

Syllabus for HWM 710 Research Methods for Wellness Programs

Important Note: The course site does not offer a way to compile pages and print them out. The information under the Syllabus heading in your course is all on separate pages. This document provides the syllabus information in one single document, but with one caveat: For the majority of the courses in this program, **all** of the information on those separate pages is repeated in this compiled document. However, lengthy guidelines, detailed rubrics and policies, and other very detailed information are not included in this document. **Please always check the course pages to make sure you have all of the information you need.**

Instructor Information

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Course Description

This course covers research methods and designs relevant to wellness program managers. Students will be introduced to various research designs including experimental and non-experimental, as well as qualitative and quantitative, methods. The course will focus on providing a practical understanding of several statistical tools used in wellness-related research.

Course Learning Outcomes

At the end of the course, students should be able to:

1. Identify the types of research questions and designs appropriate for studies in health and wellness management.
2. Demonstrate knowledge of key concepts with sample selection and measurement.
3. Evaluate the strengths and weaknesses of methods used in various research studies.
4. Describe methods for designing research projects related to specific health and wellness management areas of concern.
5. Describe methods for initiating and maintaining quality improvement metrics for monitoring and decision-making regarding implemented wellness programs

Course Requirements

Readings/Viewings:

Readings come from the textbook. Additional resources include articles, the QI modules produced by the Institute for Healthcare Improvement (IHI), videos, and other interactive content interspersed throughout the course.

Assignments:

The assignments provide opportunities to apply the skills and knowledge required for successful completion of the course. Assignments must be well organized, use scholarly tone, follow APA

style, be consistent with graduate-level writing/communication style, and be turned in on time. All individual and group assignments should be uploaded via the Dropbox. Check your grades in D2L for feedback on assignments, and refer to the Course Calendar for all due dates.

Participation in Group Collaboration/Discussions:

For each part of the semester research project, it will be necessary for you to collaborate with your group members. Please review the Group Participation Guidelines section for specific information regarding how your group participation will be assessed.

The exchange of ideas between colleagues engaged in scholarly inquiry is a key aspect of graduate-level learning and a requisite activity in this course. You are expected to interact with your peers in a meaningful, respectful, and professional manner. Please participate in your semester project discussions with an open mind and a willingness to share your thoughts with others. A fundamental principle of learning is the sharing and acknowledgement of others' ideas. That includes respecting the opinions of others even if your own opinions differ from theirs. Please keep in mind that a diversity of opinions makes for an enriched learning environment.

Online Quizzes:

There are two quizzes noted on the syllabus, which relate to qualitative and quantitative research methods and analysis. The quizzes are designed to assess your understanding of the course topics, and of course to motivate you to complete your readings. Quizzes are taken online, scored electronically, and count toward your grade. Most quizzes will be multiple choice and/or true/false. Each student is responsible for completing the quizzes by 11:59pm CST on the dates indicated in the course calendar.

Literature Review:

Each team will conduct a summary literature review of a minimum of two (2) health and wellness management-related, peer reviewed articles per person in your group.

Focus Group Moderator's Guide:

Each team will develop a moderators' guide for a 45-to-90 minute focus group investigating a health and wellness management topic (group assignment).

Survey Instrument First Draft and Pre-Test:

Each team will select a survey instrument on its selected health and wellness management topic. Additionally, you may need to develop a demographic survey (if the standardized tool you select does not include data you need for your study). Students will then each be responsible for administering the survey(s) to your peers within this HWM 710 course, and compiling results from the pretest. The team will use feedback from its pretest to revise the demographic instrument and for description in the final project (group assignment).

Final Project:

Each team will prepare a 10-to-14-page, double-spaced paper outlining a research design using focus groups and a survey. The paper should identify a target population, the research question the study will investigate, the review of literature, the basic design it will employ to conduct the study, the sampling plan, and a brief discussion of the analytic plan for the data collected. The paper should include an appendix comprised of the moderator's guide, survey instrument, and

tables describing the pretest of the survey. You will be asked, confidentially, to rate the participation of your group members (group assignment).

Policy on Late Assignments:

Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor as soon as possible to discuss the situation. In those circumstances, the appropriate course of action will be discussed.

Support for Students with Disabilities:

My highest priority is for our class and course work to facilitate participation and exchange. I am eager to make accommodations to guarantee persons with disabilities access to any of the class content. Please let me know as soon as possible if you have a disability for which accommodations will be needed.

Grading Policy

Semester Group Project Parts 1-11	230
Semester Group Project Final Submission	75
Semester Group Project Individual Contribution	25
Online Individual Assignments	25
Quizzes	50
Total	405 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59 or less %