



Health Promotion Across the Lifespan

NURS 3314

Fall 2026

Scheduled Class Days and Times: Tuesdays 3 pm – 4:30 pm (Hybrid – meets every other week on odd numbered weeks of semester)

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

Instructor's Name: Autumn Ladd, MSN, RN

Office: BRB 2822 – Tyler Campus

Email: aladd@uttyler.edu

Office Hours: Mondays 9am – 12pm and by appointment, can meet virtually

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

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

Office: TBA

Email: hgreene@uttyler.edu

Office Hours: Tuesdays 12p – 3p and by appointment, can meet virtually

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

Course Description:

Students will work collaboratively to develop interventions that promote health among individuals across the lifespan. They will use evidence-based strategies for health promotion, disease prevention, and risk reduction, with a focus on empowering individuals, families, and communities to make informed decisions about their health.

Prerequisite: Admittance to the Nursing Program, NURS 2302

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.

Required Textbooks, Readings, and Technical Resources:

- Open educational resources to be provided through Canvas. See individual weekly modules in Canvas for details.
- ATI Products: ATI Nurse's Touch: Wellness and Self-Care <https://www.atitesting.com>
- Technical resources: Laptops/electronic devices are required for testing with ATI. Notebooks and tablets are not compatible for ATI Products.

Graded Course Requirements Information:

This is a hybrid course that will meet face-to-face every other week during the semester. In-person attendance is an expectation.

Assignments and Weights/Percentage/Point Values

Criteria for Evaluation:	Percentage of Grade:	Additional information
		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.
Participation	10%	Included in this grade is the completion of the Nursing Student Forms, Syllabus Quiz, and participation in the course through in-class attendance, online engagement, exhibiting professionalism, and adherence to the UT Tyler Nursing student policies.
Learning Assignments	25 %	Weekly Learning Assignments: ATI Modules, reflection journals, discussion boards, case studies, etc. *Refer to rubrics in canvas
3 Exams	30 %	Three multiple choice online exams Exams can only be made up for preapproved reasons.
Quality Improvement Project	35 %	QIP Project Part 1, 2, 3: Completed templates and presentations submitted in Canvas Assignment link. *Refer to rubrics in Canvas

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

A course average of 75% must be achieved to pass this course. Final course grades less than 75.0 are not rounded up.

The simple average of all exam grades, including a final, must first be at or above 75.0% in order to pass the course. Once the student has achieved a simple exam average of 75.0% or higher, course grades will be determined based on the weighted calculation of exams and other required course work.

Artificial Intelligence in coursework: This course has specific assignments where artificial intelligence (AI) tools (such as ChatGPT or Copilot) are permitted and encouraged. When AI use is permissible, it will be clearly stated in the assignment directions, and all use of AI must be appropriately acknowledged and cited. Otherwise, the default is that AI is not allowed during any stage of an assignment.

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 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.

Course preview days: 8/27/26 – 8/30/26

15-week Classes Begin: 8/31/26

Census Date (withdraw without penalty): 9/10/26

Last Date to Withdraw: 11/2/26; *Please contact your advisor to discuss withdrawing from the course and notify your course instructor.*

For forms from the Office of the Registrar:

<https://www.utt Tyler.edu/registrar/forms/>

Final Exam Date: n/a in this course

End of 15-week Classes:

Course Calendar: (*subject to change; compare with syllabus provided first day of semester)

