

Course Syllabus

Personal and Community Wellness

Spring 2023

Course Title: Personal and Community Wellness

Course Number: ALHS 1300

Credits: 3 Hours

Days/Hours of Class: M/W 10:10-11:05

Room: HPC 3055

INSTRUCTOR INFORMATION

Name and Title: Sarah Cowan, M.S., CBE

Email Address: scowan@uttyler.edu

Office Location: HPC 3035

Office Hours: Please contact me via Canvas to schedule.

COMMUNICATION WITH INSTRUCTOR

I encourage you to meet with me after class if you have any questions or concerns. You may also contact me via email or the messaging feature in Canvas, which will automatically forward to my email. I will utilize Canvas to contact you throughout the semester. I will post updates and send important information about assignments and schedule changes through **Canvas Announcements**. **Important: It is your responsibility to check your email, Canvas messages, and Canvas Announcements frequently.**

REQUIRED TEXTBOOK

Thomas Fahey, Paul M. Insel, Claire Insel, Walton T. Roth (2021). Fit & Well. New York: McGraw Hill Education. 14th Edition, ISBN: 9781264013081

You may order this book from various sources, including the UT Tyler Bookstore: <http://uttyler.bncollege.com/>
Phone: 800-UTTYLER (800-888-9537) or 903-566-7070
Fax: 903-566-1435

COURSE DESCRIPTION:

Personal and Community Wellness: Study of individual, societal and cultural considerations in health and wellness; emphasis on health-related factors that a) the individual can affect and b) on individual decision-making.

METHOD OF INSTRUCTION

This is a face-to-face course that will meet on Mondays and Wednesdays in HPC 3055. You will be required to complete quizzes and submit assignments online using a platform called, CANVAS. Student learning experiences include but are not limited to: a) observation/analysis of personal and community wellness behaviors b) reading assigned textbook c) online engagement via Canvas through video projects, quizzes, and regular communication with the instructor d) attendance and participation in weekly activities.

ASSIGNMENTS:

Detailed assignment instructions and due dates are in Canvas. You must review each link titled, “*Expectations for...*” in Canvas before submitting your assignments.

QUIZZES: There will be weekly, timed, multiple-choice quizzes over assigned chapters this semester. Do NOT collaborate with other students on quizzes. Cheating will not be tolerated. If you miss the deadline for a quiz for **any reason**, including illness, you may request a make-up, all-essay quiz. **See Expectations for Quizzes in Canvas for more information.**

WEEKLY ACTIVITIES: These will be weekly hands-on experiences related to Wellness. Activities may involve playing a game, exercising, stretching, or attending a cooking demonstration. Students will be notified of each activity before class meets. However, activities are subject to change due to unexpected fluctuations in weather and last-minute changes in the availability of campus facilities/ equipment. **Students will be notified via Canvas Announcements for activity/schedule changes.** If you cannot or will not participate in one or more weekly activities, there is an alternative option. **See Expectations for Weekly Activities in Canvas for more information.**

VIDEO PROJECTS: These assignments involve critical thinking and creative application of specific concepts covered in the textbook and/or lectures. You may be required to 1) work in a small group, 2) apply concepts in real-world environment, 3) report on personal experience and 4) demonstrate thorough understanding of concepts. Use appropriate citations when necessary. For the grading policy on late video project submissions, and to see more detailed instructions, read **Expectations for Video Projects** in Canvas.

TECHNICAL SUPPORT

If you have technical difficulties and need help, UT Tyler’s IT Support department provides technical support for this course. **To reach IT Support** you can email itsupport@uttyler.edu, or call (903) 565-5555 during business hours. Please note, they are not available 24/7. **For Canvas support**, click the Help button on the Global Navigation menu to the left to reach support via phone, online chat, or email. Canvas support is available **24/7**.

GRADING

1. Video Projects (40%) Quizzes (30%) Attendance/Participation (30%)
2. Grading
 - A= 90-100%
 - B=80-89
 - C=70-79
 - D=60-69
 - F=59 and below

COURSE CALENDAR

To view the course schedule, you may go to Canvas and find the course Calendar, located on the far-left menu. I reserve the right to modify this syllabus or course schedule at any time. If there are any changes or modifications, you will be notified in a timely manner via canvas announcement. You are responsible for paying **attention to announcements** as well as checking your canvas inbox/student email; It is crucial to your success in the course.

LIBRARY SERVICES UT Tyler's Muntz Library may be accessed via <http://library.uttyler.edu/>. A link to the Muntz Library is also available on UT Tyler's Home Page (www.uttyler.edu). You will access research articles via the Library link. To get full access, you will have to log on via your Patriot user name and password if you are away from campus.

UNIVERSITY POLICIES (Visit

<http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>)

Handbook of Operating Procedures -- The University of Texas at Tyler

ACADEMIC DISHONESTY POLICY

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 a 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 a student 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 examination or work assignment that has not yet been administered.

"Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit. "Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit. Please abide by The UT Tyler Honor Code: [I embrace honor and integrity. Therefore, I choose not to lie, cheat, or steal, nor to accept the actions of those who do.](#)

GRADE APPEAL PROCEDURE

A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade.

If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form that may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal.

At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation. If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the student. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

INDOOR SMOKE-FREE CAMPUS

The University of Texas at Tyler is an indoor tobacco-free campus. No smoking will be permitted in any building, office, hallway, classroom, laboratory, restroom, lounge, or any other indoor location.

CLASS ATTENDANCE

Responsibility for class attendance rests with the student. When a student has a legitimate reason for being absent, the instructor has the option of permitting make-up work.

The university reserves the right to consider individual cases of nonattendance. In general, students are graded based on intellectual effort and performance. In many cases, class participation is a significant measure of performance, and nonattendance can adversely affect a student's grade. When, in the judgment of the instructor, a student has been absent to such a degree as to jeopardize success in the course, the instructor informs the Office of Student Records that the student is to be dropped from the course.

APPROVED STUDENT ABSENCES

On those occasions when it may be necessary for students to miss a regularly scheduled class to participate in an official university event or activity, faculty sponsors and program directors are requested to observe the following procedures:

1. Faculty sponsors or program directors should draft a memorandum to the vice president for academic affairs. This memorandum should include information concerning the nature of the event, the date(s) on which students would be absent from class, and the names of the students involved.
2. Copies of the memorandum addressed to the vice president should be given to each of the students listed on the memorandum.
3. Students should be directed to communicate with their instructor(s) prior to the date of the planned absence. It is expected that students will not abuse the privilege of being absent from class for authorized university activities, and that make-up assignments will be made at the discretion and convenience of the instructor.

If you know in advance that you will be participating in a university-sponsored event or observing a religious holiday, you are responsible for completing your assignments ahead of time.

GRADE REPLACEMENT

If you are repeating this course for a grade replacement, you must file intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler (2006-2008 Catalog, P. 35).

DISABILITY/ACCESSIBILITY SERVICES

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.

CONCEALED HAND GUNS

“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>.