

ALHS 3370 - HEALTH AND WELLNESS

Department of Health & Kinesiology
The University of Texas at Tyler

Course Syllabus

INSTRUCTOR INFORMATION

Scott Spier, Ph.D.

Office: Herrington Patriot Center (HPC) 2186

Office hours: M 12-2 pm, W 12:30-2 pm, or by appointment (call or email to schedule)

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Due to teaching and research loads, it may take 1 to 2 business days to respond to e-mail; however, I'll make every effort to respond to e-mail on the same day. Please note that e-mails received on the weekends (beginning Friday evening) will generally be responded to on the following Monday. In all e-mail correspondence, please include the course number in the subject line (e.g., "ALHS 3370 question"). Failure to do so reduces the likelihood of me reading the e-mail. Please use correct grammar and punctuation. If your e-mail address doesn't contain your name, please sign your e-mail with your name at the end of the correspondence.

COURSE MEETING DATES

This course meets the *second* 7-week session of the Fall semester.

COURSE DESCRIPTION

This course is designed to assist individuals in identifying essential behaviors necessary for optimal well-being, including a health-enhancing lifestyle. Students are presented with evidenced based strategies for improving and maintaining fitness and good health. Topics addressed include healthy lifestyle choices, fitness, nutrition, disease, and mental health. There are no prerequisites for this course.

REQUIRED MATERIALS

Required Textbook: **A Wellness Way of Life** (11th edition) by Gwen Robbins, Debbie Powers, Sharon Burgess (ISBN: 9780077770334). You have **FREE access** to the electronic version of this textbook through the UT Tyler Library. A link is provided in Canvas.

Technical requirements: Minimum technological requirements that must be met in order to complete this course can be found in the *UT Tyler Student Resources* link in the *Getting Started* module in Canvas. If you have technical problems in Canvas, please refer those to the UT Tyler Campus Computing Services.

COURSE STRUCTURE

The course is accessed online through **Canvas**. The course is organized into 7 weekly modules. Each module contains two or three chapters. Within each chapter, you will find learning objectives and activities to complete. All activities to be completed are listed in their respective modules. Due dates for all activities are provided in Canvas; in general, all activities are due by 11:59 p.m. (CT) on the Sunday at the end of the module week. Exceptions to this are the final week, in which assignments are due by 11:59 p.m. on Friday.

Canvas activities: Module activities will include chapter quizzes, module activities, and/or health journaling. Each student will participate in discussions of important concepts in each module and will track changes in health behaviors over the course of the semester. More details about these assignments are provided later in the syllabus.

Course pace: The course is designed to stay on a strict and scheduled pace. Do NOT let yourself fall behind.

COURSE OBJECTIVES

Upon successful completion of this course students will be able to:

1. Demonstrate knowledge of key components of health including, physical fitness, nutrition, diseases and disorders, mental health, and healthy aging.
2. Identify, analyze and evaluate lifestyle behaviors that are positive to health and lifestyle behaviors that are negative to health.
3. Discuss the interrelationship of heredity, behavioral and the environmental influences on health.
4. Describe symptoms and treatment options for specified diseases, disorders and conditions.

*More specific learning outcomes will be provided in each learning module.

COURSE REQUIREMENTS AND EVALUATION

Chapter Quizzes: Each chapter will have a *graded quiz* over all the material in that particular lesson. Since each module contains two chapters, each module will have two graded timed quizzes. There are 14 quizzes; your lowest score will be dropped.

Module Activities: For each module, students will complete a lab activity, discussion, and/or reflection related to that module. These assignments allow you to apply and/or demonstrate your comprehension of the course material and your ability to express that comprehension through written and/or oral communication. Your lowest score on these assignments will be dropped.

Health Journal: During the first week of class, you will start a Health Behavior Change Journal in Canvas, in which you identify a particular health behavior you want to change. Throughout the semester, you will keep track of your progress toward these goal(s) and incorporate the latest lessons into your journal. These journals need to be kept up-to-date throughout the semester and will be checked on a weekly basis. Each week's journal entry is due at the end of each week. There will be 7 journals checks and your lowest score will be dropped.

Evaluation: Points for the above assignments will be allocated as follows:

Chapter Quizzes	40%
Module Activities	30%
Health Journal	30%

Grading will be based on a modified 10-point scale as detailed below:

89.5 – 100%	A (excellent)
79.5 – 89.49%	B (above average)
69.5 – 79.49%	C (average)
59.5 – 69.49%	D (below average; fail)
< 59.5%	F (well below average; fail)

COURSE SCHEDULE

Week	Module	Due Date (Central time)
Week 1	Chapter 1 - Understanding Wellness Chapter 2 - Changing Behavior	Sunday (11:59 p.m.) of Week 1 <i>All activities</i>
Week 2	Chapter 3 - Developing & Assessing Physical Fitness Chapter 4 - Maximizing Cardiorespiratory Fitness	Sunday (11:59 p.m.) of Week 2 <i>All activities</i>
Week 3	Chapter 5 - Developing Flexibility Chapter 6 - Developing Muscular Fitness	Sunday (11:59 p.m.) of Week 3 <i>All activities</i>
Week 4	Chapter 7 - Exploring Special Exercise Considerations Chapter 8 - Preventing Common Injuries...	Sunday (11:59 p.m.) of Week 4 <i>All activities</i>
Week 5	Chapter 9 - Maximizing Heart Health Chapter 10 - Coping with Stress	Sunday (11:59 p.m.) of Week 5 <i>All activities</i>
Week 6	Chapter 11 - Eating for Wellness Chapter 12 - Achieving a Healthy Weight	Sunday (11:59 p.m.) of Week 6 <i>All activities</i>
Week 7	Chapter 13 - Preventing Cancer Chapter 16 - Exploring Lifetime Wellness	Friday (11:59 p.m.) of Week 7 <i>All activities</i> <i>*Note that the semester ends on Friday and all activities are due on Friday</i>

COURSE POLICIES

Professionalism: Students are expected to display a professional attitude in all aspects of the course, including discussions in Canvas and FlipGrid and communication with the instructor and classmates.