Week	Topic & Content	Assignments/Quizzes Due at end of the week (Sundays) at midnight
Preview Days 8/27 – 8/30	Course will be open for viewing but instructors are not available until week 1	No assignments due/Instructors not yet available for questions
Week 1 8/31- 9/5	Foundations of Health Promotion: Health promotion, health protection, disease prevention, social determinants of health, communities at risk, population health concepts	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments Syllabus Quiz Online and Undergraduate Affirmation Forms Due
Week 2 9/6 – 9/12	Ethics and Individual Health Promotion: Ethical issues in health promotion, health behavior theories, motivation, behavior change, cultural considerations Census date: 9/10/26	Online Complete Online Weekly Learning Assignments
Week 3 9/13 – 9/19	Self-Care and Professional Well-Being: Foundations of self-care, physical wellness, mental and emotional well-being, stress management, professional boundaries and burnout prevention, creating a personal wellness plan QIP Introduction	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments Quiz 1: Weeks 1-3 Online
Week 4 9/20 – 9/26	Family and Community Health Promotion: Family-centered care, community assessment, community partnerships, population-based interventions	Online Complete Online Weekly Learning Assignments
Week 5 9/27 – 10/3	Screening and Prevention: Health screening guidelines, risk assessment, primary, secondary, and tertiary prevention strategies	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments

		QIP PART 1 Due!
Week 6 10/4 – 10/10	Health Education and Counseling: Teaching-learning principles, patient education, nutrition counseling, health literacy, behavior modification	Online Complete Online Weekly Learning Assignments
Week 7 10/11 – 10/17	Lifestyle Promotion: Physical activity, stress management, complementary and alternative therapies, wellness planning	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments
Week 8 10/18 – 10/24	Growth and Development Across the Lifespan: Developmental theories, lifespan framework, health promotion considerations across age groups	Online Complete Online Weekly Learning Assignments Quiz 2: Modules 4-8 Online
Week 9 10/25 – 10/31	Health Promotion During Childbearing and Infancy: Maternal health, prenatal care, postpartum health, newborn and infant health promotion	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments
Week 10 11/1 – 11/7	Toddler, Preschool, and School-Age Health Promotion: Developmental milestones, nutrition, safety, immunizations, family education, school health Withdraw date: 11/2/26	Online Complete Online Weekly Learning Assignments QIP Part 2 Due!
Week 11 11/8 – 11/14	Adolescent and Young Adult Health Promotion: Risk reduction, mental health, sexuality education, substance use prevention, healthy lifestyle choices	Face-to-Face Class: Tuesday 3p – 4:30p Complete In-Class Learning Assignments
Week 12 11/15 – 11/21	Middle-Aged and Older Adult Health Promotion: Chronic disease prevention, healthy aging, functional health, caregiver support, quality of life	Online Complete Online Weekly Learning Assignments Quiz 3: Modules 9-12 Online
Week 13 11/29 – 12/5	QIP Final Presentations	<u>NO</u> Face-to-Face Class! QIP Part 3 – Final Presentations Due!
Week 14 12/6 – 12/11	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 to assist you in this course:

[UT Tyler Student Accessibility and Resource \(SAR\) Office](#) (provides needed accommodations to students with document needs related to access and learning)

[UT Tyler Writing Center](#)

[The Mathematics Learning Center](#)

[UT Tyler PASS Tutoring Center](#)

[UT Tyler Supplemental Instruction](#)

[Upswing \(24/7 online tutoring\)](#) - covers nearly all undergraduate course areas

[Robert Muntz Library \(Links to an external site.\)](#) and [Library Liaison](#)

[Canvas 101](#) (learn to use Canvas, proctoring, Unicheck, and other software)

Digital Support Toolkit (for supported courses only. Students are automatically enrolled in the toolkit for supported courses)

LIB 422 - Computer Lab where students can take a proctored exam

[The Career Success Center](#)

[UT Tyler Testing Center](#)

[Office of Research & Scholarship Design and Data Analysis Lab](#)

Resources available to UT Tyler Students

[UT Tyler Counseling Center](#) (available to all students)

[TAO Online Support Center](#) (online self-help modules related to mental & emotional health)

[Military and Veterans Success Center](#) (support for all of our military-affiliated students)

[UT Tyler Patriot Food Pantry](#)

[UT Tyler Financial Aid and Scholarships](#)

[UT Tyler Registrar's Office](#)

[Office of International Programs](#)