part 1, QIP Part 2, and QIP Part 3. This project is built on the idea that nurses must care for their own health and wellness, so they can better care for the health and wellness of others. More thorough instructions will be available in Canvas.

Important Course Dates:

Class Begins: August 28, 2025

Census Date (withdraw without penalty): September 4, 2025

Last Date to Withdraw: October 1, 2025, please contact your advisor to discuss withdrawing from the course and notify your instructor.

Last day of class: October 17, 2025

Calendar of Topics, Readings, and Due Dates:

RNBS 4309 Wellness & Health Promotion Course Schedule				
<i>Week</i>	<i>Date</i>	<i>Class Topic</i>	<i>Readings</i>	<i>Assignments Due ON SUNDAYS except for week 1</i>
Week 1	August 28, 2025	Module 1: Health & Wellness Welcome to the Course Optional Zoom Course Orientation TBA	All information & resources in Canvas Course Intro Module & Module 1	Student Information & UG Affirmation Forms and Syllabus quiz due WED 9/3/25 by 2359 CST
	September 4, 2025	Course Census Deadline		
Week 2	Monday September 8, 2025	Module 2: Culture, Communication, Patient Education, Ethics & Values Beliefs	All information & resources in Canvas Module 2	Annotated Bibliography Module 1 Reflection

Week 3	Monday September 15, 2025	Module 3: Nutrition & Elimination, Complementary Therapies	All information & resources in Canvas Module 3	QIP Part 1 Module 2 Reflection Deadline to Start QIP Cycle
Week 4	Monday September 22, 2025	Module 4: Coping and Stress, Activity and Exercise Optional Zoom Midterm check-in TBA	All information & resources in Canvas Module 4	Quiz 1 Module 3 Reflection Module 3 Discussion
Week 5	Monday September 28, 2025	Module 5: Sleep and Rest	All information & resources in Canvas Module 5	Module 4 Reflection
	October 1, 2025	Last Day to Withdraw from	Flex 2 Courses	
Week 6	Monday October 6, 2025	Module 6: Roles and Relationships, Sexual and Reproductive Health, Health Promotion Across the Lifespan	All information & resources in Canvas Module 6	Quiz 2 Module 5 Reflection
Week 7	Monday October 13, 2025	Module 7: End of Course Final Projects	No assigned readings	Quiz 3 QIP Part 2 Module 6 Reflection
				QIP Part 3 Module 7 Reflection Module 6 Discussion Course Evaluation in MyUTTyler
	Friday October 17, 2025	End of Course 10/17/25 Grades posted by 10/20/25 Please check that all required activities are completed in Canvas.		

School of Nursing Policies and Additional Information:

https://www.utt Tyler.edu/nursing/college/student_guide_and_policies.php

Student Resources and University Policies are provided in Canvas.

Artificial Intelligence in course work:

Allowable Use

Microsoft

- [Microsoft Bing Copilot \(formerly Bing Chat Enterprise\)](#), and Azure Open AI (AOAI) are available AI tools with contractual agreements for use by UT Tyler.
- While these Microsoft products have some data protections, we highly recommend against using Bing Copilot on sensitive data sets when it is not necessary to fulfill official University duties or research projects (see [UT Tyler Data Classification](#)).
- In all cases, use of Microsoft AI tools should be consistent with the [Information Resources Acceptable Use Policy](#).

ChatGPT and Similar AI Tools – We highly encourage use of the Microsoft products specified above exclusively to fulfill official University duties. However, if that is not possible, use of ChatGPT and similar AI tools is allowed as follows:

- Only data that is publicly available or defined as Published Data (see [UT Tyler Data Classification](#)) can be used freely in AI Tools.
- In all cases, use should be consistent with the [Information Resources Acceptable Use Policy](#).
- Students should always adhere to the [UT Tyler Policy on Student Conduct](#) when using any AI tool.
- Researchers should always adhere to the UT Tyler Policy [3.2.8 Misconduct in Research and Other Scholarly Activity](#).

Prohibited Use

- At present, any use of ChatGPT or similar AI Tools cannot include any personal, confidential, proprietary, or otherwise sensitive information. In general, student records subject to FERPA, health information (HIPAA), proprietary information, and any other information classified as [UT Tyler Data Classification](#) must not be used with ChatGPT or similar AI Tools.
- Similarly, ChatGPT or similar AI Tools, including the Microsoft products listed above, must not be used to generate output that would not be considered authorized for public or fair use. Examples include but are not limited to generating someone else's proprietary or unpublished research; legal analysis or advice; recruitment, personnel or disciplinary decision making; completion of academic work in a manner not allowed by the instructor; creation of someone else's proprietary instructional materials without authorized use or proper citations; and grading.
- Please also note that the companies that own ChatGPT and Bing Chat Enterprise/Copilot, OpenAI and Microsoft, respectively, explicitly forbid their use for certain categories of activity, including fraud and illegal activities. This list of items can be found in their usage policies below. AI Tools of any sort may not be used for any activity that would be illegal, fraudulent or a violation of any state or federal law, or UT Tyler or UT System policies.
 - [OpenAI usage policy](#)
 - [Microsoft acceptable use policy](#)

Important Information

- **No Agreement, No Privacy and Security Terms for ChatGPT and other AI tools:** All content entered into with, or generated by, ChatGPT is available to ChatGPT, its parent company, OpenAI, and their employees. There is currently no agreement between UT Tyler and OpenAI or other AI Tools that would provide data security and privacy protections required by UT policy regarding ChatGPT, OpenAI's, or other AI Tools' programming interface. Consequently, the use of ChatGPT or other AI Tools at this time could expose individual users and UT Tyler to the potential loss and/or abuse of sensitive data and information. Some data protections are provided through our agreement with Microsoft, but they are limited.
- ***Personal Liability: ChatGPT and other AI Tools use click-through agreements. Click-through agreements, including OpenAI and ChatGPT and other AI Tools' terms of use, are contracts. Individuals who accept click-through agreements without delegated signature authority may face personal consequences, including responsibility for compliance with terms and conditions.***

Further Guidance on Appropriate Use

•

For questions regarding the appropriate use of Microsoft Bing Chat Enterprise/Copilot, Azure Open AI, ChatGPT and other AI Tools, please contact the Information Security Office at utt-infosec@uttyler.edu.

Enforcement

Violation of any UT Tyler policies may result in disciplinary action that may include termination for employees and temporaries; a termination of employment relations in the case of contractors or consultants; dismissal for interns and volunteers; or suspension or expulsion in the case of a student. Additionally, individuals are subject to loss of University Information Resources access privileges, civil, and criminal prosecution.

Fair Use

Fair use is a legal doctrine that promotes freedom of expression by permitting the unlicensed use of copyright-protected works in certain circumstances¹.

¹

[U.S. Copyright Office Fair Use Index](#)