

Syllabus for HWM 315

Resource Management for Wellness Managers

IMPORTANT:

This course syllabus document contains basic information of each course. **Please refer to the content pages under the Course Information module on each course site for detailed guidelines, project information, rubrics, course/university policies, and other course-related information for each course.**

Instructor Information

Debra Lafler and Jason Horay

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Communication Preference:

- The instructor will return your emails within 24-48 hours.
- For assignment questions, contact me at the beginning of the lesson, not the due date.

Course Description

This course will examine the tenants of developing a successful worksite wellness program, introducing key concepts, resources and tools. As a foundational course for the HWM program, students will be introduced to wellness, worksite wellness, working with management, creating wellness teams, collecting data, strategic planning, incentives, budgets, legal issues, and creating supportive environments.

Prerequisite(s): UW Colleges PSY 202 Introduction to Psychology or equivalent.

Course Learning Outcomes

By the end of this course, you will be able to:

- To define and describe worksite wellness.
- To explain the role of leadership within an organization and its worksite wellness program.
- To decipher different types of motivational strategies, including the use of incentives.
- To describe the value of developing wellness committees/teams.
- To list different methods of data collection.
- To explain strategic planning and how to put together an operating plan.
- To describe the importance of using information technology and communication methods.
- To list different kinds of incentives, and the pros and cons of each.
- To create a basic budget for a worksite wellness program.
- To review legal issues and current laws or regulations for worksite wellness programs.
- To describe what a supportive environment is, and how to develop one.
- To describe how to evaluate a worksite wellness program.
- To explore and learn about a special topic of interest in worksite wellness.

Grading Policy

Types of Assignments	Points
Syllabus Quiz	0 points (but will open rest of course content)
Quizzes	20 points each
Discussions – Initial Post	5 points each
Discussions – Follow-Up Post 1	5 points each
Discussions – Follow-Up Post 2	5 points each
DropBox Assignment: Short Essays	20 points each
DropBox Assignment: Powerpoint	40 points
DropBox Assignment: Papers	40 points each
Mid Term Exam	50 points
Final Exam	50 points

** If you turn in assignments or participate in discussion late during the week, points will be deducted.

Grading Scale:

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F At or below 59%