



Wellness and Health Promotion

Course Number: NURS 3309

Spring 2026

Scheduled Class Days and Times: *Online* with optional periodic Zoom sessions

Note: Please check Canvas during the first week of class for potential syllabus updates

Instructor Name: Autumn Ladd, MSN, RN

Office Location: Online or Tyler Campus

Email: aladd@uttyler.edu

Office Hours: Virtual tba; in-person by appointment

***Best way to contact me:** *Canvas inbox*

Instructor Name: Elaine Wallace, MSN, RN

Office Location: Online or PAL Mathis Hall 126

Email: ewallace@uttyler.edu

Office Hours: Virtual tba; in-person by appointment

***Best way to contact me:** *Canvas inbox*

Instructor Name: Hilary Jones (Greene), MSN, RN

Office Location: Online or LUC 228 – Longview Campus

Email: hgreene@uttyler.edu

Office Hours: Virtual tba; in-person by appointment

***Best way to contact me:** *Canvas inbox*

Instructor Name: LeeAnn Fabry

Office Location: Online or Tyler Campus

Email: lfabry@uttyler.edu

Office Hours: Virtual tba; in-person by appointment

***Best way to contact me:** *Canvas inbox*

Course Description:

This course will explore factors that impact a healthy society, including vulnerable populations across the lifespan, and how these factors contribute to optimal health or premature illness. This course will introduce the concepts of chronic care, risk reduction, vaccinations, health promotion, and patient teaching.

Prerequisite:

Admission to the Bachelor of Science in Nursing Program and [NURS 3303](#).

Student Learning Outcomes:

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

1. **Professionalism:** Describe concepts, models, and theories of health promotion as they relate to the role of the nurse. 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, and populations.
3. **EBP:** Examine evidence-based literature for interventions to promote health and enhance wellness throughout the lifespan.
4. **Informatics & Technology:** Discuss the use of technology and informatics to promote health and wellness.
5. **Quality Improvement:** Discuss the use of scholarly evidence and data as part of the quality improvement process to continually improve outcomes.
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 a variety of communities and populations. Identify five areas to improve health for nurses including: physical activity, nutrition, rest, quality of life and safety.
8. **Leadership:** Explain the role of the nurse as a leader and advocate to promote health and wellness in individuals, families, and communities across the lifespan.
9. **Safety:** Explain the importance of promoting quality and safe environments and their impact on the health and wellness of individuals, families, and communities.
10. **Strengths: Determine** how Strengths (signature talent themes) influence the role of the student nurse and clinical decision-making.

Required Textbooks and Readings:

- ATI Nurse's Touch: Wellness and Self-Care, an external website/resource, to complete homework or assessments <https://www.atitesting.com>. There is no required textbook. All other resources will be provided in Canvas.

Technical resources:

- Laptops/electronic devices are required for testing with ATI. Notebooks and tablets may not be compatible with ATI Products.

Artificial Intelligence in Coursework: 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 permitted only for specific assignments or situations, and appropriate acknowledgment is required.** To best support your learning, you must **generate** all graded assignments by yourself to assist in your learning. This exclusion of other resources to help generate assignments includes artificial intelligence (AI). Refrain from using AI tools to **generate** any course content (e.g., text, video, audio, images, code, etc.) for an assignment or classroom assignment.

You may, however, use an AI Writing Assistant (like Grammarly) **to help check for spelling, grammatical errors, and best word choice once your document is written.** If you do use a tool like Grammarly for edits and fine-tuning, you **MUST** acknowledge this in your reference section and indicate what assistance was given. Examples will be provided in the course.

Assignments and Weights/Percentage/Point Values

| Criteria for Evaluation: | Percentage of Grade: | Additional information |
|---|----------------------|---|
| | | <i>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. Students should email faculty if an assignment will be late prior to the assignment deadline.</i> |
| Professionalism: attendance and participation | 5% | Included in this grade is the completion of the Nursing Student Forms, Syllabus Quiz, and participation in the course |
| Learning Activities | 30 % | ATI Modules and Reflection Journals (see rubrics in Canvas) |
| 3 Quizzes | 30 % | Three multiple-choice quizzes Quizzes can only be made up for pre-approved reasons. |
| Quality Improvement Project | 35 % | Parts I, II, and III. Completed templates and presentations submitted in the Canvas Assignment link. See rubrics for details. |

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.

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.

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

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 exams, quizzes, assignments, and missed clinical time 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.

Important Course Dates:

Note: The complete course schedule is available on the Course Canvas site.

- **Preview Days:** Thursday, January 8, to Sunday, January 11, 2026 (Preview only; Faculty are not available, and no assignments should be submitted.)
- **Classes Begin:** Monday, January 12, 2026
- **Census Date:** January 21, 2026
- **Last Date to Withdraw:** (final date students are eligible to withdraw from courses for grades of "W"): March 24, 2026
 - *Students, please notify your course faculty and contact your advisor if you plan to withdraw.
- **For forms from the Office of the Registrar:** <https://www.uttyler.edu/registrar/forms/>
- **Holidays:** March 9 – March 13, 2026
- **Final Exam Date:** N/A for this course
- **End of Classes:** April 24, 2026 (grades due April 28, 2026)

| Week | Module | Assignments/Quizzes Due at end of the week (Sundays) at 1159 midnight |
|----------------------------|---|--|
| Preview Week 1/8 – 1/11 | Preview the course content | No assignments due/Instructors not yet available for questions |
| Week 1 1/12 – 1/18 | Module 1: Health and Wellness | Syllabus Quiz Online and Undergraduate Affirmation Forms ATI Module 1: Wellness, Health Promotion, and Disease Prevention |
| Week 2 1/19 – 1/25 | Module 2: Client Education and Communication Census date: 1/21 | Reflection Journal |
| Week 3 1/26 – 2/1 | Module 3: Collaboration and Teamwork QIP Introduction | Reflection Journal Quiz 1: Modules 1-3 Online |

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| Week 4 2/2 – 2/8 | Module 4: Cultural Care | Reflection Journal |
| Week 5 2/9 – 2/15 | Module 5: Nutrition for Wellness, Health Promotion, and Disease Prevention | ATI Module 3: Self-Care Eating Healthy QIP PART 1 |
| Week 6 2/16 – 2/22 | Module 6: Stress, coping, and Self-Concept | ATI Module 2: Stress |
| Week 7 (midterm) 2/23 – 3/1 | Module 7: Physical Activity | ATI Module 4: Self-Care Physical Activity |
| Week 8 3/2 – 3/8 | Module 8: Sleep and Rest | ATI Module 5: Self-Care Rest and Sleep Quiz 2: Modules 4-8 Online |
| 3/9 – 3/16 | *SPRING BREAK* | |
| Week 9 3/16 – 3/22 | Module 9: Values and Beliefs | Reflection Journal |
| Week 10 3/23 – 3/29 | Module 10: Complementary and Integrative Health Withdraw date: 3/24 | Reflection Journal QIP Part 2 |
| Week 11 3/30 – 4/5 | Module 11: Growth and Development | Reflection Journal |
| Week 12 4/6 – 4/12 | Module 12: Grief Older Adult | Reflection Journal Quiz 3: Modules 9-12 Online |
| Week 13 4/13 – 4/19 | Work on QIP Final Presentation | QIP Part 3 – Final Presentation |
| Week 14 4/20 – 4/24 | Finals Week | Complete Course Evaluations |

School of Nursing Policies and Additional Information can be found at the website below.

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

Student Resources and University Policies and Information are provided in Canvas.