Quality of work: All assignments, including exams, presentations, participation, and projects, will be graded with rigor appropriate for upper-level undergraduate course work. All written assignments should incorporate correct grammar, spelling, and a logical flow of ideas. I have little tolerance for bad grammar and spelling mistakes. Please use the Spelling and Grammar tool in your word processing software.

Due dates: Due dates for each assignment, including the Health Journal weekly entries (11:59 p.m., Sundays) are firm. Quizzes and other assignments can be submitted any time during the week; however, Health Journal entries have to be submitted at the end of their assigned weeks (you can't rush change).

Make-up work: Make-up exams and assignments will be given only according to University policy. On rare occasions (and for a valid reason), make-up exams can be scheduled by pre-arrangement with the instructor *before* the date of the exam. If any exam is missed due to illness, injury, or family emergency, the instructor should be notified prior to or within 24 hours of the missed exam.

Feedback on exams/assignments: I will strive to give timely feedback on all assignments. You should expect feedback on discussion posts within a couple of days and feedback on papers within 1 week (I will notify you if I expect feedback to take a little longer for a particular assessment).

Getting help: If you find yourself struggling in the class (especially if you fail an exam), you should meet with me as soon as possible so that we can determine what steps you need to take to succeed in the class. I'm available during my office hours or by appointment. I also have an open door policy.

For assistance with writing assignments, please contact the UT Tyler Writing Center at 903-565-5995. They have tutors and other resources available to assist you with your written assignments.

TIME REQUIREMENTS

Successful on-line learning is highly student-initiated. Because of the format of the course, the student will be required to exercise initiative and diligence in completing the course. In general, you should expect to spend a similar amount of time completing the requirements of this online course as you would spend on the same course taught in the traditional classroom format. An advantage of the online format is that the lecture

material is there for you to review whenever you want. In an online course, more time must be devoted to participation in discussions than is traditionally spent in classroom discussions. Time for completion of assignments, readings and other materials, reviewing for comprehension, and preparing for exams should be similar in this online course as in any other course. As a guide, you should plan to spend approximately 10-15 hours per week on this course in a traditional 15-week semester (adjust your time requirements for 7-week semesters or 5-week summer courses). The actual amount of time required will, of course, vary from one person to another. It is absolutely essential that you do not fall behind.

Although this is an asynchronous course, this is not an individually paced course. Access to course materials, assigned discussions, assignments, exams, and the like will follow a schedule spread out over the semester (similar to a class in the traditional format). There will be deadlines by which you must complete all module assignments. Deadlines for assignments are listed in the **Course Schedule**.

If you encounter any unforeseen circumstances (family emergency, jury duty, etc.) that greatly compromise your coursework, contact the instructor immediately. Alternatives for missed time may be arranged at the discretion of the instructor. Note: Vacation time does not count as an excused "absence". Please plan your vacations around assignment due dates or submit your assignments early.

COURSE COMMUNICATION

Course Announcements: Announcements will be posted periodically during the semester. You will be able to see these announcements on your course portal page and in your Patriots email account. Please check these frequently so you do not miss any important information.

E-mail communication: Instructors are required to use your Patriots account e-mail address for e-mail correspondence. Therefore, any e-mail message originating from me will be sent to your Patriots account. However, if you send me e-mail from another personal account, I will reply back to that address.

In all e-mail correspondence, please include the course number in the subject line (e.g., "ALHS 3370 question" or "Health & Wellness assignment"). Failure to do so reduces the likelihood of me reading the e-mail. Please use correct grammar and punctuation. If your e-mail address doesn't contain your name, please sign your e-mail with your name at the end of the correspondence.

ACADEMIC DISHONESTY

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that students maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes but is not limited to cheating, plagiarism, and collusion:

"Cheating" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of, an unadministered examination or work assignment.

"Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit.

If you have any questions regarding plagiarism, please consult [Chapter 8 of the Student Affairs Manual of Policy and Procedures](#).

This class will be conducted in full compliance with the UT Tyler "no tolerance" policies concerning documented cases of plagiarism and/or academic dishonesty. Any act of cheating or plagiarized work submitted will result in a grade of zero for that assignment and further disciplinary action may be taken. Please make use of the UT Tyler Writing Center if you have concerns about plagiarism.

COPYRIGHT

All handouts used in this course, including those delivered via Canvas, are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, assignment sheets, recorded lectures, outlines, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

UNIVERSITY POLICIES

(From the *Handbook of Operating Procedures* and the UT Tyler Website)

STUDENT 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

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 of Tyler at Texas offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including 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 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 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.

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.

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.

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)